

Subject Leader – Miss L. Davies

PE develops children’s knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include; dance, games, gymnastics, swimming and water safety, athletics and outdoor adventure activities. PE promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills and it promotes positive attitudes towards a healthy lifestyle. Thus, we enable the children to make informed choices about physical activity throughout their lives.

P.E Curriculum overview

<u>Class</u>		<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
Nursery	1	Dance (fizzy bodies)	Dance	Ball games	Ball games	Athletics	Athletics
	2	Moving and grooving	Moving and grooving	Moving and grooving	Moving and grooving	Moving and grooving	Moving and grooving
Reception	1	Dance	Gymnastics (apparatus)	Ball games	Ball games	Athletics	Athletics
	2	Multi-skills	Multi-skills	Multi-skills	Multi-skills	Multi-skills	Multi-skills
Year 1	1	Multi-skills	Multi-skills	Gymnastics (apparatus)	Gymnastics (apparatus)	Athletics	Athletics
	2	Gymnastics	Gymnastics	Dance	Dance	Athletics/games	Athletics/games
Year 2	1	Multi-skills	Multi-skills	Gymnastics	Gymnastics	Athletics	Athletics
	2	Gymnastics	Dance	Multi-skills	Dance	Gymnastics	Dance
Year 3	1	Netball	Outdoor education	Gymnastics	Hockey	Tennis/rounder's	Athletics
	2	Dance	Rugby	Outdoor education	Gymnastics	Rounder's	Athletics
Year 4	1	Netball	Outdoor education	Gymnastics	Hockey	Tennis/rounder's	Athletics
	2	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 5	1	Team games	Team games	Tag rugby	Football	Outdoor education	Athletics
	2	Netball	Outdoor education	Gymnastics	Hockey	Tennis/rounder's	Athletics
Year 6	1	Team games	Team games	Tag rugby	Football	Outdoor education	Athletics
	2	Netball	Outdoor education	Gymnastics	Hockey	Tennis/rounder's	Athletics