Curriculum Overview - PE

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

	Reception	Year 1	Year 2
Autumn 1	**Locomotion-Walking**	**Locomotion- Running**	**Locomotion -Dodging**
	Dance –Nursery Rhymes	**Dance-Growing**	**Explorers**
		Health and Wellbeing	**Health and Wellbeing**
Autumn 2	**Ball Skills-Hands 1 Hands 2**	**Ball Skills- Hands 1 Hands 2**	**Ball Skills- Hands 1 Hands 2**
Spring 1	**Gymnastics -Moving High, Low, Over, Under**	**Gymnastics Body parts Wide, Narrow, Curled**	**Gymnastics- Pathways Linking**
Spring 2	**Ball skills-Feet 1**	**Ball skills -Feet 1 Rackets, Bats and Balls**	**Ball skills- Feet 1 Rackets, Bats and Balls**
Summer 1	**Games for understanding**	**Locomotion-Jumping 1**	**Locomotion-Jumping 1**
		Games for understanding	**Games for understanding**
Summer 2	**Swimming**	**Swimming**	**Swimming**
		Team Building	**Team Building**

Opportunities for personal development:

- Play bubby training
- Stay active session 4 times in a year
- Mini Marathon
- Dance festival
- Athletics Festival
- Sports Day
- Lunchtime- activities run by Play buddies
- Walk to School Week
- After school club - Gymnastics and Football
- Daily Walk a mile
- Pudsey- Jo Wicks ACTIVATE
- One World Week- dances and games from around the world
- Healthy Heroes Workshop
- Sports Award Evening