

P.E Curriculum and Skills Progression Overview

Year R						
Curriculum requirements, Skills and Topics	<p>The P.E curriculum falls under the prime area of Physical Development. The revised 'Statutory framework for the early years foundation stage' (2021) sets out 'Physical Development' as a prime area within EYFS as the skills developed here lay the foundations for children's success in all other areas of learning and of life. Under the Physical Development ELG are 2 key areas, 'Gross Motor Skills' and 'Fine Motor Skills.' P.E fits under the Early Learning Goal 'Gross Motor Skills' where children will cover the key aspects of the subject using skills of safety for themselves and others, demonstrate strength, balance and coordination when playing, as well as moving energetically e.g. skipping, running, hopping, dancing etc. Dance also links to the specific area for Expressive Arts and Design in its own early learning goal 'Being Imaginative and Expressive.'</p> <p>These skills are largely planned for within the outside area in a variety of ways. It is also covered through weekly P.E lessons where discrete dance, gymnastics and games lessons are planned and delivered. Children are also given regular opportunities to use the trim trail as part of their learning time and a dance morning is planned in for children to learn and perform dance.</p>					
Enrichment	CM sport's multi-skills,					
Year 1						
Enrichment	Active Dance daily, Hockey coach, Tennis coach, CM sport's multi-skills, Sports Morning with Heatherside Infant School, Sport's Day					
Term	Autumn		Spring		Summer	
Over reaching topic theme	The Enchanted Forest		Around the World		Animals	
Curriculum area ideas	Dance	Gymnastics	Games	Dance	Gymnastics - Wall Bars	Athletics
Skills	Balance Linking taught movements Co-ordination Shapes	Agility Co-ordination Key balance shapes Linking movements Travelling Rolling	Running Throwing Catching	Balance Linking taught movements Co-ordination Shapes	Agility Co-ordination Travelling Linking movements Different levels	Running Throwing Jumping Agility
Assessment Focus	Copies and explores basic movements and body patterns.	Beginning to select simple actions to construct basic sequences	Sending and receiving a ball in a variety of situations Using basic tactics for attacking and defending	Showing clear or exaggerated movements varying levels and speed.	Copy, remember, explore and repeat simple actions varying speed and levels	Aiming when throwing a variety of objects using one hand

Possible curriculum links	Literacy - fairy tales Fireworks dance Bonfire poetry in Literacy.	Frozen Dance Literacy - Antarctica Continents and countries	Land animals Sea creatures			
Year 2						
Enrichment	Active Dance daily, Hockey coach, Football coach, CM sport's multi-skills, Sport's Day					
Term	Autumn	Spring	Summer			
Over reaching topic theme	Snap! Crackle! Bang!	Adventures far and wide	There's no place like home!			
Curriculum area ideas	Dance	Gymnastics	Games	Dance	Gymnastics - Wall Bars	Athletics
Skills	Balance Agility Dynamics Levels Rhythm Beat	Balance Agility Linking movements independently Co-ordination	Basic team skills Running Passing & Receiving Developing team skills and collaboration including simple tactics for attacking and defending (netball, Hockey also)	Balance Agility Dynamics Levels Rhythm Beat	Apply agility Apply Co-ordination Travelling at different heights Travelling Balancing Jumping Linking movements independently	Running Throwing Jumping Agility
Assessment Focus/	Compare, develop and adapt movement and motifs to create longer dances.	Explore and repeat simple actions, linking and varying ideas with control and coordination.	Applying sending and receiving skills in a team game Using tactics for attacking and defending in games	Showing clear or exaggerated movements varying dynamics and direction	Applying compositional ideas to sequence alone and with others.	Demonstrate a range of throwing actions using a variety of objects.
Possible curriculum links	History - Great Fire of London Fireworks Dragons	Africa Pirates Titanic	Mini-beasts and plants			