



CATALYST

Dilkes Academy

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Physical Education

Year 1

All pupils will participate in games, gymnastics and dance activities. They will be encouraged to develop greater control of their bodies and movement, improve their skills, learn to work co-operatively within a team and use imagination dance.

Year 2

All pupils will take part in various activities in the PE Curriculum. In Gymnastics, the units covered will be turning and spinning. In Games, we will work on throwing, hitting, batting and Athletics (sprinting, throwing, standing long jump and relay).

Year 3

All pupils will participate in games, gymnastics and dance activities. They will play rounders, tennis and hockey. In gymnastics, activities will include stretching and curling, symmetry and asymmetry and following different pathways.

Year 4

Pupils will take part in various activities in the PE Curriculum. In gymnastics, the units covered will be balance and rolling. In games, they will work on problem solving and inventing games, striking and fielding games and athletics.

Year 5

Pupils will have an extensive range of PE lessons with specialist teachers covering areas such as swimming, athletics, striking and fielding games, invasion games, outdoor and adventurous activities, gymnastics and dance.

Year 6

All pupils will participate in games, athletics, dance, gymnastics and swimming throughout the year. They will be encouraged to develop greater control of their bodies, their skills and learn to work co-operatively within a team.

