

Middle and Upper School Coaching Core Curriculum

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Overview of Curriculum P.E 2023-24						
	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Time	weeks	weeks	weeks	weeks	weeks	weeks
Monday Year 4 1.15-3	Invasion Games/Strength and Stamina Complete PE Tag Rugby WAR	Swimming -blocked week Gymnastics/Yoga Complete PE The circus Rachel Ridge	Dance/Yoga Disney Heroes Complete PE Rachel Ridge Pedestrian Training	Net/wall Games Complete PE WAR	Striking and Fielding - Rounders Athletics Complete PE WAR Swimming Blocked	Striking and fielding- Rounders Athletics Complete PE YR4
Tuesday Year 5 1.15-3	Invasion Games/Strength and Stamina Complete PE Tag Rugby WAR	Gymnastics Complete PE Carnival Rachel Ridge	Carnival/Circus Complete PE Rachel Ridge	Net/wall Games Complete PE WAR Boggle Hole Residential	Striking and Fielding Complete PE Cricket 5/6 Athletics Complete Pe Year 5 WAR Swimming Blocked	Striking and Fielding Complete PE Cricket 5/6 Athletics Complete Pe Year 5 Bikeability
Wednesday Year 3 1.15-3	Invasion Games/Strength and Stamina Complete PE Dodgeball Yr3 WAR	Gymnastics/Yoga Complete PE Asymmetry/symmetry WAR	Yoga Complete PE Witches and Wizards WAR	Net/wall Games Complete PE Basketball Year 3 WAR	Striking and Fielding Complete PE Rounders Year 3 Athletics Complete PE yr3 WAR	Striking and Fielding Complete PE Rounders Year 3 Athletics Complete PE yr3
Thursday Year 6 1.15-3	Invasion Games Complete PE Rugby YEAR 5/6	Gymnastics Matching and mirroring Complete PE YR6	Dance Through the decades Urban Kaos	Net/wall Activities Complete PE Tennis 3/4	Striking and Fielding Complete PE Cricket 5/6 WAR	Athletics Complete PE WAR Year 6

	<i>WAR</i>			<i>WAR</i>		France Trip Transition
<b>Friday Year 6 1-3</b>	Invasion Skills <i>WAR</i>	Boot Camp <i>WAR</i>	Boot Camp <i>WAR</i>	Bat and ball skills <i>WAR</i>	Striking and fielding Skills <i>WAR</i>	Athletics <i>WAR</i>