

PE - Practical

	Topic	Activities	Skills
Spring 1	Health & Fitness	Cardio Weights Boxercise Yoga Circuits Nutrition	Cardiovascular fitness Endurance Strength Balance Flexibility Knowledge of nutrition & diet
Spring 2	Hand eye co-ordination	Table tennis Basketball Tennis	Co-ordination Teamwork Concentration
Summer 1	Summer Sports	Rounders Football Cricket	Teamwork Stamina Knowledge of sport Hand eye co-ordination Decision making
Summer 2	Summersports	Rounders Football Cricket	Teamwork Stamina Knowledge of sport Hand eye co-ordination Decision making