Whole School PE Curriculum

Early Learning Goals:
Physical Development:
Gross Motor Skills
Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

	Autumn		Spring		Summer	
Nursery						
Reception	<u>Introduction to PE</u> Moving safely Running Jumping Throwing Catching	<u>Dance</u> Travelling Copying and performing actions	<u>Gymnastics</u> Shapes Balances Jumps Rock and Roll Barrel roll Straight roll Progressions of a forward roll Travelling	<u>Parachute Games</u> Moving safely Following instructions Working Collaboratively	<u>Ball Skills</u> Rolling a ball Tracking a ball Throwing at a target Bouncing a ball Dribbling a ball with feet Kicking a ball	<u>Athletics</u> Hopping Galloping Skipping Jumping Running Throwing

	Autumn		Spring		Summer	
Year 1	Athletics 1	Games 1	Athletics 2	Games 2	Athletics 3	Games 3
Unit Learning Objectives	Children explore running, jumping, and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping to increasing awareness of speed and distance	Children develop basic game-playing skills, in particular throwing and catching. They play games based on net games like tennis and badminton, and games based on striking and fielding like rounders and cricket.	Children explore running, jumping, and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling throwing and jumping to increasing awareness of speed and distance	Children develop basic game-playing skills, in particular throwing and catching. They play games based on net games like tennis and badminton, and games based on striking and fielding like rounders and cricket.	Children explore running, jumping, and throwing activities and take part in simple challenges and competitions. They experiment with different ways of travelling throwing and jumping to increasing awareness of speed and distance	Children develop basic game-playing skills, in particular throwing and catching. They play games based on net games like tennis and badminton, and games based on striking and fielding like rounders and cricket.
Year 2	Athletics 1	Games 1	Athletics 2	Games 2	Athletics 3	Games 3
Unit Learning Objectives	Children explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing awareness of speed and distance.	Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.	Children explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing awareness of speed and distance.	Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.	Children explore running, jumping and throwing activities, and take part in simple challenges and competitions. They experiment with different ways of travelling, throwing and jumping, increasing awareness of speed and distance.	Children improve and apply their basic skills in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points.

	Autumn		Spring		Summer	
Year 3	Invasion Games 1 – Tag Rugby, Basketball, Netball, Football		Athletics 1 Invasion Games 2 – Hockey? As Yr6	Athletics 2	Net Games - Tennis	Striking and Fielding Games - Rounders
Unit Learning Objectives	Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) within a match scenario.	Children learn how to outwit their opponents and score when playing invasion games. They develop skills in finding space and using space to keep the ball. They play with the same basic court set up and rules but use a range of equipment and skills including throwing, catching, kicking and striking skills	Children concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.	Children concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.	Children focus on developing the skills they need for net games and on how to use the skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent.	Children learn how to send or strike the ball into spaces, so that they can score runs in different ways. When fielding they learn how to work together to keep the batter's score down.
Year 4	Invasion Games 1 – Tag Rugby, Basketball, Netball, Football		Athletics 1	Athletics 2	Net Games - Tennis	Striking and Fielding Games - Rounders
Unit Learning Objectives	Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) in both isolation and	Children learn simple attacking tactics using a range of equipment and skills, and start to think about how to organise themselves to defend their goals. They start by playing small, uneven sided	Children concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of	Children concentrate on developing good basic running, jumping and throwing techniques. They are set challenges for distance and time that involve	Children focus on developing the skills they need for net games and on how to use the skills to make the game difficult for their opponent. They learn to direct the ball towards	Children learn how to send or strike the ball into spaces, so they can score runs in different ways. When fielding they learn how to work together to keep the batter's scores down

	together within a match scenario.	games, and move on to even sided games.	running, jumping and throwing.	using different styles and combinations of running, jumping and throwing.	the target area and away from their opponent.	
Year 5	Invasion Games 1 – Tag Rugby, Basketball, Netball, Football		Athletics 1	Athletics 2	Net Games - Tennis	Striking and Fielding Games - Cricket
Unit Learning Objectives	Children learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) with accuracy and precision in both an individual and team base scenario	Children develop skilful attacking and team play. They learn how to work well as a team when attacking, and explore a range of ways to defend.	Children focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.	Children focus on developing their technical understanding of athletic activity. They learn how to set targets and improve their performance in a range of running, jumping and throwing activities.	Children develop the range and quality of their skills when playing tennis. They also learn specific tactics and skills for tennis.	Children develop the range and quality of their skills and understanding. They learn how to play the different roles of a bowler, wicket-keeper, backstop, fielder and a batter.
Year 6	Invasion Games 1 – Tag Rugby, Basketball, Netball, Football		Invasion Games 3 - Hockey	Athletics 1	Net Games - Tennis	Striking and Fielding Games - Cricket
Unit Learning Objectives	Children learn how to successfully and consistently demonstrate the four core skills at tag rugby (running, catching, passing and tackling) with an accuracy and precision in both an individual and team base scenario.	Children develop skilful attacking and team play. They learn how to work well as a team when attacking, and explore a range of ways to defend.	Children learn how to outwit their opponents in school when playing invasion games. They develop skills in finding using space to keep the ball. They play with some basic core set up and rolls but use a range of equipment and skills, including throwing	Children focus on developing their technical understanding of athletic activity. They learn how to Set targets and improve their performance in a range of running, jumping and throwing activities.	Children develop the range and quality of their skills when playing tennis. They also learn specific tactics and skills for tennis.	Children develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.

			catching and kicking and striking.			