

The Rise PE Curriculum 2022/2023

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 	Team Games <ul style="list-style-type: none"> - Dodgeball - Endzone - Bulldog - BenchBall
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 	Team Games <ul style="list-style-type: none"> - Dodgeball - Endzone - Bulldog - BenchBall
Y4	Locomotor skills - mastery within small-sided games <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 within small-sided games Dance & Gymnastics <ul style="list-style-type: none"> - Agility, balance and coordination 	Object control skills – mastery within small-sided games <ul style="list-style-type: none"> - Throwing - Catching - Kicking - Striking - Rolling 	Team Games <ul style="list-style-type: none"> - Dodgeball - Endzone - Bulldog - BenchBall

	<ul style="list-style-type: none"> - Galloping - Side-sliding - Leaping - Bounding - Dodging 			<ul style="list-style-type: none"> - Body rolling - Bending - Twisting - Landing - Rotation - Turning - Stretching 	<ul style="list-style-type: none"> - Dribbling - Collecting 	
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 Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles - Middle Distance - Long Distance - Long Jump - Triple Jump
Y6	Rugby <ul style="list-style-type: none"> - Ball familiarisation - Passing backwards - Sending / receiving 	Basketball / Netball <ul style="list-style-type: none"> - Ball familiarity - Ball Control - Sending - Receiving - Shooting 	Badminton <ul style="list-style-type: none"> - Grip - Serve - Forehand - Backhand 	Dance, Gymnastics and Health and Fitness <ul style="list-style-type: none"> - 3 Weeks Haka - 3 Weeks Gym 	Outdoor and Adventure <ul style="list-style-type: none"> - Rounders - Orienteering 	Athletics Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles - Middle Distance - Long Distance - Long Jump

	<ul style="list-style-type: none"> - Running onto ball 					<ul style="list-style-type: none"> - Triple Jump
Y7	Rugby <ul style="list-style-type: none"> - Ball familiarisation - Passing backwards - Sending / receiving - Running onto ball - Rules - - Kicking for territory 	Basketball / Netball <ul style="list-style-type: none"> - Ball familiarity - Ball Control - Sending - Receiving - Shooting - Rules - - Types of passes 	Badminton <ul style="list-style-type: none"> - Grip - Serve - Forehand - Backhand - Doubles - Rules - 	Dance, Gymnastics and Health and Fitness <ul style="list-style-type: none"> - 3 Weeks Haka - 3 Weeks Gym 	Outdoor and Adventure <ul style="list-style-type: none"> - Rounders - Orienteering 	Athletics Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles - Middle Distance - Long Distance - Long Jump - Triple Jump
Y8	Rugby <ul style="list-style-type: none"> - Ball familiarisation - Passing backwards - Sending / receiving - Running onto ball - Rules - - Kicking for territory - Set pieces 	Basketball / Netball <ul style="list-style-type: none"> - Ball familiarity - Ball Control - Sending - Receiving - Shooting - Rules - - Types of passes 	Badminton <ul style="list-style-type: none"> - Grip - Serve - Forehand - Backhand - Doubles - Rules - - Shots 	Dance, Gymnastics and Health and Fitness <ul style="list-style-type: none"> - 3 Weeks Haka - 3 Weeks Gym 	Outdoor and Adventure <ul style="list-style-type: none"> - Rounders - Orienteering 	Athletics Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles - Middle Distance - Long Distance - Long Jump - Triple Jump
Y9	Rugby <ul style="list-style-type: none"> - Ball familiarisation 	Basketball / Netball <ul style="list-style-type: none"> - Ball familiarity - Ball Control - Sending 	Badminton <ul style="list-style-type: none"> - Grip - Serve - Forehand 	Dance, Gymnastics and Health and Fitness	Outdoor and Adventure <ul style="list-style-type: none"> - Rounders - Orienteering 	Athletics Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles

	<ul style="list-style-type: none"> - Passing backwards - Sending / receiving - Running onto ball - Rules + - Kicking for territory - Set pieces - Tackling 	<ul style="list-style-type: none"> - Receiving - Shooting - Rules + - Rebounding - Types of passes 	<ul style="list-style-type: none"> - Backhand - Doubles - Rules + - Shots 	<ul style="list-style-type: none"> - 3 Weeks Haka - 3 Weeks Gym 		<ul style="list-style-type: none"> - Middle Distance - Long Distance - Long Jump - Triple Jump
Y10	Rugby <ul style="list-style-type: none"> - Ball familiarisation - Passing backwards - Sending / receiving - Running onto ball - Rules + - Kicking for territory - Set pieces - Tackling - Tactical awareness - Positional play 	Basketball / Netball <ul style="list-style-type: none"> - Ball Control - Sending - Receiving - Shooting - Rules + - Rebounding - Types of passes - Tactical awareness 	Badminton <ul style="list-style-type: none"> - Grip - Serve - Forehand - Backhand - Doubles - Rules + - Shots - Tactical awareness 	Dance, Gymnastics and Health and Fitness <ul style="list-style-type: none"> - 3 Weeks Haka - 3 Weeks Gym 	Outdoor and Adventure <ul style="list-style-type: none"> - Rounders - Orienteering 	Athletics Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles - Middle Distance - Long Distance - Long Jump - Triple Jump
Y11	Rugby <ul style="list-style-type: none"> - Ball familiarisation - Passing backwards 	Basketball / Netball <ul style="list-style-type: none"> - Sending - Receiving - Shooting - Rules + 	Badminton <ul style="list-style-type: none"> - Grip - Serve - Forehand - Backhand 	Dance, Gymnastics and Health and Fitness <ul style="list-style-type: none"> - 3 Weeks Haka 	Outdoor and Adventure <ul style="list-style-type: none"> - Rounders - Orienteering 	Athletics Track & Field <ul style="list-style-type: none"> - 100m Sprint - 100m Hurdles

	<ul style="list-style-type: none"> - Sending / receiving - Running onto ball - Rules + - Kicking for territory - Set pieces - Tackling - Tactical awareness - Positional play - Officiating 	<ul style="list-style-type: none"> - Rebounding - Types of passes - Positional play - Tactical awareness - Officiating 	<ul style="list-style-type: none"> - Doubles - Rules + - Shots - Tactical awareness - Officiating 	<ul style="list-style-type: none"> - 3 Weeks Gym 		<ul style="list-style-type: none"> - Middle Distance - Long Distance - Long Jump - Triple Jump
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------	--	------------------------------------------------------------------------------------------------------------------------------------------