

PE CURRICULUM OVERVIEW

Term	Autumn	Spring	Summer
	Items in bold are team taught by a WLSP coach and a member of Trinity staff.		
Nursery	<ul style="list-style-type: none"> - Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. - Go up steps and stairs, or climb up apparatus, using alternate feet. - Skip, hop, stand on one leg and hold a pose for a game like musical statues. - Use large-muscle movements to wave flags and streamers, paint and make marks. - Start taking part in some group activities which they make up for themselves, or in teams. - Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. - Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. - Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. - Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. - Show a preference for a dominant hand. - Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips 		
Reception	<ul style="list-style-type: none"> - Manage their own needs - Personal hygiene - Know and talk about the different factors that support overall health and wellbeing: - regular physical activity. - Revise and refine the fundamental movement skills they have already acquired: - rolling - running - crawling - hopping - walking - skipping - jumping - climbing - Progress towards a more fluent style of moving, with developing control and grace. - Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. - Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. - Combine different movements with ease and fluency. - Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. - Develop overall body strength, balance, coordination and agility - Explore, use and refine a variety of artistic effects to express their ideas and feelings. - Return to and build on their previous learning, refining ideas and developing their ability to represent them. - Create collaboratively, sharing ideas, resources and skills. - Listen attentively, move to and talk about music, expressing their feelings and responses. - Watch and talk about dance and performance art, expressing their feelings and responses. - Explore and engage in music making and dance, performing solo or in groups. 		

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Year 1 'Basic' Cognitive Domain	Gymnastics Forest Schools Ks1 PE Plus	Gymnastics Dance. Ks1 PE Plus	Invasion games Forest Schools Ks1 PE Plus	Invasion games Striking and fielding	OAA Forest Schools	OAA. Athletics
Year 2 'Advancing' and 'Deep' Cognitive	Gymnastics Dance Ks1 PE Plus	Gymnastics Forest Schools Ks1 PE Plus	Invasion games Striking and Fielding Ks1 PE Plus	Invasion games Forest Schools	OAA Athletics	OAA. Forest Schools
Year 3 'Basic' Cognitive Domain	Gymnastics Swimming Ks2 PE Plus	Gymnastics Swimming Forest Schools Ks2 PE Plus	Invasion games Swimming Striking and Fielding Ks2 PE Plus	Invasion games Swimming Forest Schools	OAA Swimming Athletics	OAA. Swimming Forest Schools
Year 4 'Advancing' and 'Deep' Cognitive Domains	Gymnastics Dance Ks2 PE Plus	Gymnastics Forest Schools Ks2 PE Plus	Invasion games Striking and Fielding Ks2 PE Plus	Invasion games Forest Schools	OAA Athletics	OAA. Forest Schools
Year 5 'Basic' Cognitive Domain	Gymnastics Dance	Gymnastics Forest Schools Bike Ability	Invasion games Striking and Fielding	Invasion games Forest Schools	OAA Athletics	OAA. Forest Schools
Year 6 'Advancing' and 'Deep' Cognitive Domains	Gymnastics Dance	Gymnastics Dance Bike Ability	Invasion games Striking and Fielding	Invasion games Striking and Fielding	OAA Athletics Forest Schools	OAA. Forest Schools