

## PE Curriculum Rationale

Year:	Autumn 1:	Autumn 2:	Spring 1:	Spring 2:	Summer 1:	Summer 2:
Reception:	Locomotion	Ball Skills	Gymnastics	Dance	Ball Skills	Attack v Defence
	Walking 1	Feet 1	Moving	Ourselves	Hands 1	Games for
						Understanding
	ELG: Gross Motor					
	Skills	Skills	Skills	Skills	Skills	ELG: Gross Motor Skills
	Walking is a	Progression from	Children develop	Children apply and	Progression from	
	locomotion skill.	Walking 1 in	further locomotion	develop their	Walking 1 in	Children apply and
	Locomotion skills	Autumn 1. Children	skills such as	learning of	Autumn 1 and	develop their
	are the foundation	progress from	running, jumping,	locomotion skills to	Moving in Spring 1.	learning of
	for most sports and	walking in isolation	hopping and	a different context.	Children progress	locomotion skills to
	physical activities.	to walking whilst	skipping.		from walking /	game situations.
		controlling a ball	Locomotion skills	Links to the topics:	moving in isolation	
		with their feet.	are the foundation	'People who help	to walking / moving	
			for most sports and	us' and	whilst controlling a	
		Hall unavailable	physical activities.	'Understanding the	ball with their	
		due to Christmas		world'.	hands.	
		hall timetable. This	Hall available –			
		topic can be taught	indoor activity			
		outside.	suitable to the			
			colder winter			
			months.			
Year 1:	Locomotion	Ball Skills	Gymnastics	Attack v Defence	Dance	Team Building

	Running 1	Hands 1	Wide, Narrow, Curled	Games for Understanding	The Zoo	NC: Engage in
	NC: Master basic	NC: Master basic		_	NC: Perform	cooperative
	movements, including running.	movements, including throwing	NC: Develop balance, agility and	NC: Develop simple tactics for attacking	dances using simple movement	physical activities.
	meraung ruming.	and catching.	coordination.	and defending.	patterns.	Children bring
	Running is a					together their
	locomotion skill. Locomotion skills	Progression from Running 1 in	Hall available – indoor activity	NC: Engage in competitive (both	Progression from Ourselves in	learning from the year.
	are the foundation	Autumn 1. Children	suitable to the	against self and	Reception Spring 1.	year.
	for most sports and	progress from	colder winter	others) physical		More of a focus on
	physical activities.	running in isolation to running whilst	months.	activities.	Links to the topic: 'How does the	'moving to learn' by developing the
	Progression from	controlling a ball		Children apply and	African Savannah	children as a whole
	Walking 1 in	with their hands.		develop their	compare to the	e.g. teamwork and
	Reception Autumn 1.	Progression from		learning of locomotion skills to	countryside where we live?'	fairness. This links to our school
	1.	Hands 1 in		game situations.	we live:	motto of 'Be Kind
		Reception Summer				and REAP the
		1.		Progression from		Rewards'.
		Hall unavailable		Attack v Defence in Reception Summer		
		due to Christmas		2.		
		hall timetable. This				
		topic can be taught outside.				
Year 2:	Locomotion	Ball Skills	Dance	Gymnastics	Attack v Defence	Team Building
	Dodging 1	Hands 2	Explorers	Pathways	Games for	
	NC: Develop	NC: Master basic	NC: Perform	NC: Develop	Understanding	NC: Engage in cooperative
	balance, agility and	movements,	dances using	balance, agility and		physical activities.
	coordination.			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.	including throwing and catching.  Progression from Dodging 1 in Autumn 1. Children progress from dodging in isolation to dodging whilst controlling a ball with their hands.  Progression from Hands 1 in Year 1 Autumn 1.  Hall unavailable due to Christmas hall timetable. This topic can be taught outside.	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.	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.	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:	OAA Communication & Tactics  NC: Take part in outdoor and	Games (Invasion) Game Sense  NC: Use running, jumping, throwing and catching in	Gymnastics Symmetry & Asymmetry  NC: Develop flexibility, strength,	Dance Wild Animals  NC: Perform dances using a	Games (Net/Wall) Tennis  NC: Play competitive games,	Athletics  NC: Develop flexibility, strength, technique, control and balance.

