



Royal Cross Primary School

Lancashire's school for deaf children

PE Curriculum Scheme of Work

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 1	<p><u>Main</u> Throwing, catching and aiming</p> <p><u>Secondary</u> Movement and balances</p>	<p><u>Main</u> Movement and Balances</p> <p><u>Secondary</u> Movement and balance</p>	<p><u>Main</u> Bat and ball skills</p> <p><u>Secondary</u> Movement and balances Dance</p>	<p><u>Main</u> Team building and partnership work</p> <p><u>Secondary</u> Movement and balances Dance</p>	<p><u>Main</u> Throwing, catching and aiming</p> <p><u>Secondary</u> Partnership work</p>	<p><u>Main</u> Bat and ball skills</p> <p><u>Secondary</u> Movement and balances</p>
Key Stage 2	<p><u>Main</u> Throwing, catching and aiming</p> <p><u>Secondary</u> Partnership and team building</p>	<p><u>Main</u> Hitting/ batting skills</p> <p><u>Secondary</u> Team games</p>	<p><u>Main</u> Creating and playing their own games</p> <p><u>Secondary</u> Team Building Dance</p>	<p><u>Main</u> Multi skills- introducing different sports- football, tennis, hockey, cricket, golf, rugby</p> <p><u>Secondary</u> Dance</p>	<p><u>Main</u> Athletics- running, jumping throwing</p> <p><u>Secondary</u> Competing on their own</p>	<p><u>Main</u> Outdoor activities Orienteering and map games</p> <p><u>Secondary</u> Recap of activities from previous terms</p> <p><u>Swimming</u></p>

Key Stage 1 summary

Due to the age and ability of the Key stage 1 participants the PE sessions are often split into 2 different sessions to encourage growth and development and retain maximum attention. All sessions consist of a warm up no shorter than 10 minutes and always involve fundamental movements and balances as this is a main criteria for the group to improve on. Another main focus for the group is their hand eye coordination, this is worked on by playing lots of different throwing and catching games and learning to hit balls with different bats/ clubs and using different types batting techniques.

Key stage 2 summary

The aim is to advance the pupils skills and knowledge gained from Key stage 1 PE. Looking to develop more advanced movements and balances and to compete in competitive games. They will learn to compete on their own and in teams. All sessions consist of a warm up no shorter than 10 minutes and always involve movement and balances. Different sports will be introduced throughout the year giving the pupils a chance to learn and participate in the following sports- football, handball, basketball, volleyball, cricket, rounder's, tennis, golf.