

## Boom Active PE Curriculum Overview

Term 1 <b>units 4 3 9</b>	Term 2 <b>units 5 7 3</b>	Term 3 <b>units 6 7 8</b>	Term 3 & 4 <b>units 4 3 8</b>	Term 5 <b>units 2 10</b>	Term 6 <b>units 10 1 5</b>
<p><b>Team games</b> Within this unit a range of activities will be covered which are all designed to make you think tactically about defending and spatial awareness within a game situation. To identify the different ways to score points goals within the range of games. Gain an understanding as to why rules are required for all sporting activities. Participating in a range of activities this will help children to decide what type of team player they are &amp; positions they enjoy playing!</p> <p>Areas that will be developed, Throwing, catching, speed, agility, communication, teamwork, tactical awareness, target practice, spatial awareness.</p> <p>It is working as a team, with roles and responsibilities.</p> <p>It involves planning together and playing together to be successful.</p> <p>It is deciding on team strategies and playing tactically as a team, using all the players' strengths.</p>	<p><b>Fitness</b></p> <p>Objective of the lesson to identify the different aspects of fitness: Speed, aerobic endurance, strength, muscular endurance, power, and flexibility</p> <p>Other areas that will be developed within this unit: motor skills, eye-hand coordination, speed, agility, quickness, cardiovascular fitness, core strength, balance.</p>	<p><b>Invasion games</b></p> <p>Invasion games are games in which the aim is to invade an opponent's territory and score a goal or point. These are typically fast-paced games that need teamwork to control the ball, keep possession, move into a scoring position, and prevent the opposition from scoring. Teams share the same playing area as they attempt to both score and prevent the other team from scoring. It is working as a team, with roles and responsibilities.</p> <p>It involves planning together and playing together to be successful. It is deciding on team strategies and playing tactically as a team, using all the players' strengths.</p>	<p><b>Tennis</b></p> <p>Within this unit the children will improve their ability to strike objects using bats and racquets. They will learn how to incorporate the skills and strategies into game situations. To identify what skills are needed for striking objects and how to apply different components to game situations. Using age-appropriate equipment the children will undergo a range of simple fun volley drills, gain an understanding of the correct level of strength needed to be applied to return / stick a ball. This unit helps to develop hand-eye coordination, increases the spontaneous responses and reactions during the game, spatial awareness, quick decision making, spatial awareness and control.</p>	<p><b>Athletics</b></p> <p>Within this unit the children will improve their athletic ability and skills within throwing, jumping, and running events. Track &amp; Field Other areas that will be developed within this unit: Cardiovascular fitness, speed and agility, power, muscular endurance, co- ordination, understanding of effective warmups and cool downs.</p>	<p>Revisit <b>Team games</b> This is a great opportunity for the children to have fun and demonstrate their progression across the whole PE curriculum. They should be able to clearly recognise the strengths of others and themselves within a team game environment.</p> <p><b>Gymnastics</b></p> <p>Basic gymnastics skills will be covered, and the children will learn how to position their bodies, transfer weight from hands to feet and use the core of the body to demonstrate the key actions required for gymnastics move or sequence. Other areas that will be developed within this unit: flexibility, strength, balance, core stability, plyometrics, technique, teamwork, control, core movements, communication, and safety awareness.</p>

PE units used within the sessions above **1, Throwing and catching 2, Striking skills 3, Teamwork and leadership 4, Invasion games 5, Cross country 6, Gymnastics 7, fitness 8, Fundamental skills 9, Football skills 10. Athletics** All activities and skills covered will be age appropriate and designed with realistic fundamental goals that are achievable by ever child.

We incorporate the following units into each session either following the week by week noted activities in the columns on each unit, or they will be adapted into fun games. Children pick up skills much quicker when playing games without the extra pressure of trying to process rules, areas of play and equipment at the same time. Once the skills for each sport have been developed or understood we then progress towards the structure of the sport and how to play the game. It is our hope that each child will finish the term having reached the learning outcomes of each unit, have a clear or greater understanding or what has been covered and how to apply the skills in future sports and activities to the best of their ability.