



PE

Curriculum overview



PORTWAY INFANT SCHOOL

PE INTENT

At Portway Infant School we promote healthy, active lifestyles. We provide a PE curriculum that immerses pupils in learning that is memorable, engaging, **creative** and meaningful. Children will experience a high standard of PE which will help them to develop their relevant knowledge, skills, values and attitudes used throughout the wider curriculum. We follow the National Curriculum and use gymnastics, dance, games and fitness and encourage the children to be **curious** and work individually or collaboratively, with a strong emphasis on enjoyment that supports our children's **cultural capital** ready for their next stage of learning journey. Children of all abilities are given a chance to shine through creativity, teamwork and an enjoyment of being active.

Through our curriculum our intention is for children to:

understand the importance and effect of exercise and being healthy

are physically active for sustained periods of time

engage in a range of sports and activities

develop a sense of fair play and a sporting attitude

enjoy sporting activities and have fun, developing resilience and perseverance

Live a healthy and active lifestyle, promoting good physical health and good social and emotional well-being

Build strong, warm, supportive, positive and healthy relationships that lead to happiness and security

Develop children's core strength, stability, balance, spatial awareness, co-ordination and agility

Build up a knowledge, **vocabulary** and skills as set out in our Physical Education Curriculum

Promote the **love of reading** through Physical Education

Subject content	
EYFS	
Physical development is used to develop a child's movement, handling of objects, understanding of their own body and health and levels of self-care. Children do this in range of ways including spatial awareness when moving, co-ordination of small and large movements, how to effectively use tools and equipment, saying when they do or don't need help, how they show their feelings, learn that some behaviour is unacceptable and its consequences, how to play co-operatively and form positive relationships with adults and children. Fundamental Skills of agility, balance and control are introduced and developed in EYFS through specifically taught PE lessons, Yogabugs, and continuous outdoor play. They are the basis for all further skill development across KS1, these are: AGILITY or locomotor skills involve the body moving in any direction from one point to another. These include walking, running, dodging, jumping, hopping and skipping. BALANCE or stability skills involve the body balancing either in one place (static) or while in motion (dynamic). These include landing, balance (static and dynamic) and rotation. CONTROL or manipulative skills involve handling and controlling objects with the hand, the foot or an implement (stick, bat or racquet). These include throwing and catching, striking with the hands, feet and an implement (e.g. kicking, volleying, batting and dribbling).	
Autumn 1 Introduction to PE	Move around safely in space, stop safely and play safely as a group. Follow instructions. Develop control when using equipment. Follow a path and take turns. Work co-operatively with a partner.
Autumn 2 Fundamentals	Develop balancing, running, jumping, hopping, changing direction and stopping. Explore different ways to travel using equipment.
Spring 1 Gymnastics	Create short sequences using shapes, balances and travelling actions. Develop balancing, rocking, rolling, jumping and landing safely from a height and safely using apparatus. Explore travelling around, over and through apparatus and create sequences using apparatus.

Spring 2 Dance	Copy, repeat and explore actions in response to a theme. Explore and remember actions considering level, shape and direction. Explore movement using a prop with control and co-ordination. Move with control and co-ordination, expressing ideas through movement. Remember and repeat actions moving in time with the music. Explore actions in response to a theme and begin to use counts.
Summer 1 Games	Aim when throwing and practise keeping score. Follow instructions and move safely when play tagging games. Learn to play against a partner and to work co-operatively as a team. Develop co-ordination and play by the rules. Explore striking a ball and keeping score.
Summer 2 Ball Skills	Develop rolling and tracking a ball. Develop accuracy when throwing to a target and throwing and catching with a partner. Develop dribbling with hands. Develop dribbling a ball with your feet and kicking a ball to a target.

