



# Whole School Curriculum Design: P.E. Sequence of Learning



		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>		<p>These areas of learning are developed in every unit of PE</p> <p><b>Prime areas: Physical development and PSED</b></p> <p><b>ELG: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others;               <ul style="list-style-type: none"> <li>Demonstrate strength, balance and coordination when playing;</li> </ul> </li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><b>ELG: Managing Self</b></p> <ul style="list-style-type: none"> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;               <ul style="list-style-type: none"> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly;</li> </ul> </li> <li>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>					
		Winter Team Games	Winter Team Games	Multi-skills	Multi-skills	Athletics	Games
		Dance		Gymnastics		Yoga	
		Forest School					
<b>YEAR 1/2</b> <b>YEARS A&amp;B</b>	<b>L E S S O N 1</b>	<p><b>Basketball &amp; Netball – Invasion Games</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p><b>Winter Games – Invasion Games In-house Competition</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p><b>Tag Rugby – Invasion Games</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p><b>Football - Invasion Games</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics</li> </ul>	<p><b>Striking &amp; Fielding Games- Cricket &amp; Rounders</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>
	<b>L E S S O N 2</b>	<p><b>Forest School</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</li> </ul>	<p><b>Yoga</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>	<p><b>Commando Joes</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>	<p><b>Striking &amp; Fielding Games- Cricket &amp; Rounders</b></p> <ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and</li> </ul>



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	begin to apply these in a range of activities	begin to apply these in a range of activities <ul style="list-style-type: none"> <li>perform dances using simple movement patterns.</li> </ul>		begin to apply these in a range of activities	begin to apply these in a range of activities	begin to apply these in a range of activities <ul style="list-style-type: none"> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>
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<b>YEAR 3/4</b>  <b>YEARS A &amp; B</b>	<b>L E S S O N 1</b>	<b>Tag Rugby – Invasion Games</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Basketball &amp; Netball – Invasion Games</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate, in basketball and apply basic principles suitable for attacking and defending</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Football – Invasion Games</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate in football and apply basic principles suitable for attacking and defending</li> <li>develop flexibility, strength, technique, control and balance</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Hockey - Team Games</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate in football and apply basic principles suitable for attacking and defending</li> <li>develop flexibility, strength, technique, control and balance</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate [for example, relay] and apply basic principles</li> <li>develop flexibility, strength, technique, control and balance through athletics</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<b>Striking &amp; Fielding Games- Cricket &amp; Rounders</b> <ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> <li>play competitive games, modified where appropriate through cricket, and rounders and apply basic principles suitable for attacking and defending</li> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>
	<b>L E S S O N 2</b>	<b>Swimming</b> <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>	<b>Swimming</b> <ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>perform safe self-rescue in different water-based situations.</li> </ul>	<b>Forest Schools</b> <ul style="list-style-type: none"> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<b>Forest Schools</b> <ul style="list-style-type: none"> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance through dance</li> <li>perform dances using a range of movement patterns</li> <li>compare their performances with previous ones</li> <li>demonstrate improvement to achieve their personal best</li> </ul>	<b>Gymnastics – balance and co-ordination</b> <ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance through gymnastics</li> <li>perform using a range of movement patterns</li> <li>compare their performances with previous ones</li> <li>demonstrate improvement to achieve their personal best</li> </ul>



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All P.E. lessons include:

Warm up:

- Stretching – static and dynamic;
- Increase heart rate.

Core Activities:

- Skill development;
- Evaluation;
- Discussion of context.