

Curriculum Intent for PE

Nursery	<p>Exploring equipment outdoors knowing how we can move and travel and developing confidence (PD)</p> <p>To know to join in with activities to support for shoulder and arm movements (PD)</p>	<p>Developing balance when traveling over equipment (PD)</p> <p>Know new ways to move and travel (PD)</p>	<p>How to share equipment and take turns. Know how to transport large equipment to develop strength (PD)</p> <p>Know new ways to move and travel (PD)</p> <p>That we need to control our speed to ensure safety (PD)</p> <p>To know how to use the outdoor climbing frame as well as the bikes/scooters to move in different ways and safely. (PD)</p>	<p>Know to cooperatively transport equipment safely balancing weight (PD)</p> <p>Exploring jumping – know different ways we can jump At least one effect of activity on my body. (PD)</p> <p>What I need to do with my arms and eyes to balance on one leg (PD)</p> <p>To be able to follow a simple sequence of movements to music and rhythm. (PD)</p>	<p>Know to transport, travel over and use outdoor tools and equipment with increased control (PD)</p> <p>Exploring hopping – know different ways we can hop (PD)</p> <p>Know how to use one handed small tools independently (PD)</p> <p>How to follow instructions in games (PD)</p> <p>To be aware of obstacles whilst running, riding a scooter/bike etc and display some spatial awareness. (PD)</p>	<p>Know to use outdoor equipment with control and measured strength (PD)</p> <p>Know how to combine balance with jumping and hopping around equipment (PD)</p> <p>To successfully take part in group games with support from an adult. (PD)</p> <p>To move confidently and safely in a range of ways, avoiding obstacles; running/ hopping/ skipping et (PD)</p>
	Reception	<p><u>Me & Myself – movement, body and change</u></p> <p>Know how to move in a range of ways.</p> <p>Have an awareness of space.</p> <p>Know how to respond to stop and start activities.</p> <p>What a good space to stand in is</p> <p>How to share equipment and take turns.</p> <p>To run around with my head up</p> <p>To be aware of other children and take care. (PD)</p> <p>(Forest School) KU</p> <p>Know and create own dances in response to music (EAD)</p>	<p><u>Movement & Development – directions and speed</u></p> <p>Know how to move with increasing confidence.</p> <p>Know to move carefully between objects.</p> <p>Which parts of my body help me with balancing</p> <p>To take turns</p> <p>To work carefully and that rushing can lead to mistakes</p> <p>Some effects of exercise on my body. (PD)</p> <p>Know and create own dances in response to music (EAD)</p>	<p><u>Throwing and Catching – hand / eye coordination and ball control</u></p> <p>Know how to travel on equipment</p> <p>Know how we can work with others to develop travel and awareness of space</p> <p>It is important to stand with one leg forward, the opposite leg to the hand I am throwing from.</p> <p>Which is my dominant hand?</p> <p>How to stand when throwing accurately</p> <p>Which part of my foot to use when striking for power.</p> <p>How to lean back if I want my strike to go higher. (PD)</p> <p>(Forest School) KU</p> <p>Know own dances in response to music – link to dragon dancing (EAD)</p>	<p><u>Ball Skills – control and coordination</u></p> <p>Know we can move with more control.</p> <p>Know we can move with confidence and imagination.</p> <p>Know a range of ball sWhy it is important to kick with both feet.</p> <p>That the ball travels all the way across the ground when I roll.</p> <p>That I need to bend and adopt a sideways stance when rolling.</p> <p>Why it is important to be able to roll well with both handskills. (PD)</p> <p>(Fitness)</p> <p>Know a Holi dance and drumming style (EAD)</p> <p>Know own dances and perform in response to music (EAD)</p>	<p><u>Fun & Games – games. Movement, equipment</u></p> <p>Know throwing and catching skills.</p> <p>Know we can move with control and coordination.</p> <p>Know why we must be active</p> <p>What a good position of readiness looks like.</p> <p>That I need to be focused and avoid distractions.</p> <p>To land with really soft knees.</p> <p>To use my arms to help power me forward when jumping. (PD)</p> <p>Dance lessons :To move in different ways To copy actions from a teacher. To move to the music. To copy actions from a partner. To create your own actions and movements. (EAD)</p>

Year 1

Gymnastics	Gymnastics	Gymnastics	Dance	Dance	Object Manipulation 2
Games Skills Invasion Games Skills	Games Skills Invasion Games Skills	Games Skills Net and Wall	Games Skills Net and Wall	Athletics	Athletics

Year 2

Athletics	Gymnastics Pathways	Gymnastics Spinning, turning, twisting	Gymnastics Stretching, curling, arching	Dance	Dance
Games Skills Invasion Games	Games Skills Football	Fundamental Movement Skills	Fundamental Movement Skills	Games Skills Net and Wall Games	Games Skills Net and Wall Games

Year 3

Gymnastics Linking movements	Gymnastics Receiving Body Weight	Net and Wall Games Badminton	Net and Wall Games Badminton	Net and Wall Games Tennis	Tennis 1-6
Athletics	Athletics	Games Netball	Games Netball	Games Skills Flag Football	Games skills Football

Year 4

Games	Dance	Dance	Gymnastics Arching and Bridges	Gymnastics Partner Work	Gymnastics Rolling and Travelling
Athletics	Athletics	Games Skills Bocchia/Swimming	Games Skills Bocchia	Games Skills Hockey	Games Skills Hockey

Year 5

Gymnastics Matching, Mirroring, Contrasting	Gymnastics Partner Work	Gymnastics Synchronisation and Canon	Games Skills Tchoukball	Tennis	Tennis
Athletics/Swimming	Athletics	Invasion Games Handball	OAA	Games Skills Cricket	Games Skills Cricket

Year 6

Gymnastics Counterbalance	Gymnastics Flight	Games Skills Basketball	Games Skills Basketball	Games Skills Rugby	Games Skills Rugby
Athletics/Swimming	Athletics	Games Skills Cricket	Games Skills Cricket	Games Skills Rounders	Games Skills Rounders