

## PE Curriculum Guide

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We aim to offer a range of opportunities to compete in sport and other activities, build character and help to embed values; such as, fairness and respect.

### Provision Overview:

- 2 hours per week
- Daily Boost sessions across the whole week (10-15minutes of activity)
- After school clubs – external providers e.g. box fit and basketball, and football and running from internal Sports Coach
- Sports Coach sessions – Helen Aston
- Teacher led lessons
- Dance – Thursday PMs
- Sports Day at Saffron Lane Stadium – Summer Term 2

<b>Nursery</b>
Gymnastics and stability – Spring 1 & 2
Begin to use balance, agility and co-ordination
Athletics – summer 1 & 2
Begin to use hand-eye and foot-eye.
<b>Reception</b>
Locomotion and gymnastics – Autumn 1 & 2
Continue and develop hand-eye and foot-eye.
Continue and develop balance, agility and co-ordination
Gymnastics and target games – spring 1 & 2
Balance, agility and co-ordination
hand-eye and foot-eye.
Athletics and striking/fielding - Summer 1 & 2

Master & develop basic movements – running, jumping, throwing and catching	
<b>Year 1</b>	
Fundamental movement skills – Autumn 1 & 2	
hand-eye and foot-eye.	
Gymnastics and invasion games – Spring 1 & 2	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
Apply basic principles suitable for attacking and defending	
Athletics and striking and fielding – Summer 1 & 2	
Master & develop basic movements – running	
Master & develop basic movements – jumping	
Master & develop basic movements – throwing	
Master & develop basic movements – catching	
<b>Year 2</b>	
Fundamental movement skills and gymnastics– Autumn 1 & 2	
hand-eye and foot-eye.	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
Swimming – Spring 1 & 2	
Swim competently, confidently and proficiently over a distance of at least 25 metres	
Begin to use a range of strokes effectively [front crawl, backstroke and breaststroke]	
Athletics and net and wall games – Summer 1 & 2	
Master & develop basic movements – running	
Master & develop basic movements – jumping	
Master & develop basic movements – throwing	
Master & develop basic movements – catching	
<b>Year 3</b>	
Swimming – Autumn 1 & 2	
Swim competently, confidently and proficiently over a distance of at least 25 metres	
Use a range of strokes effectively [front crawl, backstroke and breaststroke]	
Perform safe self-rescue in different water-based situations	
Gymnastics and tag rugby – Spring 1 & 2	

Develop flexibility, strength, technique, control and balance	
Play competitive games, modified where appropriate [tag rugby]	
Apply basic principles suitable for attacking and defending	
<b>Athletics and rounders – Summer 1 &amp; 2</b>	
Use running, jumping, throwing and catching in isolation and in combination	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
<b>Year 4</b>	
<b>Netball and tag rugby – Autumn 1 &amp; 2</b>	
Play competitive games, modified where appropriate	
Apply basic principles suitable for attacking and defending	
<b>Gymnastics and hockey – Spring 1 &amp; 2</b>	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
Play competitive games, modified where appropriate	
Apply basic principles suitable for attacking and defending	
<b>Swimming – Summer 1 &amp; 2</b>	
Swim competently, confidently and proficiently over a distance of at least 25 metres	
Use a range of strokes effectively [front crawl, backstroke and breaststroke]	
Perform safe self-rescue in different water-based situations	
<b>Year 5</b>	
<b>Handball and basketball – Autumn 1 &amp; 2</b>	
Play competitive games, modified where appropriate	
Apply basic principles suitable for attacking and defending	
<b>Gymnastics and lacrosse – Spring 1 &amp; 2</b>	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Play competitive games, modified where appropriate [lacrosse]	
Apply basic principles suitable for attacking and defending	
<b>Athletics and tennis – Summer 1 &amp; 2</b>	

Use running, jumping, throwing and catching in isolation and in combination	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
<b>Year 6</b>	
<b>Team Games (Handball and Lacrosse)– Autumn 1&amp;2</b>	
Play competitive games, modified where appropriate [handball and lacrosse]	
Apply basic principles suitable for attacking and defending	
<b>Gymnastics and OAA– Spring 1 &amp; 2</b>	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
take part in outdoor and adventurous activity challenges both individually and within a team	
<b>Badminton and volleyball – Summer 1</b>	
Play competitive games, modified where appropriate [handball and lacrosse]	
Apply basic principles suitable for attacking and defending	

## Yearly Overview of PE Coverage

*Timetables for all additional PE sessions can be found in the Staff Handbook each year*

	Autumn		Spring		Summer	
<b>Nursery</b>			Gymnastics	Stability	Athletics	
<b>Reception</b>	Locomotion	Gymnastics	Gymnastics	Target games	Athletics	
<b>Year 1</b>	Fundamental skills	Fundamental skills	Gymnastics	Invasion games	Athletics	Striking and fielding
<b>Year 2</b>	Fundamental skills	Gymnastics	Swimming	Swimming	Athletics	Net and wall games
<b>Year 3</b>	Swimming	Swimming	gymnastics	Tag rugby	Athletics	Rounders
<b>Year 4</b>	Netball	Tag rugby	Gymnastics	Hockey	Swimming	Swimming
<b>Year 5</b>	Handball	Basketball	Gymnastics	Hockey	Athletics	Tennis
<b>Year 6</b>	Handball	Lacrosse	Gymnastics	OAA	Badminton	Volleyball