

The Rise PE Curriculum 2021/2022

Year	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y2	Locomotor skills - mastery in isolation <ul style="list-style-type: none"> - Walking - Running - Jumping - Hopping - Skipping 	Invasion Games <ul style="list-style-type: none"> - Capture the flag - Pacman - Bulldog - Red Light - 	Inclusion Sports <ul style="list-style-type: none"> - Boccia - Table Cricket - Kurling - Polybat - 	Stability skills – mastery in isolation Dance & Gymnastics <ul style="list-style-type: none"> - Agility, balance and coordination 	Object control skills – mastery in isolation <ul style="list-style-type: none"> - Throwing - Catching - Kicking 	Athletics – Throwing events <ul style="list-style-type: none"> - Discus - Hammer - Javelin - Shot Putt
Y3	Locomotor skills - mastery in isolation <ul style="list-style-type: none"> - Walking - Running - Jumping - Hopping - Skipping 	Invasion Games <ul style="list-style-type: none"> - Capture the flag - Pacman - Bulldog - Red Light 	Inclusion Sports <ul style="list-style-type: none"> - Boccia - Table Cricket - Kurling - Polybat 	Stability skills – mastery in isolation Dance & Gymnastics <ul style="list-style-type: none"> - Agility, balance and coordination 	Object control skills – mastery in isolation <ul style="list-style-type: none"> - Throwing - Catching - Kicking 	Athletics – Throwing events <ul style="list-style-type: none"> - Discus - Hammer - Javelin - Shot Putt
Y4	Locomotor skills - mastery within small-sided games <ul style="list-style-type: none"> - Walking - Running - Jumping - Hopping - Skipping - Galloping - Side-sliding 	Invasion Games <ul style="list-style-type: none"> - Capture the flag - Pacman - Bulldog - Red Light 	Inclusion Sports <ul style="list-style-type: none"> - Boccia - Table Cricket - Kurling - Polybat 	Stability skills – mastery within small-sided games Dance & Gymnastics <ul style="list-style-type: none"> - Agility, balance and coordination - Body rolling - Bending - Twisting - Landing 	Object control skills – mastery within small-sided games <ul style="list-style-type: none"> - Throwing - Catching - Kicking - Striking - Rolling - Dribbling - Collecting 	Athletics – Throwing events <ul style="list-style-type: none"> - Discus - Hammer - Javelin - Shot Putt

	<ul style="list-style-type: none"> - Leaping - Bounding - Dodging 			<ul style="list-style-type: none"> - Rotation - Turning - Stretching 		
Y5	Locomotor skills - mastery within small-sided games <ul style="list-style-type: none"> - Walking - Running - Jumping - Hopping - Skipping - Galloping - Side-sliding - Leaping - Bounding - Dodging 	Invasion Games <ul style="list-style-type: none"> - Capture the flag - Pacman - Bulldog - Red Light 	Inclusion Sports <ul style="list-style-type: none"> - Boccia - Table Cricket - Kurling - Polybat 	Stability skills – mastery within small-sided games Dance & Gymnastics <ul style="list-style-type: none"> - Agility, balance and coordination - Body rolling - Bending - Twisting - Landing - Rotation - Turning - Stretching - 	Object control skills – mastery within small-sided games <ul style="list-style-type: none"> - Throwing - Catching - Kicking - Striking - Rolling - Dribbling - Collecting 	Athletics – Throwing events <ul style="list-style-type: none"> - Discus - Hammer - Javelin - Shot Putt
Y6	Hockey <ul style="list-style-type: none"> - Stick safety - Stick handling - Passing - Dribbling - Shooting 	Football <ul style="list-style-type: none"> - Ball familiarity - Ball Control - Sending - Receiving - Shooting 	Volleyball <ul style="list-style-type: none"> - Serve - Bump - Set - Spike - Matchplay 	Table Tennis <ul style="list-style-type: none"> - Paddle handling - Serve - Forehand - Backhand 	Object control skills – mastery within small-sided games <ul style="list-style-type: none"> - Throwing - Catching - Kicking - Striking - Rolling - Dribbling - Collecting - 	Athletics – Throwing events <ul style="list-style-type: none"> - Discus - Hammer - Javelin - Shot Putt