



PE Curriculum Rationale

Year:	Autumn 1:	Autumn 2:	Spring 1:	Spring 2:	Summer 1:	Summer 2:
Nursery:	<p>Dance Nursery Rhymes</p> <p>ELG: Gross Motor Skills</p> <p>ELG: Listening, Attention and Understanding</p> <p>ELG: Comprehension</p> <p>ELG: Being Imaginative and Expressive</p>	<p>Locomotion Walking</p> <p>ELG: Gross Motor Skills</p> <p>Walking is a locomotion skill. Locomotion skills are the foundation for most sports and physical activities.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>Locomotion Jumping</p> <p>ELG: Gross Motor Skills</p> <p>Jumping is a locomotion skill. Locomotion skills are the foundation for most sports and physical activities.</p> <p>Progression from Walking in Autumn 2. Children progress from walking to jumping.</p>	<p>Gymnastics Moving</p> <p>ELG: Gross Motor Skills</p> <p>ELG: Being Imaginative and Expressive</p> <p>Children develop further locomotion skills such as running, hopping, climbing and skipping. Locomotion skills are the foundation for most sports and physical activities.</p>	<p>Games Playing through games</p> <p>ELG: Gross Motor Skills</p> <p>Children apply and develop their learning of locomotion skills to game situations.</p>	<p>Games Playing through games</p> <p>ELG: Gross Motor Skills</p> <p>Children apply and develop their learning of locomotion skills to game situations.</p>
Reception:	<p>Locomotion Jumping</p>	<p>Ball Skills Feet</p>	<p>Gymnastics High, Low, Over, Under</p>	<p>Dance Ourselves</p>	<p>Ball Skills Hands</p>	<p>Attack v Defence Games for Understanding</p>

	<p>ELG: Gross Motor Skills</p> <p>Jumping is a locomotion skill. Locomotion skills are the foundation for most sports and physical activities.</p> <p>Progression from Jumping in Nursery Spring 1.</p>	<p>ELG: Gross Motor Skills</p> <p>Children progress from walking/running in isolation to walking/running whilst controlling a ball with their feet.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>ELG: Gross Motor Skills</p> <p>ELG: Being Imaginative and Expressive</p> <p>Children develop further locomotion skills such as hopping, climbing and skipping. Locomotion skills are the foundation for most sports and physical activities.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>ELG: Gross Motor Skills</p> <p>ELG: Listening, Attention and Understanding</p> <p>ELG: Comprehension</p> <p>ELG: Being Imaginative and Expressive</p> <p>Children apply and develop their learning of locomotion skills to a different context.</p> <p>Links to the topics: 'People who help us' and 'Understanding the world'.</p>	<p>ELG: Gross Motor Skills</p> <p>Children progress from walking/running in isolation to walking/running whilst controlling a ball with their hands.</p>	<p>ELG: Gross Motor Skills</p> <p>Children apply and develop their learning of locomotion skills to game situations.</p> <p>Pulls together all the locomotion skills developed in EYFS.</p> <p>A more formally structured lesson in preparation for Y1.</p>
Year 1:	Locomotion Running	Ball Skills Hands	Gymnastics Wide, Narrow, Curled	Attack v Defence Games for Understanding	Dance The Zoo	Team Building

