

PE OVERVIEW 2021-2022

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 1
GRP RED	SWIMMING	SWIMMING	BASKETBALL -Passing -Shooting -Dribbling -Defending/Attacking	CATERPILLAR ROUNDERS -Throwing/Catching -Striking -Fielding skills	CYCLING -Peddling -Braking -Turning	ATHLETICS -Throwing -Jumping -Running
GRP ORANGE	CRICKET -Throwing/Catching -Striking -Fielding skills	CIRCUIT TRAINING -Cardio -Weight-bearing activities -Agility exercises	BASKETBALL -Passing -Shooting -Dribbling -Defending/Attacking	CATERPILLAR ROUNDERS -Throwing/Catching -Striking -Fielding skills	SWIMMING	SWIMMING
GRP SILVER & AQUA	FOOTBALL -Passing -Shooting -Dribbling -Defending/Attacking	CRICKET -Throwing/Catching -Striking -Fielding skills	SWIMMING	SWIMMING	CYCLING -Peddling -Braking -Turning	ATHLETICS -Throwing -Jumping -Running
GRP GREEN	SWIMMING	SWIMMING	BASKETBALL -Passing -Shooting -Dribbling -Defending/Attacking	CIRCUIT TRAINING -Cardio -Weight-bearing activities -Agility exercises	HOCKEY -Passing -Shooting -Dribbling -Defending/Attacking	ATHLETICS -Throwing -Jumping -Running
GRP PURPLE	BOCCIA -Rolling -Aiming	CORE STABILITY/OT EXERCISE -Cardio	SWIMMING	SWIMMING	CORE STABILITY/OT EXERCISE -Cardio	SENSORY CIRCUITS -Cardio

	-Following instructions -	-Weight-bearing activities -Agility exercises			-Weight-bearing activities -Agility exercises	-Weight-bearing activities -Agility exercises
GRP PINK & GOLD	BASKETBALL -Passing -Shooting -Dribbling -Defending/Attacking	FOOTBALL -Passing -Shooting -Dribbling -Defending/Attacking	CIRCUIT TRAINING -Cardio -Weight-bearing activities -Agility exercises	CRICKET -Throwing/Catching -Striking -Fielding skills	HOCKEY -Passing -Shooting -Dribbling -Defending/Attacking	ATHLETICS -Throwing -Jumping -Running
GRP YELLOW	CIRCUIT TRAINING -Cardio -Weight-bearing activities -Agility exercises	BASKETBALL -Passing -Shooting -Dribbling -Defending/Attacking	SWIMMING	SWIMMING	FOOTBALL -Passing -Shooting -Dribbling -Defending/Attacking	ATHLETICS -Throwing -Jumping -Running
GRP BLUE	SWIMMING	SWIMMING	BASKETBALL -Passing -Shooting -Dribbling -Defending/Attacking	CIRCUIT TRAINING -Cardio -Weight-bearing activities -Agility exercises	FOOTBALL -Passing -Shooting -Dribbling -Defending/Attacking	ATHLETICS -Throwing -Jumping -Running