



## PE Curriculum Rationale

Year:	Autumn 1:	Autumn 2:	Spring 1:	Spring 2:	Summer 1:	Summer 2:
<b>Reception:</b>	<p>Locomotion Walking 1</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>Ball Skills Feet 1</p> <p>ELG: Gross Motor Skills</p> <p>Progression from Walking 1 in Autumn 1. Children progress from walking in isolation to walking whilst controlling a ball with their feet.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>Gymnastics Moving</p> <p>ELG: Gross Motor Skills</p> <p>Children develop further locomotion skills such as running, jumping, hopping 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>Dance Ourselves</p> <p>ELG: Gross Motor Skills</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>Ball Skills Hands 1</p> <p>ELG: Gross Motor Skills</p> <p>Progression from Walking 1 in Autumn 1 and Moving in Spring 1. Children progress from walking / moving in isolation to walking / moving whilst controlling a ball with their hands.</p>	<p>Attack v Defence Games for Understanding</p> <p>ELG: Gross Motor Skills</p> <p>Children apply and develop their learning of locomotion skills to game situations.</p>
<b>Year 1:</b>	Locomotion	Ball Skills	Gymnastics	Attack v Defence	Dance	Team Building

	<p>Running 1</p> <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>Progression from Walking 1 in Reception Autumn 1.</p>	<p>Hands 1</p> <p>NC: Master basic movements, including throwing and catching.</p> <p>Progression from Running 1 in Autumn 1. Children progress from running in isolation to running whilst controlling a ball with their hands.</p> <p>Progression from Hands 1 in Reception Summer 1.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>Wide, Narrow, Curled</p> <p>NC: Develop balance, agility and coordination.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>Games for Understanding</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>The Zoo</p> <p>NC: Perform dances using simple movement patterns.</p> <p>Progression from Ourselves in Reception Spring 1.</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>
<b>Year 2:</b>	<p>Locomotion Dodging 1</p> <p>NC: Develop balance, agility and coordination.</p>	<p>Ball Skills Hands 2</p> <p>NC: Master basic movements,</p>	<p>Dance Explorers</p> <p>NC: Perform dances using</p>	<p>Gymnastics Pathways</p> <p>NC: Develop balance, agility and coordination.</p>	<p>Attack v Defence Games for Understanding</p>	<p>Team Building</p> <p>NC: Engage in cooperative physical activities.</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>including throwing and catching.</p> <p>Progression from Dodging 1 in Autumn 1. Children progress from dodging in isolation to dodging whilst controlling a ball with their hands.</p> <p>Progression from Hands 1 in Year 1 Autumn 1.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>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>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>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>
<b>Year 3:</b>	<p>OAA Communication &amp; Tactics</p> <p>NC: Take part in outdoor and</p>	<p>Games (Invasion) Game Sense</p> <p>NC: Use running, jumping, throwing and catching in</p>	<p>Gymnastics Symmetry &amp; Asymmetry</p> <p>NC: Develop flexibility, strength,</p>	<p>Dance Wild Animals</p> <p>NC: Perform dances using a</p>	<p>Games (Net/Wall) Tennis</p> <p>NC: Play competitive games,</p>	<p>Athletics</p> <p>NC: Develop flexibility, strength, technique, control and balance.</p>

	<p>adventurous activity challenges both individually and within a team.</p> <p>Pulls together all of the learning from end of KS1.</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>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>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>technique, control and balance.</p> <p>Progression from Gymnastics in KS1.</p> <p>Hall available – indoor activity suitable to the colder winter months.</p>	<p>range of movement patterns.</p> <p>Progression from Dance in KS1.</p>	<p>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>	<p>Pulls together all of the locomotion learning in KS1.</p> <p>Preparing the children for Sport's Day.</p> <p>Build up to 2024 Paris Olympics.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>
<b>Year 4:</b>	<p>OAA Problem Solving</p> <p>NC: Take part in outdoor and adventurous activity challenges</p>	<p>Games (Invasion) Handball</p> <p>NC: Use running, jumping, throwing and catching in</p>	<p>Dance Space</p> <p>NC: Perform dances using a range of movement patterns.</p>	<p>Gymnastics Bridges</p> <p>NC: Develop flexibility, strength, technique, control and balance.</p>	<p>Games (Net/Wall) Tennis</p> <p>NC: Play competitive games, modified where appropriate.</p>	<p>Athletics</p> <p>NC: Develop flexibility, strength, technique, control and balance.</p>

