

Magdalen Court School Longterm Overview: Physical Education

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
School Values						
Termly and Assembly Themes	Respect	Resilience	Health	Happiness	Kindness	Independence
LKS2A	Fundamentals: Running, Hopping & Skipping Ball Skills: Throwing & Catching	Dance: Dynamics & Space Invasion Games: Basketball	Gymnastics: Rolls & Jumps Invasion Games: Tag Rugby	Yoga: Balance & Flexibility Fitness: Coordination & Speed	Athletics: Running, throwing, jumping Swimming & Water Safety	Games: Striking & Fielding: Rounders Net & Wall Games: Tennis
LKS2B	Invasion Games: Handball Target Games: Golf	Gymnastics: Rolls & Jumps Apparatus Invasion Games: Hockey	Dance: Dynamics & Space Invasion Games: Football	Target Games: Dodgeball Fitness: Coordination & Speed	Athletics: Running, throwing, jumping Swimming & Water Safety	Games: Striking & Fielding: Cricket Net & Wall Games: Tennis
UKS2A	Net & Wall Games: Badminton Invasion Games: Hockey	Gymnastics: Floor & Apparatus Invasion Games: Tag Rugby	Dance: Relationships & Performance Target Games: Boccia	Games: Invasion Football Fundamentals: ABC's Games: Invasion Dodgeball	Games: Striking & Fielding: Cricket Swimming & Water Safety	Athletics: Running, throwing, jumping Net & Wall Games: Tennis
UKS2B	Invasion Games: Handball Target Games: Golf	Gymnastics: Jumps & Inverted Movements Invasion Games: Netball	Dance: Relationships & Performance Invasion Games: Football	Invasion Games: Volleyball Target Games: Dodgeball	Target Games: Boccia Swimming & Water Safety	Athletics: Running, throwing, jumping Games: Net & Wall: Tennis
Year 7	Net & Wall Games: Badminton Invasion Games; Football	Fitness: Gym: Induction & Planning Invasion Games: Basketball	Gymnastics: Floor Work – working with a partner Target Games: Boccia	Fitness: Circuit Training Target Games: Dodgeball	Net & Wall Games: Tennis Swimming & Water Safety	Athletics: Running, throwing, jumping
Year 8	Net & Wall Games: Badminton Invasion Games: Tag Rugby	Fitness: Gym: Induction & Planning/ Circuit Training Invasion Games: Netball	Gymnastics: Floor & Apparatus Net & Wall Games: Table Tennis	Invasion Games: Football Target Games: Ultimate Frisbee & Dodgeball	Games: Striking & Fielding: Cricket Target Games: Boccia	Athletics: Running, throwing, jumping
Year 9	Net & Wall Games: Tennis Target Games; Basketball	Fitness: Gym Suite & Circuit Training Invasion Games: Bench ball & Handball	Gymnastics: Vaulting Target Games: Boccia & Dodgeball	Invasion Games: Football Net & Striking Games: Badminton	Games: Striking and Fielding: Cricket Net & Striking Games: Table Tennis	Athletics: Running, throwing, jumping

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Year 10	Games: Net and Striking: Badminton Invasion Games: Football	Fitness: Gym Induction & Fitness Planning Circuit Training Invasion Games: Basketball	Invasion Games: Netball Target Games: Boccia	Fitness: Gym Suite & Circuit Training Net & Wall Games: Table Tennis	Games: Striking and Fielding Cricket Net & Wall Games: Tennis	Athletics: Running, throwing, jumping
Year 11	Games: Net and Striking: Badminton Invasion Games: Tag Rugby	Gym Induction & Fitness Planning Circuit Training Invasion Games: Basketball	Fitness: Gym Suite & Circuit Training Target Games: Boccia	Invasion Games: Football Invasion Games: Volleyball	Games: Striking and Fielding Cricket Net & Wall Games: Tennis	Athletics: Running, throwing, jumping

