



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. Swimming - To use a range of strokes effectively and to swim competently, confidently and proficiently over 25m.
- 10. Tag Rugby - To understand and use simple tactics.
- 11. Benchball - To learn the rules and to think and use tactics to gain an advantage.
- 12. Dance - Be able to use simple movement patterns to structure dance.
- 13. Dances - To understand and use simple tactics.
- 14. Athletics - To engage in performing skills and measuring performance.

KS2 - Year 3

- 1. Dance - expand their knowledge of travelling actions and use them in relation to a stimulus.
- 2. Ball Skills - Develop skills and be able to explore their own ideas in response to tasks.
- 3. 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.