

## Physical Education Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	<p><b>Physical development:</b></p> <ul style="list-style-type: none"><li>- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills</li><li>- Go up steps and stairs, or climb up apparatus, using alternate feet</li><li>- Skip, hop, stand on one leg and hold a pose for a game like musical statues</li><li>- Use large-muscle movements to wave flags and streamers, paint and make marks</li><li>- Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm</li><li>- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width</li><li>- Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</li><li>- Progress towards a more fluent style of moving, with developing control and grace.</li><li>- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics and sport</li><li>- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</li><li>- Combine different movements with ease and fluency</li><li>- Confidently and safely use a range of large and small apparatus indoors and outside</li><li>- Develop overall body-strength, balance, co-ordination and agility</li></ul>					

- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball

**Types of learning activity:**

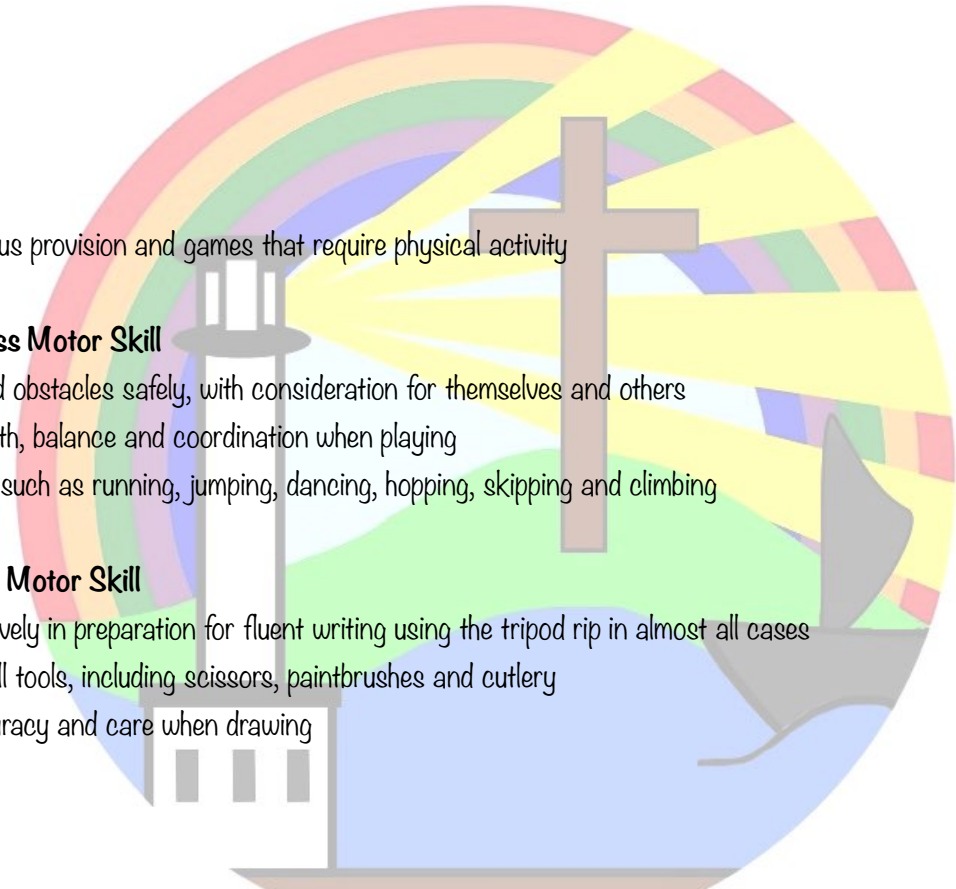
- Weekly PE lessons
- Dough disco
- Funky fingers
- Accessing continuous provision and games that require physical activity

**Early Learning Goal: Gross Motor Skill**

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

**Early Learning Goal: Fine Motor Skill**

- Hold a pencil effectively in preparation for fluent writing using the tripod grip in almost all cases
- Use a range of small tools, including scissors, paintbrushes and cutlery
- Begin to show accuracy and care when drawing



Y1	Throwing and catching	Gym - balance and agility	Dance - fictional characters - traditional tales	Striking and fielding	Athletics - fundamentals	Creative play (outdoor adventure)
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Y2	Sending and receiving (games)		Gym - balance and coordination	Dance - dangerous animals	Striking for accuracy (net & wall)	Movement - athletics	Group games (team building)  Rule making (outdoor adventure)
Y3/ 4	Cycle A	Dribbling, movement and teamwork (Invasion - hockey and football)	Gym - what's my direction?	Dance - Romans	Returning - net games (tennis and volleyball)	Record breaking (athletics)	Striking and Fielding  Decisions (outdoor adventure)
Y3/ 4	Cycle B	Passing for possession	Gym - symmetrical shapes	Dance - Egypt	Over the net	Being an athlete	Striking and exploring Thinking aloud
Y5/ 6	Cycle A	Invasion - competitive (netball and basketball)	Street Dance	Gym - travelling in World War 2	Net games for points	Going for gold (athletics)	Striking and fielding (teamwork)  Finding success (outdoor adventure)
Y5/ 6	Cycle B	Rules and concepts (invasion - football and netball)	Dance - space	Gym - Viking balance	Accuracy and rallies (net games)	Olympic training (athletics)	Exploring, striking and fielding Leadership (outdoor adventure)