

EYFS

- 1. Introduction to P.E / Fundamentals
- 2. Fundamentals of P.E – Balancing, running, hopping and jumping (Isolated)
- 3. Gymnastic – Simple movement patterns.
- 4. Dance – Simple expressive movement.
- 5. Ball Skills – Explore fundamental skills such as catching and rolling. (Isolated)
- 6. Games – Team work, keeping score, rules and learning to lose.

KS1 – Year 1

- 1. Team building – An introduction to working collaboratively.
- 2. Fundamentals of P.E – Balancing, running, hopping and jumping (combination)
- 3. Gymnastic – Simple movement in a short sequence.
- 4. Dance – Copy and repeat movements and count to the beat.
- 5. Ball Skills – Explore fundamental skills such as catching and rolling with accuracy. Combination).
- 6. Athletics – Running at different speeds, changing direction and throwing.

KS1 – Year 2

- 1. Team building – Showing honesty and reflection.
- 2. Fundamentals – Perform, observe and reflect on the fundamentals of P.E.
- 3. Gymnastic – Develop an awareness on compositional devices when creating sequences.

PE Curriculum Road Map

Curriculum Plan

In EYFS and KS1 we teach PE 1 hour each week. In KS2 we teach PE 2 x 45 mins slots every week.

We also have an annual sports day.

KS2 – Year 4

- 1. Fundamentals – Identify when I am successful and when I need to improve.
- 2. Team Games – Learn how to adapt basic games.
- 3. Ball Skills – Reflect and provide feedback. To track the path of a ball.
- 4. Fitness – To understand the different areas of fitness.
- 5. Gymnastics – To adapt sequences to suit a variety of different apparatus.
- 6. Benchball – To play competitive games and to apply basic principles for attacking and defending.
- 7. Fundamentals – To Understand warm up and linking the fundamental skills.
- 8. Team Games – Learning how to play a fair game within a variety of games.
- 9. Ball Skills – To Understand warm up and linking the fundamental skills.

KS2 – Year 3

- 1. Fundamentals – To Understand warm up and linking the fundamental skills.
- 2. Team Games – Learning how to play a fair game within a variety of games.
- 3. Ball Skills – Reflect and provide feedback. To track the path of a ball.
- 4. Fitness – To understand the different areas of fitness.
- 5. Gymnastics – To adapt sequences to suit a variety of different apparatus.
- 6. Benchball – To play competitive games and to apply basic principles for attacking and defending.
- 7. Fundamentals – To Understand warm up and linking the fundamental skills.
- 8. Team Games – Learning how to play a fair game within a variety of games.
- 9. Ball Skills – To Understand warm up and linking the fundamental skills.
- 10. Dance – expand their knowledge of travelling actions and use them in relation to a stimulus.
- 11. Ball Skills – Develop skills and be able to explore their own ideas in response to tasks.
- 12. Athletics – engage in performing skills and measuring performance.

KS2 – Year 5

- 1. Netball – To learn basic defending and attacking skills in netball.
- 2. Fitness – To understand the different components of fitness and how to test them.
- 3. Handball – To use basic dribbling, passing and shooting skills.
- 4. Dodgeball – Being able to improve on key skills such as dodging, throwing and catching.
- 5. Gymnastics – To work collaboratively to perform a sequence.
- 6. Badminton – To begin to use basic skills such as hand, eye co-ordination.
- 7. Cricket – To develop my catching, bowling and batting skills.
- 8. Athletics – To develop key points to develop my technique.
- 9. Tennis – To use basic racket skills.

KS2 – Year 6

- 1. Netball – To develop my defending and attacking skills in netball to perform in a match.
- 2. Tag Rugby – To be able to apply the rules and skills learnt to play tag rugby.
- 3. Dance – To impersonate a World War II dance and to choreograph my own dance.
- 4. Badminton – To develop skills to play badminton.
- 5. Basketball – To use co-ordination, balance and movement to develop my basketball skills.
- 6. Cricket – To master the bowling, fielding and batting skills.
- 7. Athletics – To competitively participate in a range of athletic events.
- 8. Tennis – To develop my forehand, backhand and volley in a game situation.