KS1		
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		
	Year One	Year Two
Autumn 1 Fundamentals	Explore balance, stability and landing safely. Explore how the body moves differently when running at different speeds. Explore changing direction and dodging. Explore jumping, hopping and skipping actions. Explore co-ordination and combination jumps. Explore combination jumping and skipping in an individual rope.	Explore how the body moves when running at different speeds. Develop changing direction and dodging. Develop balance, stability and landing safely. Explore and develop jumping, hopping and skipping actions. Develop co-ordination and combining jumps. Develop combination jumping and skipping in an individual rope.
Autumn 1 Athletics	Move at different speeds over different distances. Develop balance and changing direction quickly. Explore hopping, jumping and leaping for distance. Develop throwing for distance and accuracy	Develop the sprinting action. Develop jumping for distance and height. Develop throwing for distance and accuracy. Select and apply knowledge and technique in an athletics carousel.
Autumn 2 Sending & Receiving	Develop rolling and throwing a ball towards a target, receiving a rolling ball and tracking skills. Be able to send and receive a ball with your feet. Develop throwing and catching skills over a short distance and over a longer distance. Apply sending and receiving skills to small games.	Roll a ball towards a target. Track and receive a rolling ball. Send and receive a ball with your feet and using a racket. Develop throwing and catching skills.
Autumn 2 Ball Skills	Develop dribbling with your hands. Explore accuracy when rolling a ball, throwing with accuracy towards a target, catching with two hands,	Develop rolling a ball to hit a target, stopping a rolling ball, dribbling a ball with your feet, kicking a ball,

	dribbling a ball with your feet and tracking a ball that is coming towards me.	throwing and catching and dribbling a ball with your hands.
Spring 1 Target Games	Develop underarm and overarm throwing at a target. Develop throwing for accuracy and distance. Select the correct throw for the target	Consider how much power to apply when aiming at a target. Understand how to score using overarm and underarm throwing. Develop striking to a target and hitting a moving target. Select and apply the appropriate skill to the target game. Show an improvement in my personal best.
Spring 1 Gymnastics	Explore travelling movements. Develop and combine travelling movements. Develop quality when performing and linking shapes. Develop stability and control when performing balances.	Perform gymnastic shapes with control and link them together. Use shapes to create balances. Develop and link travelling actions and balances using apparatus.
Spring 2 Gymnastics	Develop technique and control when performing shape jumps. Develop technique in the barrel, straight and forward rolls and use them in a sequence. Link gymnastic actions to create a sequence and develop quality in these sequences.	Demonstrate different shapes, take-off and landing when performing jumps. Develop rolling and sequence building. Create a sequence using apparatus.
Spring 2 Invasion Games	Understand the role of defenders and attackers. Recognise who to pass to and why. Move towards goal with the ball. Support a teammate when playing in attack. Move into space showing an awareness of defenders. Stay with a player when defending.	Understand what being in possession means and support a teammate to do this. Understand that scoring goals is an attacking skill and to explore ways to do this. Understand that stopping goals is a defending skill and explore ways to do this. Explore how to gain possession. Mark an opponent and understand that this is a defending skill. Apply simple tactics for attacking and defending.

Summer 1 Striking & Fielding Games	Develop underarm and overarm throwing and catching. Develop hitting and collecting a ball. Learn how to get a batter out. Play games and understand how to score points.	Track a rolling ball and collect it. Develop underarm throwing and catching to field a ball. Develop overarm throwing to limit a batter's score. Develop hitting for distance to score more points. Be able to get a batter out. Understand the rules of the game and use these to play fairly.
Summer 1 Dance	Use counts of 8 to move in time and make a dance look interesting. Explore pathways, speeds and action in my dance. Create my own dance using, actions, pathways and counts. Copy, remember, create repeat and perform actions that represent the theme.	Remember, repeat and link actions to tell the story of a dance. Develop an understanding of dynamics and how they can show an idea. Use counts of 8 to help stay in time with the music. Copy, remember and repeat actions using facial expressions to show different characters. Explore pathways and levels. Remember and rehearse a dance showing expression and character.
Summer 2 Dance	Explore speeds and actions. Use expression and create actions that relate to the story. Use a pathway when travelling. Explore and copy actions in response to a theme. Create my own actions for an animal. Explore pathways with a partner.	Copy, repeat and create actions in response to a stimulus. Copy, create and perform actions considering dynamics. Create a short dance phrase with a partner showing clear changes of speed. Copy, repeat and create movement patterns in response to the theme. Create and perform using unison, mirroring and matching with a partner. Remember and repeat actions and dance as a group.
Summer 2 Net & Wall Games	Defend space using the ready position. Play against an opponent and keep the score. Explore hitting with a racket. Develop racket and ball skills.	Use the ready position to defend space on court. Develop returning a ball with hands. Play against a partner. Develop racket skills and use them to return a ball.

	Develop sending a ball using a racket. Develop hitting over a net.	Develop returning a ball using a racket. Play against an opponent using a racket.
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