

Physical Education Curriculum 2015

Yr group	National Curriculum	Pear Tree	Hearts and Soul links
R	<ul style="list-style-type: none"> • 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. They handle equipment and tools effectively, including pencils for writing. • Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. 	<ul style="list-style-type: none"> *Basic skills developed and assessed. *Dance – move confidently in a variety of ways. *Handle tools effectively. *Athletics – begin development of skills *Forest school – weekly. Milldale yearly. Develop fine and gross motor skills *Games involving rhymes, counting etc. and fundamentals taught. *Gymnastics – basic skills *Range of competitive, non-competitive games e.g. heads and tails, hills and hollows. *Outdoor play – bikes, trikes, sand pit, big blocks, crates 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Food and diet e.g. visit from dentist
1	<ul style="list-style-type: none"> • Master basic movement, • e.g. running, jumping, throwing, catching, balance, agility and co-ordination • Participate in team games • Perform dances using simple movement • Swimming proficiency at 25m (KS1 or KS2) 	<ul style="list-style-type: none"> *Athletics – begin development of skills, infant agility *Forest school – weekly. Milldale yearly. *Games involving rhymes, counting etc. *Gymnastics – basic skills *Range of competitive, non-competitive games e.g. football, heads and tails, hills and hollows, tri golf. *Dance – linked to English/drama. *Outdoor play – sand pit, big blocks *Swimming – x6 week block. 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Food and diet *Learning to win and lose, skills and attitude.
2	<ul style="list-style-type: none"> • Master basic movement, • e.g. running, jumping, throwing, catching, balance, agility and co-ordination • Participate in team games • Perform dances using simple movement • Swimming proficiency at 25m (KS1 or KS2) 	<ul style="list-style-type: none"> *Forest school weekly, Milldale yearly. *Range of competitive games, team games e.g. cricket, football, hockey, tag rugby *Swimming – x6 week block *Athletics – competitive and infant agility. Outdoors used in cross-curricular way e.g. 100 square *Dance linked to English /drama *Gymnastics – basic skills 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Reflect on mental and emotional health *Food and diet *Learning to win and lose, skills and attitude. *Body image and attitude
3	<ul style="list-style-type: none"> • Use running, jumping, catching and throwing in isolation and in combination • Play competitive games, modified as appropriate • Develop flexibility & control in gym, dance & athletics • Compare performances to achieve personal bests 	<ul style="list-style-type: none"> *Forest school every two weeks, Milldale yearly *Range of competitive games (small groups) e.g. football, high 5, tag rugby *Gymnastics – creating routines *Athletics – competitive *Swimming x6 week block 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Reflect on mental and emotional health *Food and diet *Learning to win and lose,

	<ul style="list-style-type: none"> Swimming proficiency at 25m (KS1 or KS2) 	*Dance linked to English/drama (Shakespeare)	<p>skills and attitude.</p> <ul style="list-style-type: none"> *Body image and attitude *Making good decisions
4	<ul style="list-style-type: none"> Use running, jumping, catching and throwing in isolation and in combination Play competitive games, modified as appropriate Develop flexibility & control in gym, dance & athletics Take part in Outdoor and Adventurous activities Compare performances to achieve personal bests Swimming proficiency at 25m (KS1 or KS2) 	<ul style="list-style-type: none"> *Milldale yearly *Forest school – twice a half term *Conway – OAA *Swimming x6 weekly block *Gymnastics routines *Dance linked to English/drama *Athletics *Competitive games – football, high 5, cricket, dodgeball 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Reflect on mental and emotional health *Food and diet *Learning to win and lose, skills and attitude. *Body image and attitude *Making good decisions *Hygiene *Drugs and substance – linked to real life e.g. Olympics
5	<ul style="list-style-type: none"> Use running, jumping, catching and throwing in isolation and in combination Play competitive games, modified as appropriate Develop flexibility & control in gym, dance & athletics Take part in Outdoor and Adventurous activities Compare performances to achieve personal bests Swimming proficiency at 25m (KS1 or KS2) 	<ul style="list-style-type: none"> *Milldale yearly *Castleton – OAA Endurance *Forest school – twice a half term *Conway – OAA *Swimming x6 weekly block *Gymnastics routines *Dance linked to English/drama *Athletics *Competitive games – football, high 5, cricket, dodgeball 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Reflect on mental and emotional health *Food and diet *Learning to win and lose, skills and attitude. *Body image and attitude *Making good decisions *Hygiene *Drugs and substance – linked to real life e.g. Olympics
6	<ul style="list-style-type: none"> Use running, jumping, catching and throwing in isolation and in combination Play competitive games, modified as appropriate Develop flexibility & control in gym, dance & athletics Take part in Outdoor and Adventurous activities Compare performances to achieve personal bests Swimming proficiency at 25m (KS1 or KS2) 	<ul style="list-style-type: none"> *Milldale yearly *OAA *Forest school – twice a half term *Swimming x6 weekly block *Gymnastics routines *Dance linked to English/drama *Athletics *Competitive games – football, high 5, cricket, dodgeball 	<ul style="list-style-type: none"> *Stay healthy in body and mind. *Reflect on mental and emotional health *Food and diet *Learning to win and lose, skills and attitude. *Body image and attitude *Making good decisions *Hygiene *Drugs and substance – linked to real life e.g. Olympics

Whole School –

- ICT – The use of filming to develop skills, reflect and develop skills etc. e.g. show clip of previous PE session or internet clip.
- Yr1-6 need to teach 2 hours of high quality PE per week.
- Every half term using skills taught to culminate inter house competition.
- Twice a year hold a School Games day – Sports Day and Collaborative Sports day using River families.