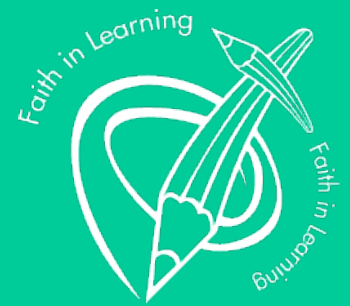


The PE Curriculum

Cycle 1



Early Years

Begin PE lessons
Children to do daily exercise morning and afternoon within classroom.

Revise and refine the fundamental movement skills they have already acquired.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.

Provide opportunities for children to, spin, rock, tilt, fall, slide and bounce.
Know and talk about the different factors that support their overall health and wellbeing:

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Safely use climbing and balancing equipment in PE and choosing Progress towards a more fluent style of moving, with developing control and grace.

Year 1/2

Dance
Country Dancing

Outdoor Games
Passing and Moving/Finding Space

Dance
Mood & Feeling

Gymnastics
Flight & Landing

Team Games
Teamwork and team games

Gymnastics:
balance and body movement/ shapes

Year 3/4

Gymnastics
Balance & Apparatus Skills

Team Games
Invasion - Dodgeball

Dance
Historical Dance

Gymnastics
Travel & Flight (mat, equipment, over, under)

Athletics/ Swimming

Team Games
Kickball/Rounders

Year 5/6

Team Games
Orienteering

Tennis

Gymnastics
Match & Mirror (routine development including music).

Dance
Rhythm Paradise

Games
Invasion - Basketball/ Handball

Gymnastics
Balance & Body Movement (jumps and leaps).

Teamwork



Body movement



Healthy Lifestyle



The PE Curriculum

Cycle 2



Early Years

Begin PE lessons
Children to do daily exercise morning and afternoon within classroom.

Revise and refine the fundamental movement skills they have already acquired.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines.

Provide opportunities for children to, spin, rock, tilt, fall, slide and bounce.
Know and talk about the different factors that support their overall health and wellbeing.

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Safely use climbing and balancing equipment in PE and choosing Progress towards a more fluent style of moving, with developing control and grace.

Year 1/2

Outdoor Games
Following Instructions & Teamwork

Athletics

Dance

Gymnastics
Travel & Routine Development

Dance
Bollywood Dances

Gymnastics
Balance and Key Shapes

Year 3/4

Gymnastics
Jumps, Leaps & Vaulting.

Orienteering

Dance
Transitions

Gymnastics:
Balance & Body Shape.

**Athletics/
Swimming**

Team Games
Outdoor Invasion

Year 5/6

Rounders

Athletics

Gymnastics
Routine Development (floor/mat work)

Dance
Gladiator

Games
Badminton

Gymnastics
Body Movement & Flight (vaulting).

Teamwork



Body movement **Healthy Lifestyle**

