

Physical Education Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YN	<p>Develop self-care skills, hand washing, blowing nose, using the toilet</p> <p>Develop independence when putting on outdoor clothing</p> <p>Enjoy a range of funky finger activities to promote fine motor skills</p> <p>Develop a range of gross motor movements - moving in different ways</p> <p>Exploring the outdoor equipment</p>		<p>Developing knowledge of healthy eating</p> <p>Beginning to understand the effect exercise has on our bodies</p> <p>Continue to reinforce hygiene routines</p> <p>Introducing the word independent and beginning to be responsible for dressing themselves</p> <p>Develop the use of one-handed tools and equipment</p> <p>Show an understanding that equipment must be used safely</p> <p>Experiment with different way of moving</p>		<p>Funky finger activities focussed more on pencil control</p> <p>To provide ample opportunities for name writing</p> <p>To negotiate space without collision</p> <p>To demonstrate hygiene routines and a healthy lifestyle</p> <p>To develop ball skill - catching, throwing and kicking</p> <p>Talk about the effect of exercise on the body</p>	
YR	<p>Stamina - developing spatial awareness and endurance</p>	<p>Strength - developing strength and technique in upper and lower bodies</p>	<p>Skills - develop fine and gross motor skills that cover a range of sport specific skills</p>	<p>Speed - to develop and improve sprinting technique. Activities will develop power, improve agility and reaction times</p>	<p>Athletics - 5 star 5 steps - develop foundation skills for a range of events: hurdling, running, jumping and throwing. Make links with skills already learnt and gain an in-depth knowledge of athletics</p>	<p>Inter class competitions - use the skills previously learnt in a range of sporting scenarios to play alongside/against other classes, in competition with an emphasis on enjoyment</p>

Y1/2	Sending and receiving (invasion)	Gym - balance and coordination	Dance - animals	Striking for accuracy (net games)	Movements (athletics)	Group games (strike and field) Rule making (outdoor adventure)
Y3/4	Dribbling, movement and teamwork (Invasion - hockey and football)	Gym - what's my direction?	Dance - Romans	Returning - net games (tennis and volleyball)	Record breaking (athletics)	Fielding (strike and field) Decisions (outdoor adventure)
Y5	Rules and concepts (invasion - football and netball)	Gym - Viking balance	Dance - space	Accuracy and rallies (net games)	Olympic training (athletics)	Exploring, striking and fielding Leadership (outdoor adventure)
Y6	Invasion - competitive (netball and basketball)	Gym - travelling in World War 2	Dance style - street dance	Net games for points	Going for gold (athletics)	Striking and fielding Finding success (outdoor adventure)

