

Long Term Planning PE

EYFS – Y6 Curriculum Overview

<p>EYFS</p>	<p>Children in our Foundation Stage Unit have access to a range of physically challenging opportunities in our expansive outdoor space all day, every day. As one of the three prime areas of learning for 3 - 5 year olds, we believe physical development underpins children's general development in many different ways. It is through practising running, jumping climbing, rolling, balancing and spinning that the gross motor skills are developed, that are vital for children to become successful readers, writers and mathematicians in the future. Physical challenge also encourages children to problem solve, access risk and develop resilience and regular physical activity enables children to not only become fit and healthy but demonstrate high levels of well-being and engagement in everything they do. Children in reception will be learning to revise and refine the fundamental movement skills they have already acquired such as:</p> <ul style="list-style-type: none"> rolling crawling walking jumping running hopping skipping climbing <p>progress towards a more fluent style of moving, with developing control and grace</p> <p>develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</p>					
	<p>AUTUMN 1</p>	<p>AUTUMN 2</p>	<p>SPRING 1</p>	<p>SPRING 2</p>	<p>SUMMER 1</p>	<p>SUMMER 2</p>
<p>Year 1</p>	<p><u>Multi-skills</u> Moving at speed with directional changes in response to others as well as changing speed with instant control. Apply these in a range of activities.</p>	<p><u>Yoga</u> master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities</p>	<p><u>Dance (seasons)</u> Perform dances using simple movement patterns</p>	<p><u>Throwing and catching</u> Hand eye coordination and communication</p>	<p><u>Invasion/team Games</u> Attacking and defending</p>	<p><u>Running and jumping (athletics)</u> Master basic movements including running and jumping</p>
<p>Year 2</p>	<p><u>Circuit training (Can be linked to indoor athletics)</u> Basic movements including jumping, developing balance, agility and co-ordination. Able to work safely within a defined space. Able to work safely within a defined space.</p>	<p><u>Gymnastics (Under the sea)</u> Demonstrate agility, balance and coordination</p>	<p><u>Throwing and catching (cricket)</u> To use running, jumping, throwing and catching in isolation and in combination</p>	<p><u>Dance (plants)</u> Perform dances using simple movement patterns- coordination and team games.</p>	<p><u>Invasion Games (Football)</u> Moving into space/passing/attacking and defending</p>	<p><u>Bat and ball (Tennis)</u> Also athletics for sports day</p>
<p>Year 3</p>	<p><u>Dance (Flamenco) and Gymnastics</u> Perform dances using a range of movement patterns Develop flexibility, strength, technique, control and balance</p>	<p><u>Circuit training (Indoor athletics)</u> To develop flexibility, strength, technique, control and balance in the context of travelling in different ways.</p>	<p><u>Net and wall games (tennis)</u> Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance in the context of footwork and movement in net and wall-based games.</p>	<p><u>Invasion games Netball/football</u> Jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate</p>	<p><u>Catching and fielding (Cricket)</u> To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p><u>Athletics</u> Running, jumping, throwing and catching in isolation and in combination Compare performance and demonstrate improvement to achieve personal best. Timed run over 6 Weeks</p>

<p>Year 4</p> <p>Swimming each Thursday (half a year for each class)</p>	<p><u>Invasion games (Hockey)</u></p> <p>To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p><u>Gymnastics and dance</u></p> <p>Perform dances using a range of movement patterns</p> <p>Develop flexibility, strength, technique, control and balance Use dance to communicate ideas Work in a controlled way, using a range movements and shapes. Rhythm and spatial awareness. Use skills with control and co-ordination.</p>	<p><u>Invasion games (Football)</u></p> <p>Follow rules Attack and defending Awareness of space Support, opposition Possession, adapt tactics Take part in activities individually and in a team. Use skills with control and co-ordination.</p>	<p><u>Athletics/Olympics</u></p> <p>Running, jumping, racing, throwing and catching in isolation and in combination Changing speed and direction Develop flexibility, strength, technique, control and balance Building stamina Use skills with control and co-ordination. Compare performance and demonstrate improvement to achieve personal best. Timed run over 6 Weeks</p>	<p><u>OAA</u></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><u>Throwing and catching (Tag Rugby and Netball)</u></p> <p>To develop flexibility, strength, technique, control and balance in the context of tag rugby ball handling skills.</p>
<p>Year 5</p>	<p><u>Athletics</u></p> <p>Running, jumping, throwing and catching in isolation and in combination</p> <p>Compare performance and demonstrate improvement to achieve personal best. Timed run over 6 Weeks</p>	<p><u>Indoor Dance (Zumba) and Gymnastics</u></p> <p>Perform dances using a range of movement patterns</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p><u>Yoga</u></p> <p>Develop flexibility, strength, technique, control and balance</p> <p><u>Hockey (student) Invasion games</u></p> <p>Play competitive games, modified where appropriate</p>	<p><u>Invasion games (Basketball/American Football)</u></p> <p>Jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p>	<p><u>Striking and Fielding (Rounders)</u></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>OAA</u> (Herd Farm) take part in outdoor and adventurous activity challenges both individually and within a team</p>
<p>Year 6</p>	<p><u>Athletics</u></p> <p>Running, jumping, throwing and catching in isolation and in combination</p> <p>Compare performance and demonstrate improvement to achieve personal best. Timed run over 6 Weeks</p>	<p><u>Dance and Gymnastics</u></p> <p><u>Yoga</u></p> <p>Perform dances using a range of movement patterns</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p><u>Circuit training (Indoor athletics)</u></p> <p>Running, jumping, throwing and catching in isolation and in combination</p>	<p><u>Throwing and catching Netball</u></p> <p>Jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate</p>	<p><u>Striking and Fielding (Cricket)</u></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate</p>	<p><u>Invasion games</u></p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p><u>OAA</u> (residential) take part in outdoor and adventurous activity challenges both individually and within a team</p>