



Colby School PE Curriculum Map



Physical Education lessons will be at least 1 hour per week.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Amber	Tag Rugby	Dance (free)	Gymnastics/Dance	Hockey	Cricket	Athletics
Sapphire	Tag Rugby	Dodgeball(free)	Gymnastics/Dance	Hockey	Cricket	Athletics
Emerald	Tag Rugby	Football (free)	Gymnastics/Dance	Hockey	Athletics	Cricket
Ruby	Tag Rugby	Gymnastics/Dance	Hockey (Free)	Hockey	Athletics	Cricket
Amethyst	Cricket (free)	Gymnastics/Dance	Tag Rugby	Hockey	Athletics	Cricket

Key skills: **Technique (Red)**, **Evaluate and Analyse (Blue)**, **Sport Knowledge and understanding (Green)**.

Cricket, Tag Rugby, Gym/Dance, Hockey and Athletics are all compulsory subjects that progress through the school. Each teacher chooses 1 free area per year.

Games sessions will also be taught each week. These need to follow the guidelines from the **Colby Curriculum**. Staff will need to plan using the list of core Games sessions values.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Amber	Hand/Eye co skills (free)	Dodgeball	Health and Fitness Circuits	Target practise games (free)	Teamwork and Leadership skills	Fieldwork and Orienteering
Sapphire	Football (free)	Dodgeball	Health and Fitness Circuits	Teamwork and Leadership skills	Fieldwork and Orienteering	Football (Free)
Emerald	Tennis (free)	Teamwork and Leadership skills	Health and Fitness Circuits	Dodgeball	Athletics (free)	Fieldwork and Orienteering
Ruby	Teamwork and Leadership Skills	Health and Fitness Circuits	Dodgeball	Football (free)	Athletics (free)	Fieldwork and Orienteering
Amethyst	Teamwork and leadership skills	Fieldwork and Orienteering	Health and Fitness Circuits	Dodgeball	Athletics (free)	Rounders/Softball (free)

Teamwork and Leadership Skills, Health and Fitness, Dodgeball, Fieldwork and Orienteering, are compulsory, the rest of the year is free for teachers to teach what they are interested in whilst linking their lessons to our **Colby School Sport Policy**.