

PE Curriculum Rationale

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

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

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

| | NC: Develop balance, agility and coordination. Dodging is a locomotion skill. Locomotion skills are the foundation for most sports and physical activities. Pulls together all of the locomotion skills developed from Reception to Year 2. | NC: Master basic movements, including throwing and catching. Progression from Dodging in Autumn 1. Children progress from dodging in isolation to dodging whilst controlling a ball with their hands. Progression from Hands in Year 1 Autumn 1. Hall unavailable due to Christmas hall timetable. This topic can be taught outside. | NC: Perform dances using simple movement patterns. Progression from The Zoo in Year 1 Summer 1. Links to the topic: 'What did Captain Cook achieve?' Hall available — indoor activity suitable to the colder winter months. | NC: Develop balance, agility and coordination. Pulls together all of the locomotion skills developed from Reception to Year 2 and applies them to a different context. | NC: Develop simple tactics for attacking and defending. NC: Engage in competitive (both against self and others) physical activities. Children apply and develop their learning of locomotion skills to game situations. Progression from Attack v Defence in Year 1 Spring 2. | NC: Engage in cooperative physical activities. Children bring together their learning from the year. A nice end to KS1. 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'. |
|---------|---|---|--|---|---|---|
| Year 3: | Athletics Throwing and Jumping | hall timetable. This topic can be taught | Games (Invasion) Game Sense | Dance Wild Animals | Gymnastics Symmetry & Asymmetry | |

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

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

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

| modified | where activity challe | nges range of movemen | nt technique, control | | modified where |
|-------------|------------------------------|-----------------------|-----------------------|----------------------|-----------------------|
| | , | - | and balance. | Drogressian from | |
| appropria | | ' | and balance. | Progression from | appropriate. |
| | and within a t | | | Year 5 Summer 1. | |
| Progression | | Progression from | Progression from | | Progression from |
| Game Ser | nse in Year Children can ເ | se Greeks in Year 5 | Gymnastics in Year | | Hands in KS1. |
| 3 Spring 1 | L. the new | Autumn 1. | 5. | children for Sport's | |
| | orienteering | | | Day. | Transfer some skills |
| Participat | ting in an resources on t | he Hall available – | | | from Rounders in |
| activity th | nat is school ground | s. indoor activity | | Athletics | Year 5 Summer 2. |
| gender ne | eutral to | suitable to the | | competition so | |
| encourag | e all The children o | an colder winter | | children can | Exposing the |
| children t | to have a develop their | months. | | practise the skills | children to a broad |
| go and en | · | ls | | and encourage | range of sports. |
| | and apply this | | | them to sign up for | 0 1 1 1 |
| Showing t | ''' | | | the competition. | Cricket competition |
| children | _ | | | the competition. | so children can |
| activities. | | an | | | practise the skills |
| activities. | | all | | | ' |
| | develop their | | | | and encourage |
| | teamwork and | | | | them to sign up for |
| | fairness skills. | | | | the competition. |
| | links to our sc | | | | |
| | motto of 'Be k | (ind | | | Links to local clubs. |
| | and REAP the | | | | |
| | Rewards'. | | | | |
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