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

	both individually and within a team.  A nice start to Year	isolation and in combination.  Progression from	Progression from Wild Animals in Year 3 Spring 2.	Progression from Gymnastics in Year 3 Spring 1.	Progression from Year 3.	Progression from Year 3 Summer 2.  Preparing the
	4.  More of a focus on	Game Sense in Year 3 Autumn 2.	Hall available – indoor activity		A large number of children were below expectation	children for Sport's Day.
	'moving to learn' by developing the children as a whole	Participating in an activity that is gender neutral to	suitable to the colder winter months.		for tennis last year academic year so repeating it for	Build up to 2024 Paris Olympics.
	e.g. teamwork and fairness. This links to our school motto of 'Be Kind	encourage all children to have a go and enjoy.			more time to develop skills and progress.	Athletics competition so children can practise the skills
	and REAP the Rewards'.	Introducing the children to different activities – linked to priority 3 on action plan.			Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.	and encourage them to sign up for the competition.
		Hall unavailable due to Christmas hall timetable. This topic can be taught outside.			Build up to Wimbledon. Links to local clubs.	
Year 5:	Dance Greeks	Games (Invasion) Hockey	Gymnastics Counter Balance & Counter Tension	OAA Orienteering	Games (Striking & Fielding) Rounders	Athletics NC: Develop
	NC: Perform dances using a range of movement patterns.	NC: Use running, jumping, throwing and catching in	NC: Develop flexibility, strength,	NC: Take part in outdoor and adventurous activity challenges	NC: Play competitive games,	flexibility, strength, technique, control and balance.

	Progression from Space in Year 4 Spring 1.  Links to the topic: 'How did the Ancient Greeks influence the world?'  Hall available — indoor activity suitable to the colder winter months.	isolation and in combination.  Progression from Game Sense in Year 3 Autumn 2.  Participating in an activity that is gender neutral to encourage all children to have a go and enjoy.  Showing the children different activities – linked to priority 3 on action plan.  Link to local clubs.  Hall unavailable due to Christmas hall timetable. This	technique, control and balance.  Progression from Gymnastics in Year 4 Spring 2.  Hall available – indoor activity suitable to the colder winter months.	both individually and within a team.  The children can develop their problem solving skills and apply this to other subjects.  The children can develop their teamwork and fairness skills. This links to our school motto of 'Be Kind and REAP the Rewards'.	modified where appropriate.  Progression from Hands in KS1.  Showing the children different activities – linked to priority 3 on action plan.	Progression from Year 4 Summer 2.  Preparing the children for Sport's Day.  Build up to 2024 Paris Olympics.  Athletics competition so children can practise the skills and encourage them to sign up for the competition.
		topic can be taught outside.				
Year 6:	Games (Invasion) Football  NC: Play competitive games,	Health Related Exercise  NC: Use running and jumping in	Dance Carnival  NC: Perform dances using a	Gymnastics Matching & Mirroring	Games (Striking & Fielding) Cricket	Athletics  NC: Develop flexibility, strength,

modified where	isolation and in	range of movement	NC: Develop	NC: Play	technique, control
	combination.	_	'	•	and balance.
appropriate.		patterns.	flexibility, strength,	competitive games,	and balance.
B	Develop flexibility,	B	technique, control	modified where	D
Progression from	strength,	Progression from	and balance.	appropriate.	Progression from
Game Sense in Year	technique, control	Greeks in Year 5			Year 5 Summer 2.
3 Autumn 2.	and balance.	Autumn 1.	Progression from	Progression from	
			Gymnastics in Year	Hands in KS1.	Preparing the
Football	Important to teach	Hall available –	5.		children for Sport's
competition so	the children about	indoor activity		Transfer some skills	Day.
children can	living a healthy,	suitable to the		from Rounders in	
practise the skills	active lifestyle.	colder winter		Year 5 Summer 1.	Build up to 2024
and encourage		months.			Paris Olympics.
them to sign up for	Pre-teaching for			Exposing the	
the competition.	upcoming science			children to a broad	Athletics
•	topic: 'Animals			range of sports.	competition so
Encouraging the	including humans'				children can
girls to play	In this topic the			Cricket competition	practise the skills
football. Use the	children learn			so children can	and encourage
lionesses as role	about the			practise the skills	them to sign up for
models.	cardiovascular			and encourage	the competition.
models.	system.			them to sign up for	the competition.
	System.			the competition.	
	Hall unavailable			the competition.	
	due to Christmas			Links to local clubs.	
				Links to local clubs.	
	hall timetable. This				
	topic can be taught				
	outside.				