



P.E. @ NJA

Arrive at NJA after KS1



Year 3

Agility – Balance - Coordination	Throw - Catch - Play	Inspire – Create - Perform	Strike – React - Rally	Run – Jump - Throw	React – Retrieve - Roll	Float – Swim – Be Safe!	Inter-class competition
<i>DrEAM breaks</i>		<i>Active playtimes & Lunchtimes</i>		<i>Provision of lunchtime and after academy clubs</i>			



Year 4

Hands – Feet - Equipment	Attack – Defend - Play	Balance – Travel - Flair	Strike – React - Rally	Run – Jump - Throw	Aim – Strike - Retrieve	Outdoor Adventurous Activities (residential)	Inter-class competition
<i>DrEAM breaks</i>		<i>Active playtimes & Lunchtimes</i>		<i>Provision of lunchtime and after academy clubs</i>			



Year 5

Netball	Outdoor Adventurous Activities	Dance	Hockey	Athletics	Rounders / Cricket 'Enrichment'	Swimming (for non-swimmers)	Inter-class competition
<i>DrEAM breaks</i>		<i>Active playtimes & Lunchtimes</i>		<i>Provision of lunchtime and after academy clubs</i>			



Year 6

Football	Health-Related Exercise	Gymnastics	Basketball	Athletics	Rounders / Cricket 'Enrichment'	Outdoor Adventurous Activities (residential)	Inter-class competition
<i>DrEAM breaks</i>		<i>Active playtimes & Lunchtimes</i>		<i>Provision of lunchtime and after academy clubs</i>			



Ready for P.E. at Secondary School