



## **National Curriculum**

### **Key stage 1**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### **Key stage 2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### **Swimming and water safety**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Yellow = Indoor  
Blue = Outdoor

## School Curriculum

Our pupils are fortunate to have a specialist PE coach who delivers outstanding PE lessons, and organises internal and external competitions. Our pupils enjoy physical education and cooperate well in games and activities. As well as the national curriculum, our PE overview has included fitness due to high levels of obesity within our local context.

UNICEF ARTICLES	
<b>Article 31:</b>	Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.
<b>Article 29:</b>	Education must develop every child's personality, talents and abilities to the full.



## School PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> Space & coordination	<u>Games</u> Team games	<u>Athletics</u> Running and jumping	<u>Athletics</u> Throwing and catching	<u>Games</u> Over and Under	<u>Summer League</u> Team-based
	EYFS - to be developed through daily use of climbing area in Reception garden.					
Year 1	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> General ball skills	<u>Games</u> General ball skills	<u>Games</u> Basketball	<u>Games</u> Tennis	<u>Athletics</u> Track and Field	<u>Summer League</u> Team-based
Year 2	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> General ball skills	<u>Games</u> Football	<u>Games</u> Basketball	<u>Games</u> Tennis	<u>Athletics</u> Track and Field	<u>Summer League</u> Team-based

Year 3	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> Netball	<u>Games</u> Tag Rugby	<u>Games</u> Basketball	<u>Games</u> Tennis	<u>Athletics</u> Track and Field	<u>Summer League</u> Team-based
Year 4	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> Netball	<u>Games</u> Tag Rugby	<u>Swimming</u> Basketball	<u>Games</u> Tennis	<u>Athletics</u> Track and Field <u>Swimming</u>	<u>Summer League</u> Team-based
Year 5	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> Netball	<u>Games</u> Tag Rugby	<u>Games</u> Basketball	<u>Games</u> Tennis	<u>Athletics</u> Track and Field	<u>Summer League</u> Team-based
	Outdoor Adventure- Fairplay House					
Year 6	<u>Gymnastics</u> } taught through fitness <u>Dance/Movement</u>					
	<u>Games</u> Netball	<u>Games</u> Tag Rugby	<u>Games</u> Basketball	<u>Games</u> Tennis	<u>Athletics</u> Track and Field	<u>Summer League</u> Team-based