

PE Curriculum

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject Content

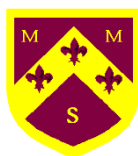
Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

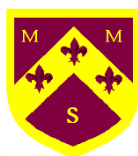
- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

PE Curriculum Year A



Unit	Subject	Unit Title
Autumn 1	Gymnastics	Traditional Tales
Autumn 1	Games	Throw and Catch 1
Autumn 2	Street Dance	Specialist provision
Autumn 2	Games	Throw and Catch 2
Spring 1	Gymnastics	Animals
Spring 1	Games	Invasion Games 1
Spring 2	Gymnastics	Under the Sea
Spring 2	Country Dancing	Country dancing
Summer 1	Street dance	Specialist provision
Summer 1	Games	Invasion Games 2
Summer 2	Games	Multiskills sports day

PE Curriculum Year B



Unit	Subject	Unit Title
Autumn 1	Gymnastics	Yoga
Autumn 1	Games	Bat and Ball 1
Autumn 2	Street Dance	Specialist provision
Autumn 2	Games	Bat and Ball 2
Spring 1	Gymnastics	Landscapes and citiscapes
Spring 1	Games	Attacking and defending
Spring 2	Gymnastics	Circuits
Spring 2	Country Dancing	Country dancing
Summer 1	Street dance	Specialist provision
Summer 1	Games	Running and Jumping
Summer 2	Games	Athletics