

PE Curriculum Overview

EYFS

Core Strength and Co-ordination

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility

Gross Motor Skills

Children need access to indoor and outdoor environments that help develop their gross motor skills, with you to guide and support them, every day. Outdoors is where children have the freedom to be as physical as they can be.

Fine Motor skill

Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools,

Autumn Term

| <u>Year Group</u> | <u>1st Half Term</u> | <u>2nd Half Term</u> |
|-------------------|---------------------------------|---------------------------------|
| Year 1 | Dance | Dance |
| Year 2 | Dance | Dance |
| Year 3 | Dance | Gymnastics |
| Year 4 | Dance | Gymnastics |
| Year 5 & 6 | Dance | Gymnastics |

Spring Term

| <u>Year Group</u> | <u>1st Half Term</u> | <u>2nd Half Term</u> |
|-------------------|---------------------------------|---------------------------------|
| Year 1 | Gymnastics | Gymnastics |
| Year 2 | Gymnastics | Gymnastics |
| Year 3 | Swimming | Swimming |
| Year 4 | Gymnastics/Dance | Badminton |
| Year 5 & 6 | Gymnastics/Dance | Badminton |

Summer Term

| <u>Year Group</u> | <u>1st Half Term</u> | <u>2nd Half Term</u> |
|-------------------|---------------------------------|---------------------------------|
| Year 1 | Tennis (basic skills) | Athletics (Track) |
| Year 2 | Tennis (basic skills) | Athletics (Track) |
| Year 3 | Tennis | Athletics (Track) |
| Year 4 | Tennis | Athletics (Track) |
| Year 5 & 6 | OAA | Athletics (Track) |

PPA PE

| | Autumn | Spring | Summer |
|---------------|---|--|---|
| Reception | Dance | Gymnastics | Ball skills/Multiskills |
| Year 1 | Multi-Skills - Au1 Throwing and Catching Au2 | Multi-Skills Sp1 Ball Skills (team games) Sp2 | Cricket Su1 Athletics (Field) Su2 |
| Year 2 | Multi-Skills Au1 Throwing and Catching Au2 | Multi-Skills Sp1 Ball Skills (team games) Sp2 | Cricket Su1 Athletics (Field) Su2 |
| Year 3 | Tag-Rugby Au1 Multi-skills Au2 | Basketball Sp1 Hockey Sp2 | Cricket Su1 Athletics (Field) Su2 |
| Year 4 | Tag-Rugby Au1 Multi-skills Au2 | Basketball Sp1 Football Sp2 | Cricket Su1 Athletics (Field) Su2 |
| Year 5 & 6 | Tag-Rugby Au1 Dodgeball Au2 | Football Sp1 Netball Sp2 | Rounders Su1 Athletics (Field) Su2 |