

## Subject Overview PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Children are able to explore and participate in activities that are designed to develop their skills in health, self-care, moving and handling of equipment etc. Children are provided with a range of teacher led opportunities and experiences that allow them to safely and confidently explore their skills with the appropriate adult support and guidance.					
<b>Year One</b>	Gymnastics Unit D Flight: Bouncing, jumping and landing	Dance Unit 1 Streamers: Conkers, Playing with a ball	Gymnastics Unit E Points and patches	Dance Unit 2 March, march, march Jack and the Beanstalk	Gymnastics Unit F Rocking and rolling	Dance Unit 1: Rainbow fish. We're going on a bear hunt
	Games Unit 1 Ball skills & games	Games Unit 2 Throwing and catching-aiming games	Games Unit 3 Bat/ball skills and games-skippping	Games Unit 4 Developing partner work	Athletics Unit 1 Changing speed, underarm throw, take-offs and landing, travelling & push throw	Athletics Unit 2 Running style, jumping, pull throw, pivot turn, underarm throw, push throw
<b>Year Two</b>	Gymnastics Unit H Parts high and parts low	Dance Unit 1 The cat, balloons, Reach for the stars	Gymnastics Unit I Pathways- straight, curving and zig-zag	Dance Unit 2 Friends, Bubble, Shadows	Gymnastics Unit J Turning, spinning, twisting	Dance Unit 1
	Games Unit 1 Throwing and catching, inventing games	Games Unit 2 Making up a game-aiming, hitting, kicking	Games Unit 3 Dribbling, hitting, kicking	Games Unit 4 Group games and inventing rules	Athletics Unit 1 Push throw, running, underarm throw, jumping	Athletics Unit 2 Push throw & bounce, sprinting, throwing for distance, jumping for distance

## **Curriculum Design and Implementation**

The PE curriculum for Reception is underpinned by the 3 Characteristics for Effective Learning which enable them to reach their Early Learning Goals. These 3 characteristics are:

- Playing and exploring.
- Active learning.
- Creating and thinking critically.

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ELG 4 Moving and handling, children at the end of Reception would be expected to:

- Show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

ELG 5 Health and self-care, children at the end of Reception would be expected to:

- Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

In KS1 the PE curriculum is based around 4 main topics. These consist of gymnastics, dance, games and athletics. These 4 topics are taught throughout both Year 1 and Year 2 with progressing skills.

### **National curriculum for KS1:**

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.