**Uplands – PE Year 3**

Timetable



Curriculum outline

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Year 3 |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| TW Led | Fundamentals / Fitness | Games – Basic Skills | Gymnastics | OAA | Games - Football | Games – Kick rounders |
| Outside | Outside | Hall | Hall | Outside | Outside |
| Teacher Led | Dance | Benchball | Netball | Skipping Henry |
| Hall | Hall | Outside | Hall |
|  | The teacher led lessons swap at the end of February half term. Teacher Led lesson topics will then be Netball (Outside), Benchball (Hall), Dance (Hall) |

During year 3, children will be learning about the skeletal system. They will be able to identify 10 bones correctly.



**Year 4**

Curriculum outline

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Year 4 |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| TW Led | Swimming | Gymnastics | Dance | Athletics | Tag Rugby  | “L” Cricket |
| Pool | Hall | Hall | Outside | Outside | Outside |
| Teacher led | Swimming | Tennis |  |  |  |  |
| Pool | Playground |  |  |  |  |
|  | Work in progress as swimming is now no longer over one whole year so additional units need to be added – Tennis to be taken off Year 5 and replaced with Volleyball |

Timetable

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**Year 5**

Curriculum outline

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Year 5 |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| TW | Athletics | Water safety / OAA | Gymnastics | Dance |  | Rounders |
| Outside | Hall | Hall | Hall |  | Playground |
| Teacher | Dodgeball | Basketball | Table Tennis | Cricket | Tennis | Frisbee |
| Hall | Outside | Classroom | Playground | Playground | Hall / SH / Cage |
| Other | * We are hoping to get Bikability in but as of, yet this has not been confirmed
* The order of these units may change due to space. This may also mean classes will have to be changed order occasionally, BUT this will be communicated with teachers
 |

Timetable



**Year 6**

Curriculum overview

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Year 6 |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Team 1 | Ch 1 – Netball / Frisbee | Badminton | Rounders | Dance | Gymnastics | OAA | Athletics | Ch 2– Futsal / Basketball |
| Playground | Highfields | Playground | Hall | Hall / SH / C | Highfields |
| Team 2 | Badminton | Ch 1 – Netball / Frisbee | Dance | Gymnastics | Ch 2 – Futsal / Basketball | Rounders | OAA | Athletics |
| Highfields | Playground | Hall | Highfields | Playground | Hall / SH / C |
| Leadership | OAA | Athletics | Dance | Gymnastics | Badminton | Ch 1 – Netball / Frisbee | Ch 2 – Futsal / Basketball | Rounders |
| Hall / SH / C | Hall | Highfields | Playground | Highfields | Playground |
| Additional Notes | Team 2 has replaced individual for this year as there was not enough children who selected this optionSwimming catch-up for selected individuals for Autumn 1. They may miss some of PE depending on their time slotFirst Aid has been taken off the programme and will be covered over a few days. |

Timetable



**Extra Curricular**

We are excited to announce the clubs for Autumn term. Here at Uplands, we pride ourselves in offering a vast range of activities for all children. To sign up, please email pe@uplandsacademy.co.uk or contact the school through school gateway.

|  |  |
| --- | --- |
|  | **PE and School Sports Clubs (Autumn 2024/25** |
|   |  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM (8am – 8.30)** | Sport | * Dodgeball (Mrs Wood) – All years
 | * Cricket (Mrs Wood) – All years
 | * Reaction net (Mrs Wood) – All years
 | * Kick rounders (Mrs Wood) – All years
 | * Dodgeball (Mrs Wood) – All years
 |
| **Lunch (12.15 start)** | Sport | * Cycling (Mrs Carlisle) – Year 6 unless have own bike & Helmet
 | * Netball (Mrs Wood) – All years
* Girls Cricket (LCC) – All years
* PPG Fitness & Football (Invite only)
 | * Walking Wednesday (Miss Patel/Mrs Carlisle) – All years
* Badminton (Mrs Wood) – Year 5/6
 | * PPG Fitness & Football (Invite only)
 | * Leadership Training (Mrs Wood) – All years
 |
| **PM (3.15 – 4.15pm)** | Sport | * Boys & Girls Team Football (Mr Bailey / Mr Walker) – Year 5/6 Invite only
* Gymnastics (Mrs Wood) – All years
 | * Year 3/4 football training (Miss Khalifa)
* Dodgeball (Mrs Wood) – Year 5/6
 |  | * Basketball (Mr Pryce) – Year 5/6
* Tag Rugby (Mrs Wood) – Year 3/4
 |  |

**Archieve**