

BTAH Core PE Overview

<u>YR</u>	<u>AUT 1</u>	<u>AUT 2</u>	<u>SPR 1</u>	<u>SPR2</u>	<u>SUM 1</u>	<u>SUM 2</u>
KS3	-Short tennis -Basketball -Hockey	-Boxing skills/circuit training - Weight and core training	-Football - Table tennis Unit 1 -Basketball Unit 1	- Outdoor gym - Football - Volleyball Unit 1	-Tag Rugby -Rounders (6 weeks)	-Volleyball - Cricket (6 weeks)
KS4	-Hockey -Short tennis -Boxing skills/circuit training	-Boxing skills/circuit training - Table Tennis	- Weight and core training - Basketball	- Outdoor gym - Football skills - Baseball	-Volleyball - Rounders - Cricket	-Tag Rugby - Rounders - Cricket