



Fulbrook Physical Education Journey

KS2 Sports

Health Related Fitness

Health related fitness will work on the multiple components of fitness and skills components. Pupils will complete various ways of exercise and will begin to understand how exercise affects the body



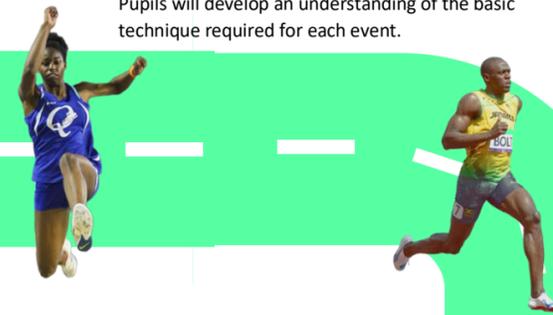
Cricket

Pupils will complete a Cricket unit of work that will focus on the key elements needed to play Cricket. These include throwing, catching, fielding, striking and the rules of Cricket. A variety of skills and games will allow pupils to progress effectively.



Athletics Track & Field

Athletics lessons will be covering the three disciplines of athletics: Throws, Runs and Jumps. Pupils will develop an understanding of the basic technique required for each event.



Aim High

Work Hard

Be Kind

No Excuses

OAA & Leadership

Pupils will work together and lead one another to solve a variety of activities that work on communication, teamwork and problem solving.



Summer Term

Rounders

The pupils will complete a Rounders unit that will cover key aspects such as throwing, catching, striking, fielding, rules and gameplay elements..



Personal Excellence

Respect & Friendship

Inspiration

Determination

Equality

Spring Term

Tag Rugby

Pupils will develop an understanding of the game, whilst developing core skills such as passing, tagging, running with the ball and positioning.



Basketball

In Basketball pupils will be developing the basic core skills needed to compete in a game of Basketball, such as passing, dribbling, attacking, defending and shooting.



Fixtures Each Year

Below Are The Fixtures Fulbrook Compete In Across The Year

- Cricket
- Athletics
- Basketball
- Sport for all
- Football
- Netball
- Rugby



Dodgeball

Pupils develop a consistency with catching, throwing, dodging and shooting at a target whilst completing the Dodgeball unit of work. Pupils will also focus on gameplay and sportsmanship within this unit.

Gymnastics

Pupils develop their core skills within gymnastics, such as running, jumping and rotating. Pupils can progress onto the different levels of springboard and the vault.



Autumn Term



Netball

Pupils will focus on key skills such a passing, shooting, marking whilst adopting a special awareness and understanding positions and the rules of High 5's.



Football

The Football lessons will be tailored towards developing passing, shooting and both attacking/defensive aspects of the game.



Ball Skills

Pupils will be learning about lots of different games that involve a ball. Hand eye co-ordination will be the focus within lessons.

Your Physical Education Journey starts here ...

