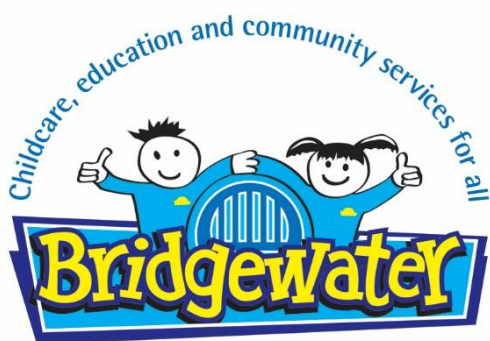


National Curriculum 2014

Scheme of Work

PE



Statutory Requirements and school curriculum

| | NC Programme of study | Additional school curriculum & photos |
|--|---|--|
| <p>Nursery</p>  | <p>Runs safely on whole foot.</p> <p>Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.</p> <p>Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</p> <p>Can kick a large ball.</p> <p>Walks upstairs or downstairs holding onto a rail two feet to a step</p> <p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Walks downstairs, two feet to each step while carrying a small object.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball.</p> <p>Observes the effects of activity on their bodies.</p> | <p>Yoga Outside throughout day for PD PE lessons with specialists Health and fitness week Toddle Well being Sensory room Visitors</p> |
| <p>Reception</p>  | <p>Experiments with different ways of moving</p> <p>Jumps off an object and lands appropriately.</p> <p>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Children show good control and co-ordination in large and small movements.</p> <p>They move confidently in a range of ways, safely negotiating space.</p> <p>Eats a healthy range of foodstuffs and understands need for variety in food.</p> <p>Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> | <p>Yoga Outside throughout day for PD PE lessons with specialists Health and fitness week Sensory room Visitors</p> |

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| | <p>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> | |
| <p>Y1</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>Massage KS1 sports club x2 - Dance and C4L PE with specialists Health and Fitness Week Outdoor breaks Playtime equipment PE interventions Assemblies Displays Change for life Resources Breakfast club activities Visitors Well being Multi skills comp Games comp Intra/inter comps</p> |
| <p>Y2</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>Massage KS1 sports club x2 – Dance and C4L PE with specialists Health and Fitness Week Outdoor breaks Playtime equipment PE interventions Assemblies Displays Change for life Resources Breakfast club activities Visitors Multi skills comp Games comp Inter/intra comps</p> |
| <p>Y3</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 | <p>Massage KS2 sports Clubs- Netball, Football, HIIT PE with specialists Health and Fitness Week Outdoor breaks</p> |

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|  | <p>principles suitable for attacking and defending</p> <ul style="list-style-type: none"> ▪ 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. <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 ▪ https://www.swimming.org/schools/resource-pack/5 | <p>Playtime equipment Dance competition Skipping playground leaders PE interventions Assemblies Displays Change for life Resources Breakfast club activities Visitors Dance festival Athletics Tag Rugby Gymnastics Intra/inter comps</p> |
| <p>Y4</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 | <p>Massage KS2 sports Clubs- Netball, Football, HIIT PE with specialists Health and Fitness Week Outdoor breaks Playtime equipment Skipping playground leaders PE interventions Assemblies Displays Change for life Resources Breakfast club activities Visitors Quiksticks</p> |

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| | <p>individually and within a team</p> <ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. 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 https://www.swimming.org/schools/resource-pack/ | <p>Tennis Athletics Gymnastics intra/inter comps</p> |
| <p>Y5</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>Massage KS2 sports Clubs- Netball, Football, HIIT PE with specialists Health and Fitness Week Outdoor breaks Playtime equipment Skipping playground leaders Football competition Athletics Competition Swimming Playground leaders PE interventions Assemblies Displays Change for life Resources Breakfast club activities Gymnastics Hockey Athletics Visitors Intra inter comps</p> |



Y6



- 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.

Massage
 KS2 sports Clubs-
 Netball, Football,
 HIIT
 PE with specialists
 Health and Fitness
 Week
 Outdoor breaks
 Playtime equipment
 Skipping playground
 leaders
 Football competition
 Athletics Competition
 Playground leaders
 PE interventions
 Assemblies
 Displays
 Change for life
 Resources
 Breakfast club
 activities
 Rock Climbing
 Horse Riding
 Athletics
 Gymnastics
 Inter/intra comps