	<p>both individually and within a team.</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>isolation and in combination.</p> <p>Progression from Game Sense in Year 3 Autumn 2.</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 – linked to priority 3 on action plan.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</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>Progression from Gymnastics in Year 3 Spring 1.</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>	<p>Progression from Year 3 Summer 2.</p> <p>Preparing the children for Sport's Day.</p> <p>Build up to 2024 Paris Olympics.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>
<b>Year 5:</b>	<p>Dance Greeks</p> <p>NC: Perform dances using a range of movement patterns.</p>	<p>Games (Invasion) Hockey</p> <p>NC: Use running, jumping, throwing and catching in</p>	<p>Gymnastics Counter Balance &amp; Counter Tension</p> <p>NC: Develop flexibility, strength,</p>	<p>OAA Orienteering</p> <p>NC: Take part in outdoor and adventurous activity challenges</p>	<p>Games (Striking &amp; Fielding) Rounders</p> <p>NC: Play competitive games,</p>	<p>Athletics</p> <p>NC: Develop flexibility, strength, technique, control and balance.</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>isolation and in combination.</p> <p>Progression from Game Sense in Year 3 Autumn 2.</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 – linked to priority 3 on action plan.</p> <p>Link to local clubs.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</p>	<p>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>both individually and within a team.</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>modified where appropriate.</p> <p>Progression from Hands in KS1.</p> <p>Showing the children different activities – linked to priority 3 on action plan.</p>	<p>Progression from Year 4 Summer 2.</p> <p>Preparing the children for Sport's Day.</p> <p>Build up to 2024 Paris Olympics.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>
<b>Year 6:</b>	<p>Games (Invasion) Football</p> <p>NC: Play competitive games,</p>	<p>Health Related Exercise</p> <p>NC: Use running and jumping in</p>	<p>Dance Carnival</p> <p>NC: Perform dances using a</p>	<p>Gymnastics Matching &amp; Mirroring</p>	<p>Games (Striking &amp; Fielding) Cricket</p>	<p>Athletics</p> <p>NC: Develop flexibility, strength,</p>

	<p>modified where appropriate.</p> <p>Progression from Game Sense in Year 3 Autumn 2.</p> <p>Football competition so children can practise the skills and encourage them to sign up for the competition.</p> <p>Encouraging the girls to play football. Use the lionesses as role models.</p>	<p>isolation and in combination. Develop flexibility, strength, technique, control and balance.</p> <p>Important to teach the children about living a healthy, active lifestyle.</p> <p>Pre-teaching for upcoming science topic: 'Animals including humans' In this topic the children learn about the cardiovascular system.</p> <p>Hall unavailable due to Christmas hall timetable. This topic can be taught outside.</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>NC: Develop flexibility, strength, technique, control and balance.</p> <p>Progression from Gymnastics in Year 5.</p>	<p>NC: Play competitive games, modified where appropriate.</p> <p>Progression from Hands in KS1.</p> <p>Transfer some skills from Rounders in Year 5 Summer 1.</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>	<p>technique, control and balance.</p> <p>Progression from Year 5 Summer 2.</p> <p>Preparing the children for Sport's Day.</p> <p>Build up to 2024 Paris Olympics.</p> <p>Athletics competition so children can practise the skills and encourage them to sign up for the competition.</p>
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