



Hambrook PE

Yearly Overview 2023-24

Bristol Sport Timetable

Term	Sport	Session 1	Session 2
1	KS1 Multi-Sports	Year 1	Year 2
2	Dodgeball	Year 3	Year 5
3	Handball	Year 4	Year 6
4	Gymnastics	Reception	Year 1
5	Netball	Year 2	Year 5
6	Basketball	Year 3	Year 6

KS1 National Curriculum	Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.		
	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Participate in team games, developing simple tactics for attacking and defending	Perform dances using simple movement patterns.

KS1	Reception		Year 1		Year 2	
	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind
Term 1			Bristol Sport: KS1 Multi sports	Dance: The Zoo	Bristol Sport: KS1 Multi sports	Health and Wellbeing
Term 2			Ball Skills: Using Hands 1	Gymnastics: Body Parts	Ball Skills: Using Hands 1	Gymnastics: Pathways
Term 3	Ball Skills: Using Hands 1	Gymnastics: Moving	Ball Skills: Using Feet 1	Teambuilding	Ball Skills: Using Feet 1	Dance: Water
Term 4	Ball Skills: Using Feet 1	Bristol Sport: Gymnastics	Invasion Games for Understanding	Bristol Sport: Gymnastics	Attack & Defense: Games for understanding	Gymnastics: Linking
Term 5	Locomotion: Jumping/ Athletics	Gymnastics: High Low, Over, Under	Athletics	Locomotion: Jumping	Bristol Sport: Netball	Athletics
Term 6	Attack vs Defense: Game for understanding	Dance: Nursery Rhymes	Ball Skills: Hands 2	Gymnastics: Wide, Narrow, Curled	Ball Skills: Using Hands 2	Dance: Explorers



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KS2 National Curriculum	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success		
	Use running, jumping, throwing and catching in isolation and in combination	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
	Perform dances using a range of movement patterns	Take part in outdoor and adventurous activity challenges both individually and within a team	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

KS2	Year 3		Year 4		Year 5		Year 6	
	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind	Unit 1 Skill/Invasion	Unit 2 Gym/Dan/Mind
Term 1	Netball	Dance	Handball	Gymnastics: Bridges	Athletics: Throwing and jumping	Dance: Street Art	Tag Rugby	Gymnastics: Matching and Mirroring
Term 2	Basketball	Bristol Sport: Dodgeball	Skill: Passing & Moving Tag Rugby	Outdoor Adventure Activities: Problem Solving	Dodgeball	Bristol Sport: Dodgeball	Basketball	Dance: Carnival
Term 3	Handball	Orienteering	Bristol Sport: Handball	Dance: Cats	Basketball	Health Related Exercise	Bristol Sport: Handball	Health Related Activities
Term 4	Tennis	Mindfulness	Netball	Health & Wellbeing Mindfulness	Netball	Gymnastics	Netball	Outdoor Adventure Activities: Leadership
Term 5	Athletics	Dance	Athletics	Outdoor Adventure Activities: Orienteering	Bristol Sport: Netball	Athletics	Athletics	Mindfulness
Term 6	Bristol Sport: Basketball	Outdoor Adventure Activities: Problem Solving	Tennis	Dance: Space	Tennis	Outdoor adventure activities: Orienteering	Handball	Bristol Sport: Basketball