



Spring Gardens Primary School PE Curriculum Overview

Early Years Foundation Stage	Key Stage 1		Key Stage 2			
<p>Physical Development Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives⁷. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.</p> <p>Physical Development ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</p>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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 • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns 		<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best <p>Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 			
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement/gymnastics	Health related fitness	Health related fitness	Tri golf and TAG rugby	Health related fitness and archery	Swimming and Netball	Swimming and Netball
Dance	Games	Games	Health related fitness and gymnastics	TAG Rugby and Netball	Swimming and Gymnastics	Swimming and Gymnastics
Games	Multi-skills	Multi-skills	Dodge ball and netball	Invasion games and gymnastics	Hockey and dance	Hockey and dance
Gymnastics	Gymnastics	Gymnastics	Quick sticks and Skipping	Quick sticks and badminton	Basketball and Health related fitness	Health related fitness and Basketball
Dance	Dance	Dance	Handball and tennis	Athletics and tennis	Cricket and Athletics	Cricket and Athletics
Games	Athletics	Athletics	Rounders	Rounders and Kwik cricket	Rounders	Rounders and OAA