



## PE Curriculum KS1

### Our Vision

### Nurturing and inspiring success in every child

#### Intent

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.

#### Implementation

All our curriculum is shaped by our school vision which aims to enable all children, regardless of their gender, sexual orientation, religion, disability, ethnicity, special needs, or background to achieve their potential. Each learner is unique and has a preferred learning style which teachers understand. Above all our philosophy is make learning fun. Extra support is given to children, if required, to ensure that all children access this curriculum.

### **Early Years Foundation Stage Learning Goals**

**Movement & Handling** - 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.

**Health & Self-Care** - 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.

AREA	Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
Movement & using space						
Ball skills						
Dance						
Large equipment						
Tennis skills						
Athletics						

<p><b>Key stage 1 Pupils should be taught to:</b></p>	
<p>♣ 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.</p>	<p><b>Year 1</b></p> <ul style="list-style-type: none"> <li>• Daily Brain Gym.</li> <li>• Trim trail 2 laps.</li> <li>• Throwing and catching large balls. Use of air balls and scoops.</li> <li>• Developing balancing techniques using indoor climbing frame and benches.</li> </ul> <p><b>Year 2</b></p> <ul style="list-style-type: none"> <li>• Trim trail 3-5 laps daily.</li> <li>• Throwing and catching smaller balls and bean bags. Catching without bouncing the ball. Use of tennis bats and balls.</li> <li>• Developing balancing techniques using indoor climbing frame and benches.</li> </ul>
<p>♣ Participate in team games, developing simple tactics for attacking and defending</p>	<p><b>Year 1</b></p> <ul style="list-style-type: none"> <li>• Team games using cones, bean bags and hoops.</li> <li>• After school football club.</li> <li>• Participating in sporting events run by DCGS: Multi skills and orienteering.</li> <li>• Annual sports day.</li> </ul> <p><b>Year 2</b></p> <ul style="list-style-type: none"> <li>• Team games using cones, bean bags and hoops.</li> <li>• Create own team games. Devising challenges and more complex skills in own games.</li> <li>• Small sided games involving attacking and defending.</li> <li>• After school football club.</li> <li>• Participating in sporting events run by DCGS: dance, tennis, rounder's and games.</li> <li>• Annual sports day.</li> </ul>
<p>♣ Perform dances using simple movement patterns.</p>	<p><b>Year 1</b></p> <ul style="list-style-type: none"> <li>• Country dancing.</li> </ul> <p><b>Year 2</b></p> <ul style="list-style-type: none"> <li>• Country dancing.</li> <li>• Participating in dance event run by DCGS.</li> <li>• Learn dance routine based on music recognized by the pupils.</li> </ul>

### Impact

All Children understand how to keep fit and healthy and enjoy learning new skills and are looking forward to the next stage of their PE learning and development.