	<p>NC: Master basic movements, including running.</p> <p>Running is a locomotion skill. Locomotion skills are the foundation for most sports and physical activities.</p>	<p>NC: Master basic movements, including throwing and catching.</p> <p>Progression from Running in Autumn 1. Children progress from running in isolation to running whilst controlling a ball with their hands.</p> <p>Progression from Hands in Reception Summer 1.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>NC: Develop balance, agility and coordination.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>NC: Develop simple tactics for attacking and defending.</p> <p>NC: Engage in competitive (both against self and others) physical activities.</p> <p>Children apply and develop their learning of locomotion skills to game situations.</p> <p>Progression from Attack v Defence in Reception Summer 2.</p>	<p>NC: Perform dances using simple movement patterns.</p> <p>Progression from Ourselves in Reception Spring 2.</p> <p>Links to the topic: 'How does the African Savannah compare to the countryside where we live?'</p>	<p>NC: Engage in cooperative physical activities.</p> <p>Children bring together their learning from the year.</p> <p>More of a focus on 'moving to learn' by developing the children as a whole e.g. teamwork and fairness. This links to our school motto of 'Be Kind and REAP the Rewards'.</p>
Year 2:	Locomotion Dodging	Ball Skills Hands	Dance Explorers	Gymnastics Pathways	Attack v Defence Games for Understanding	Team Building

	<p>NC: Develop balance, agility and coordination.</p> <p>Dodging is a locomotion skill. Locomotion skills are the foundation for most sports and physical activities.</p> <p>Pulls together all of the locomotion skills developed from Reception to Year 2.</p>	<p>NC: Master basic movements, including throwing and catching.</p> <p>Progression from Dodging in Autumn 1. Children progress from dodging in isolation to dodging whilst controlling a ball with their hands.</p> <p>Progression from Hands in Year 1 Autumn 1.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>NC: Perform dances using simple movement patterns.</p> <p>Progression from The Zoo in Year 1 Summer 1.</p> <p>Links to the topic: 'What did Captain Cook achieve?'</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>NC: Develop balance, agility and coordination.</p> <p>Pulls together all of the locomotion skills developed from Reception to Year 2 and applies them to a different context.</p>	<p>NC: Develop simple tactics for attacking and defending.</p> <p>NC: Engage in competitive (both against self and others) physical activities.</p> <p>Children apply and develop their learning of locomotion skills to game situations.</p> <p>Progression from Attack v Defence in Year 1 Spring 2.</p>	<p>NC: Engage in cooperative physical activities.</p> <p>Children bring together their learning from the year.</p> <p>A nice end to KS1.</p> <p>More of a focus on 'moving to learn' by developing the children as a whole e.g. teamwork and fairness. This links to our school motto of 'Be Kind and REAP the Rewards'.</p>
Year 3:	Athletics Throwing and Jumping	OAA Communication and Tactics	Games (Invasion) Game Sense	Dance Wild Animals	Gymnastics Symmetry & Asymmetry	Games (Net/Wall) Tennis

	<p>NC: Develop flexibility, strength, technique, control and balance.</p> <p>Pulls together all of the locomotion learning in KS1.</p>	<p>NC: Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Children can use the new orienteering resources on the school grounds.</p> <p>A nice start to KS2.</p> <p>More of a focus on 'moving to learn' by developing the children as a whole e.g. teamwork and fairness. This links to our school motto of 'Be Kind and REAP the Rewards'.</p>	<p>NC: Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Progression from Attack v Defence in KS1.</p> <p>Stepping stone from Games for Understanding in KS1 to a sport specific topic starting in Year 4.</p>	<p>NC: Perform dances using a range of movement patterns.</p> <p>Progression from Dance in KS1.</p>	<p>NC: Develop flexibility, strength, technique, control and balance.</p> <p>Progression from Gymnastics in KS1.</p>	<p>NC: Play competitive games, modified where appropriate.</p> <p>Progression from Hands in KS1.</p> <p>Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.</p> <p>Build up to Wimbledon.</p> <p>Links to local clubs.</p>
Year 4:	OAA Problem Solving	Games (Invasion) Handball	Dance Space	Gymnastics Bridges	Athletics NC: Develop flexibility, strength,	Games (Net/Wall) Tennis

