

Physical Education

Developing the Pupil Athletes of the future!

At NET, our Physical Education curriculum aims to ensure that all pupils:

- Are inspired to partake, be active, try new skills and live a healthy lifestyle.
- Excel and participate in competitive sport and other physically demanding activities, as well as being physically confident in non-competitive situations.
- Access a varied curriculum that supports a positive mental health, a love of sport; whether to compete, lead or referee.
- Can participate at extra-curricular clubs.
- Have the opportunity to experience new concepts, develop their knowledge and progress their understanding to levels of greater depth that they can take beyond their time at school.
- To lay the foundations to encourage lifelong participation in sport and exercise.

Teachers will impart essential knowledge so pupils can successfully understand, demonstrate and apply key skills, techniques and concepts. This knowledge has been planned progressively, starting in early years and across key stage one and key stage two. This planned knowledge will include skills, techniques and concepts that are appropriate to a range of sports and build upon one another year after year, and refer to one another over time.

Long term plan

		EYFS	Key Stage One		Lower Key Stage Two		Upper Key Stage Two	
→ (Non-Rolling)			Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Rolling) →			Year 2/1 2022-23	Year 2/1 2023-2024	Year 4/3 2022-23	Year 4/3 2023-2024	Year 6/5 2022-23	Year 6/5 2023-2024
Physical Education	Autumn 1 CT	PE is taught discretely weekly and continuously through our provision. 'Fundamental Movement' and 'The ABCs of Movement' are intertwined throughout these as well as 'Object Manipulation'. PE makes uses of guidance within the Development Matters document to help reach the expected level of development by planning lessons and steps to success based on the learning statements provided.	Using Your Feet (Multi-Skills)	Dance: Seasons (Aesthetics)	Football (Invasion Games)	Hockey (Invasion Games)	Football (Invasion Games)	Hockey (Invasion Games)
	Autumn 1 ST or CT		Throwing and Catching (Multi-Skills)	Racquet Skills (Multi-Skills)	Rugby Skills (Invasion Games)	Handball (Invasion Games)	Tag Rugby (Invasion Games)	Basketball (Invasion Games)
	Autumn 2 CT		Dance: Toys (Aesthetics)	Target Games (Target Games)	HRF (Health Related Fitness)	Ultimate Dodgeball (Target Games)	Dance: Haka (Aesthetics)	Handball (Invasion Games)
	Autumn 2 ST or CT		Gymnastics: Body Shape (Prep Skills) (Aesthetics)	Stick Skills (Multi-Skills)	Sitting Volleyball (Net/Wall)	Tchoukball (Net/Wall)	Volleyball (Net/Wall)	Badminton (Net/Wall)
	Spring 1 CT		Gymnastics: Travelling (Aesthetics)	Gymnastics: Turn, Spin, Twist (Aesthetics)	Gymnastics: Balance, Mirror and Matching (Aesthetics)	Dance: Changing States (Aesthetics)	Dance: Secret Agents (Aesthetics)	Dodgeball (Target Games)
	Spring 1 ST or CT		ABC's of Movement (Multi-Skills)	Hero Wars (Invasion Games)	Endball (Invasion Games)	Gymnastics: Developing Rotation (Aesthetics)	Anaerobic Activities (Health Related Fitness)	Gymnastics: Flight (Aesthetics)
	Spring 2 CT		Running Games (Multi-Skills)	Dance: Plants (Aesthetics)	Netball (Invasion Games)	Problem Solving (OAA)	Netball (Invasion Games)	Aerobic Activities (Health Related Fitness)
	Spring 2 ST or CT		Over the Net (Net/Wall)	Gymnastics: High and Low (Aesthetics)	New Age Curling (Target Games)	Boccia (Target Games)	Gymnastics: Inversion (Aesthetics)	Tchoukball (Net/Wall)
	Summer 1 CT		Athletics: Moving Quickly (Athletics)	Athletics: Sending (Athletics)	Athletics: Track Events (Athletics)	Athletics: Field Events (Athletics)	Athletics: Track Events (Athletics)	Athletics: Field Events (Athletics)
	Summer 1 ST or CT		Three Tees Cricket (Striking and Fielding)	Striking and Fielding Concepts (Striking and Fielding)	Rapid Fire Cricket (Striking and Fielding)	Archery (Target Games)	Tennis (Net/Wall)	Active Archery (Target Games)
	Summer 2 CT		Fun Fitness (Health Related Fitness)	Basketball Skills (Multi-Skills)	Dance: Romans (Aesthetics)	Tee Ball (Striking and Fielding)	Kwik Cricket (Striking and Fielding)	Rounders (Striking and Fielding)
	Summer 2 ST or CT		Orienteering (OAA)	Invasion Concepts (Invasion Games)	Orienteering (OAA)	Tri-Golf (Target Games)	Orienteering (OAA)	Tri-Golf (Target Games)