

THE CURRICULUM IN YEAR Reception (EYFS)

PE

Educational Programme: Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Core Knowledge / skills and concepts. By the time children finish in EYFS we want them...

- To be able to get changed for PE independently
- To be able to throw and catch a ball
- To be able to join a sequence of movements to perform a simple gymnastic or dance routine
- To be able to say how to keep themselves healthy and happy

Units taken from the Get Set 4 PE scheme of work

Activity	Early learning goals and Development Matters Statements covered
Introduction to PE	Revise and refine the fundamental movement skills they have already acquired: - rolling, - crawling, - walking, - jumping, - running, - hopping, - skipping, - climbing Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines
Dance	Combine different movements with ease and fluency Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Progress towards a more fluent style of moving, with developing control and grace Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines
Gymnastics	Negotiate space and obstacles safely, with consideration for themselves and others. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines
Ball skills	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
Fundamentals	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Develop overall body-strength, balance, co-ordination and agility Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines
Games	Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines

THE CURRICULUM IN YEAR 1/2

PE

Units taken from the Get Set 4 PE scheme of work

Activity	National Curriculum objectives covered
Fundamentals (year 1)	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
Striking and fielding	participate in team games, developing simple tactics for attacking and defending
Team building (year 1)	participate in team games, developing simple tactics for attacking and defending
Fitness	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
Dance (year 1)	perform dances using simple movement patterns
Gymnastic (year 1)	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
Ball skills (year 1)	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
Net and wall games	participate in team games, developing simple tactics for attacking and defending
Invasion games	participate in team games, developing simple tactics for attacking and defending
Athletics (year 1)	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

Activity	National Curriculum objectives covered
Fundamentals (year 2)	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
Team building (year 2)	participate in team games, developing simple tactics for attacking and defending
Ball skills (year 2)	participate in team games, developing simple tactics for attacking and defending
Sending and receiving	participate in team games, developing simple tactics for attacking and defending
Gymnastics (year 2)	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
Dance (year 2)	perform dances using simple movement patterns
Yoga	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 perform dances using simple movement patterns
Target games	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
Athletics (year 2)	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

THE CURRICULUM IN YEAR 3/4

PE

Units taken from the Get Set 4 PE scheme of work

Activity	National Curriculum objectives covered
Tag rugby	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Fitness	use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best
Dance (year 3)	perform dances using a range of movement patterns
Dodgeball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Gymnastics (year 3)	develop flexibility, strength, technique, control and balance
Tennis (year 3)	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Netball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Athletics (year 3)	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance
Ball Skills	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance
Rounders	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
OAA	take part in outdoor and adventurous activity challenges both individually and within a team

Activity	National Curriculum objectives covered
Fundamentals	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Hockey	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Football	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Yoga	<p>develop flexibility, strength, technique, control and balance</p>
Basketball	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Golf	<p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
Athletics (year 4)	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>
Dance (year 4)	<p>perform dances using a range of movement patterns</p>
Gymnastics (year 4)	<p>develop flexibility, strength, technique, control and balance</p>
Tennis (year 4)	<p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>
Cricket	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p>

THE CURRICULUM IN YEAR 5/6

PE

Units taken from the Get Set 4 PE scheme of work

Activity	National Curriculum objectives covered
Fitness	use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best
Cricket	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Hockey	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Basketball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Swimming	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations
Gymnastics (year 5)	develop flexibility, strength, technique, control and balance
Dance (year 5)	perform dances using a range of movement patterns
Badminton	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Volleyball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Athletics (year 5)	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance
Tennis (year 5)	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Rounders	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

Activity	National Curriculum objectives covered
Football	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Tag rugby	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Yoga	develop flexibility, strength, technique, control and balance
Gymnastics (year 6)	develop flexibility, strength, technique, control and balance
Dance (year 6)	perform dances using a range of movement patterns
Dodgeball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Swimming	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations
Tennis (year 6)	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Netball	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
Golf	develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best
OAA	take part in outdoor and adventurous activity challenges both individually and within a team
Athletics (year 6)	use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance