



# KS1 KS2 – Creating A Love for Physical Education

## Rounders

Your lessons will involve a detailed understanding of the rules, how to use an over and underarm throw and also the technique of hitting the ball.

## Net and Wall Games

# Quorn Hall School Physical Education

You will be developing your understanding of various net and wall games. Students will focus on agility, balance, and coordination



skills.



## Fitness

and develop confidence in water safety and



Students will build on previous learning

Term  
Summer



## Athletics

## Cricket

Your lessons will look at developing the fundamental batting, bowling, fielding techniques.



## Importance of PE

Creating A Better You

Knowledge of the game Develop character Healthy minds

## ME in PE





Term  
Spring

Students will begin to explore the benefits of exercise and how we can utilise PE to lead healthy and active lifestyles



HEART

HANDS

Year

Extra-Curricular & Fixtures Each

### Invasion Games

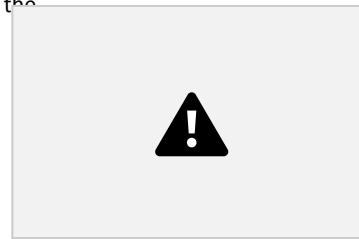
disciplines of athletics: Throws, Runs and Jumps. You will develop an understanding of the basic technique required for each event.

Your lessons will be covering the three

Students will explore various invasion games, transferable skills, and basic rules and

regulations of these sports. Students will develop a specific focus on the fundamentals of movement

Term  
Autumn



Students will start to develop a competence of

Your

### Dance

core fundamentals of movement skills and explore various types of dance

### Swimming

and their culture



### Gymnastics

Students will develop balance and coordination and link their importance to other sporting examples

Students will develop

Below Are the Fixtures we compete in across the year

Athletics

Cricket

Badminton

Dance

Netball

## Physical Education Journey starts here ...

swimming and water safety.

Football