



PE CURRICULUM OVERVIEW

Term	Autumn	Spring	Summer			
<u>Nursery</u> <i>Aspiration Health and Well being Diversity</i>	<p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Mounts stairs, steps or climbing equipment using alternate feet. Walks downstairs, two feet to each step while carrying a small object. Runs skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Can stand momentarily on one foot when shown. Can catch a large ball.</p> <p>Draws lines and circles using gross motor movements. Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. Holds pencil between thumb and two fingers, no longer using whole-hand grasp. Holds pencil near point between first two fingers and thumb and uses it with good control. Can copy some letters, e.g. letters from their name. Mini Wheelers by WLSSP. Can tell adults when hungry or tired or when they want to rest or play. Observes the effects of activity on their bodies. Understands that equipment and tools have to be used safely. Gains more bowel and bladder control and can attend to toileting needs most of the time themselves. Can usually manage washing and drying hands. Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.</p>					
<u>Reception</u> <i>Aspiration Health and Well being Diversity</i>	<p>Invasion games. Throwing and catching. Dance. Athletics. OAA. Gymnastics. Experiments with different ways of moving. Jumps off an object and lands appropriately. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Uses simple tools to effect changes to materials. Handles tools, objects, construction and malleable materials safely and with increasing control. Shows a preference for a dominant hand. Begins to use anticlockwise movement and retrace vertical lines. Begins to form recognizable letters. Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.</p> <p>Summer term Early Learning Goal Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. Eats a healthy range of foodstuffs and understands need for variety in food. Usually dry and clean during the day. Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. Shows understanding of how to transport and store equipment safely.</p> <p>•Practices some appropriate. Mini Wheelers</p>					
<u>Year 1</u> <i>Aspiration Health and Well being Diversity</i>	Sports Specialist Invasion games Class teacher Target games.	Sports Specialist Throwing and catching. Class teacher Target games.	Sports Specialist Dance Class teacher throwing and catching Ks1 PE Plus WLSSP	Sports Specialist Athletics Class teacher Dance Ks1 PE Plus WLSSP	Sports Specialist OAA Class teacher Athletics Ks1 PE Plus WLSSP	Sports Specialist Gymnastics. Class teacher OAA Tagivat8
<u>Year 2</u> <i>Aspiration Health and Well being Diversity</i>	Sports Specialist Invasion games Class teacher Target games.	Sports Specialist Throwing and catching. Class teacher Invasion games.	Sports Specialist Dance Class teacher striking and fielding Ks1 PE Plus WLSSP	Sports Specialist Athletics Class teacher Dance Ks1 PE Plus WLSSP	Sports Specialist OAA Class teacher Athletics Ks1 PE Plus WLSSP	Sports Specialist Gymnastics. Class teacher OAA
<u>Year 3</u> <i>Aspiration Health and Well being Diversity</i>	Sports Specialist Invasion games Class teacher Target games.	Sports Specialist Striking and fielding Class Teacher Invasion games.	Sports Specialist Dance Class teacher striking and fielding Ks2 PE Plus WLSSP	Sports Specialist Athletics Class teacher Dance Ks2 PE Plus WLSSP	Sports Specialist OAA Class teacher Athletics Ks2 PE Plus WLSSP	Sports Specialist Gymnastics. Class teacher OAA Scouting Stars
<u>Year 4</u> <i>Aspiration Health and Well being Diversity</i>	Sports Specialist Invasion games Class teacher Target games.	Sports Specialist Striking and fielding Class teacher Invasion games	Sports Specialist Dance Class teacher striking and fielding Ks2 PE Plus WLSSP	Sports Specialist Athletics Class teacher Dance Ks2 PE Plus WLSSP	Sports Specialist OAA Class teacher Athletics Ks2 PE Plus WLSSP	Sports Specialist Gymnastics. Class teacher OAA Scouting Stars Tagivat8
<u>Year 5</u> <i>Aspiration Health and Well being Diversity</i>	Sports Specialist Invasion games Class teacher Target games. Swimming	Sports Specialist Striking and fielding Class teacher Invasion games Swimming	Sports Specialist Dance Class teacher Swimming Ks2 PE Plus WLSSP	Sports Specialist Athletics Class teacher Swimming Ks2 PE Plus WLSSP	Sports Specialist OAA Class teacher Swimming Ks2 PE Plus WLSSP	Sports Specialist Gymnastics. Class teacher Swimming
<u>Year 6</u> <i>Aspiration Health and Well being Diversity</i>	Sports Specialist Invasion games Class teacher Target games.	Sports Specialist Striking and fielding. Class teacher Invasion games	Sports Specialist Dance Class teacher striking and fielding	Sports Specialist Athletics Class teacher Dance	Sports Specialist OAA Class teacher Athletics	Sports Specialist Gymnastics. Class teacher OAA Bike ability