



Physical Education (PE) Whole School Curriculum – Ellel St. John’s CofE Primary School

EYFS					
<p>Physical Development ELG: Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 1 National Curriculum					
<p>Sport & Games</p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns.</p>					
Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games – catching Dance	Forest School Gymnastics	Gymnastics Yoga	Games – rolling a ball Over and under arm throwing	Dance Games – Kicking	Athletics



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Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games – Net wall	Dance	Dance Gymnastics	Athletics Games – striking and fielding	Games	OAA
Forest school					

Key Stage 2 National Curriculum

Sport & Games

use running, jumping, throwing and catching in isolation and in combination

play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending

develop flexibility, strength, technique, control and balance

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.

PE2/1.2 Swimming and water safety

*All schools must provide swimming instruction **either** in key stage 1 or key stage 2.*

In particular, pupils should be taught to:

swim competently, confidently and proficiently over a distance of at least 25 metres

use a range of strokes effectively



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perform safe self-rescue in different water-based situations.

Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion Games	Dance	Gym	Games – Net wall OAA	Athletics Swimming	Games – Striking and Fielding Swimming

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance Invasion Games	Gym Invasion Games	Swimming Games - Netwall	Swimming Athletics	Games – Striking and Fielding	OAA

Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Swimming Invasion Games	Swimming Invasion Games	Dance Gym	Dance Gym	Games – Net wall	Games – Striking and Fielding

Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2



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Games – Net wall OAA	Games – Net wall Gym	Dance	Invasion Games	Athletics OAA	Games – Striking and Fielding Rounders
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