	<p>NC: Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Children can use the new orienteering resources on the school grounds.</p> <p>A nice start to Year 4.</p> <p>More of a focus on 'moving to learn' by developing the children as a whole e.g. teamwork and fairness. This links to our school motto of 'Be Kind and REAP the Rewards'.</p>	<p>NC: Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Progression from Game Sense in Year 3 Spring 1.</p> <p>Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.</p> <p>Introducing the children to different activities.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>NC: Perform dances using a range of movement patterns.</p> <p>Progression from Wild Animals in Year 3 Spring 2.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>NC: Develop flexibility, strength, technique, control and balance.</p> <p>Progression from Gymnastics in Year 3 Summer 1.</p>	<p>technique, control and balance.</p> <p>Progression from Year 3 Autumn 1.</p> <p>Preparing the children for Sport's Day.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>	<p>NC: Play competitive games, modified where appropriate.</p> <p>Progression from Year 3.</p> <p>A large number of children were below expectation for tennis last year academic year so repeating it for more time to develop skills and progress.</p> <p>Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.</p> <p>Build up to Wimbledon.</p> <p>Links to local clubs.</p>
Year 5:	Dance Greeks	Games (Invasion) Hockey	Gymnastics Counter Balance & Counter Tension	OAA Orienteering	Athletics NC: Develop flexibility, strength,	Games (Striking & Fielding) Rounders

	<p>NC: Perform dances using a range of movement patterns.</p> <p>Progression from Space in Year 4 Spring 1.</p> <p>Links to the topic: 'How did the Ancient Greeks influence the world?'</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>NC: Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Progression from Game Sense in Year 3 Spring 1.</p> <p>Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.</p> <p>Showing the children different activities.</p> <p>Introduction to hockey clubs starting in Spring 1. Link to local clubs.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>NC: Develop flexibility, strength, technique, control and balance.</p> <p>Progression from Gymnastics in Year 4 Spring 2.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>NC: Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Children can use the new orienteering resources on the school grounds.</p> <p>The children can develop their problem solving skills and apply this to other subjects.</p> <p>The children can develop their teamwork and fairness skills. This links to our school motto of 'Be Kind and REAP the Rewards'.</p>	<p>technique, control and balance.</p> <p>Progression from Year 4 Summer 1.</p> <p>Preparing the children for Sport's Day.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>	<p>NC: Play competitive games, modified where appropriate.</p> <p>Progression from Hands in KS1.</p> <p>Showing the children different activities.</p> <p>A nice end to Year 5.</p>
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Year 6:	<p>Games (Invasion) Tag Rugby</p> <p>NC: Play competitive games,</p>	<p>OAA Leadership</p> <p>NC: Take part in outdoor and adventurous</p>	<p>Dance Carnival</p> <p>NC: Perform dances using a</p>	<p>Gymnastics Matching & Mirroring</p> <p>NC: Develop flexibility, strength,</p>	<p>Athletics</p> <p>NC: Develop flexibility, strength, technique, control and balance.</p>	<p>Games (Striking & Fielding) Cricket</p> <p>NC: Play competitive games,</p>

	<p>modified where appropriate.</p> <p>Progression from Game Sense in Year 3 Spring 1.</p> <p>Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.</p> <p>Showing the children different activities.</p>	<p>activity challenges both individually and within a team.</p> <p>Children can use the new orienteering resources on the school grounds.</p> <p>The children can develop their leadership skills and apply this to other subjects.</p> <p>The children can develop their teamwork and fairness skills. This links to our school motto of 'Be Kind and REAP the Rewards'.</p>	<p>range of movement patterns.</p> <p>Progression from Greeks in Year 5 Autumn 1.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>technique, control and balance.</p> <p>Progression from Gymnastics in Year 5.</p>	<p>Progression from Year 5 Summer 1.</p> <p>Preparing the children for Sport's Day.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>	<p>modified where appropriate.</p> <p>Progression from Hands in KS1.</p> <p>Transfer some skills from Rounders in Year 5 Summer 2.</p> <p>Exposing the children to a broad range of sports.</p> <p>Cricket competition so children can practise the skills and encourage them to sign up for the competition.</p> <p>Links to local clubs.</p>
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