

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)
- Leicester City Football Club – Fridays. Lunchtime club, 2 PM sessions and an after-school club
- After school clubs – external providers e.g. cheerleading, boxing, skipping and from internal Sports Coach
- Sports Coach sessions – Helen Aston
- Leicester Tigers after school club – Fridays
- Teacher led lessons
- Dance – Thursday PMs
- Sports Day at Saffron Lane Stadium – Summer Term 2

Year 1	
Ball skills – Autumn 1 & 2	
hand-eye and foot-eye.	
Gymnastics and dance – Spring 1 & 2	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
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	
Year 2	
Ball skills – Autumn 1 & 2	

hand-eye and foot-eye.	
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 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	
Year 3	
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	
Circuits and Hockey – Spring 1 & 2	
Play competitive games, modified where appropriate [hockey]	
Apply basic principles suitable for attacking and defending	
Athletics and striking and fielding – Summer 1 & 2	
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.	
Year 4	
Netball and lacrosse – Autumn 1 & 2	
Play competitive games, modified where appropriate	
Apply basic principles suitable for attacking and defending	
Gymnastics and basketball – Spring 1 & 2	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
Athletics – Summer 1 & 2	
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.	
Swimming – Summer 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	
Year 5	
Indoor athletics, Lacrosse and Netball – Autumn 1 & 2	
Play competitive games, modified where appropriate	
Apply basic principles suitable for attacking and defending	
Team Games (Basketball & Hockey) – Spring 1 & 2	
Play competitive games, modified where appropriate [basketball and tennis]	
Apply basic principles suitable for attacking and defending	
Athletics and strike and field – Summer 1 & 2	
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.	
Year 6	
Gymnastics and indoor athletics– Autumn 2 and Spring 1	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Team Games (Hockey, Lacrosse & Basketball) – Autumn 1, Spring 1 & 2	
Play competitive games, modified where appropriate [hockey and badminton]	
Apply basic principles suitable for attacking and defending	
Athletics and strike and field – Summer 1	
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.	
take part in outdoor and adventurous activity challenges both individually and within a team	

Yearly Overview of PE Coverage

	Autumn		Spring		Summer	
Year 1	Ball skills	Ball skills	Gymnastics	Dance	Athletics	Striking and fielding
Year 2	Ball skills	Gymnastics	Swimming	Swimming	Athletics	Striking and fielding
Year 3	Swimming	Swimming	Circuits Netball	Hockey	Athletics	Striking and fielding
Year 4	Netball	Lacrosse	Basketball	Gymnastics Athletics	Swimming	Swimming
Year 5	Netball	Indoor athletics Lacrosse	Basketball	Hockey	Athletics	Striking and fielding
Year 6	Lacrosse	Indoor athletics	Gymnastics	Hockey	Athletics	Striking and fielding

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