



PE Curriculum Overview

EYFS- Key Stage One



Nursery

Physical Development PE coach Gross Motor	Fundamental Movement Experiments with different ways of moving. Begin to negotiate space successfully when walking, running and hopping. Wheeled toys Bikes, scooters and other wheeled toys.	Climbing & Balance Develop core muscles and strength to pull bodies up on climbing equipment . Work on balance when climbing and traveling over, under and around obstacles. Wheeled toys Bikes, scooters and other wheeled toys.	Jumping Practice pushing feet down into the ground to jump with increased height and distance. Wheeled toys Bikes, scooters and other wheeled toys.	Throwing and Catching Develop hand-eye coordination to propel objects further with increased accuracy and catch fast moving objects. Wheeled toys Bikes, scooters and other wheeled toys.	Kicking and Batting Develop co-ordination and eye tracking to kick small and large balls and use a bat to use a bat. Wheeled toys Bikes, scooters and other wheeled toys.	Multi skills and Athletics Practice key skills for Sports Day Activities. Wheeled toys Bikes, scooters and other wheeled toys.
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Reception

Physical Education	Fundamental Movement Experiments with different ways of moving. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Health & Self Care To make independent choices for school lunches and request foods they likes in the canteen To carry their lunch tray independently and use cutlery to feed themselves To use the toilet independently in school and request the toilet when needed To put on aprons independently when choosing to play in the creative area or water tray To look after personal belongings by hanging their coat up and putting their book bag in their tray Learn to use equipment in the school's provision safely To wash and dry hands effectively	Balance Travels with confidence and skill around, under, over and through balancing and climbing equipment Health & Self Care To begin to dress and undress for PE sessions Talk about the changed in their body when engaging with exercise To look after their additional belonging for winter eg gloves, hats and scarves; to be able to take them on and off and store them appropriately To know how to move and store equipment safely and take carefully considerations about risks they take when playing	Agility Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Health & Self Care Children's Mental Health Week Begin to talk about physical changed in the body when discusses different emotions for the Zones of Regulation Children to explore ways of keeping a healthy brain and mind as well as physical body	Dance Gymnastics Jumps off an object and lands appropriately. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Health & Self Care To talk about a healthy range of foods. Learn why it is important to make healthy food choices. Learn how to sort food into food groups and how to make a balanced meal.	Co-ordination Ball skills Runs safely on whole foot. Squats with steadiness to rest or play with object on the ground and rises to feet without using hands. Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. Can kick a large ball. Health & Self Care Children independently dress and undress for PE Children to know a range of ways to help them look after their emotional health by having a tool box of strategies to help regulate their own emotions.	Multi skills and Athletics 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 Health & Self Care To know a range of ways to keep healthy, to develop language through the hospital role play Children to learn the names of different organs in the body and learn more about human growth, change and development For children to learn about the importance of oral hygiene and know how to brush their teeth effectively
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Year 1

PE	Invasion Sending and receiving Basics	Personal Best Coordination Agility Master basic movements such as	Dance Perform dances using simple movement patterns Gymnastics	Multisport Coordination Agility Master basic movements such as	Problem solving Responsibility Understanding Rules	Athletics Sports day Preparation Multi Skills Coordination
	Fundamental movements and skills (recap the ABCs) Effort Physical Ability	throwing and catching Athletics Technique Effort Confidence	Feedback Analysis Technique	throwing and catching Invasion skills Resilience Physical ability Confidence	Striking & Feilding skills (Cricket) Technique Confidence Rules Sports Day prep Feedback Rules Confidence	Agility Rules Master basic movements such as throwing and catching



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Year 2



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EYFS- Key Stage One



PE	Personal best Challenge Fundamental Movement Balance Master basic movements such as running, jumping Fundamental movements and skills (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique	Invasion Games Attack vs Defence Invasion skills Problem Solving Leadership Confidence Understanding	Dance Perform dances using simple movement patterns Gymnastics Feedback Analysis Technique Physical ability	Net & Wall games Hand Rackets Orienteering Problem Solving Responsibility Understanding Rules	Multi Skills Coordination Agility Master basic movements such as throwing and catching Archery Athletics Technique Effort Confidence Physical ability Sports Day prep Rules Confidence	Athletics Rules Technique Physical ability Sports day Preparation Net & Wall skills (Cricket/tennis) Technique Confidence Rules
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Year Three

PE	Personal best Challenge Fundamental Movement Balance Master basic movements such as running, jumping	Invasion Games Passing and moving with hands	Dance Perform dances using a range of movement patterns	Invasion Games Passing and moving with feet	Multi Skills Fundamental Movement Balance Archery	Athletics Rules Technique Physical ability
	Bee Netball skills Problem solving Technique Tactics	Tag Rugby Skills Communication Understanding Teamwork Physical Ability	Gymnastics Feedback Analysis Physical ability	Orienteering Problem Solving Responsibility Confidence	Athletics Technique Effort Confidence	Sports day Preparation Tennis Skills Tactics Technique Rules

Year Four

PE	Bench Ball Bee Netball skills Communication Problem solving Tactics	Personal best Challenge Fundamental Movement Balance	Dance Perform dances using a range of movement patterns Gymnastics	Net & Wall Games Mini Tennis Skills Striking &Fielding Batting and bowling Orienteering	Multi Skills Fundamental Movement Balance Archery	Athletics Sports day Preparation Tennis Skills Tactics
		Master basic movements such as running, jumping Tag Rugby Skills Communication Tactics Teamwork Physical Ability Leadership	Feedback Analysis Technique Confidence	Problem Solving Leadership Confidence Rules	Athletics Physical ability Effort Confidence Sports Day prep Feedback Respect Understanding	Technique Rules

Year Five / Six

PE	Personal best Challenge Fundamental Movement Balance Master basic movements such as running, jumping. Bee Netball Problem solving Tactics Rules Physical ability	Problem solving Responsibility Understanding Rules Tag Rugby Communication Tactics Rules Teamwork Physical Ability Leadership	Dance Perform dances using a range of movement patterns Gymnastics Feedback Analysis Technique Physical ability	Invasions Games Basketball Athletics Technique Effort Confidence Rules	Striking &Fielding Softball/Rounders Net & Wall Games Tennis Technique Feedback Respect Sports day Prep Feedback Respect Understanding	Athletics Sports day Preparation Striking &Fielding (Cricket & Rounders) Tactics Technique Rules Understanding
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