



## Gig Mill Primary - PE Curriculum



Intent	The school believes that physical education, experienced in a safe and supportive environment, is vital and unique in its contribution to a pupil's physical and emotional development and health. The physical education curriculum aims to provide pupils' increasing self-confidence through an ability to manage themselves successfully in a variety of situations. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupil's needs and abilities. The scheme of work is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulations, challenging and enjoyable learning for all pupils.		
	Autumn	Spring	Summer
Nursery	<p><b>Introduction to PE</b> - They learn basic principles of a PE lesson such as finding space, freezing on command, and using and sharing equipment.</p> <p><b>Fundamentals</b> - include balancing, running, changing direction, jumping, hopping and travelling. They will learn how to stay safe using space and work independently and with a partner.</p>	<p><b>Dance</b> - they explore space, travelling movements, shapes and balances. They perform to others and begin to provide simple feedback.</p> <p><b>Gymnastics</b> - They explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They learn how to use space safely and perform basic skills on both floor and apparatus.</p>	<p><b>Ball Skills</b> - Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball.</p> <p><b>Games</b> - They will learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.</p>
Reception	<p><b>Introduction to PE: Unit 2</b> - They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.</p> <p><b>Fundamentals: Unit 2</b> - Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction.</p>	<p><b>Dance: Unit 2</b> - They explore traveling actions, shapes and balances. They also are given the opportunity to copy, repeat and remember actions.</p> <p><b>Gymnastics: Unit 2</b> - Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus.</p>	<p><b>Ball Skills: Unit 2</b> - Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball.</p> <p><b>Games Unit 2</b> - They will learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.</p>
Year 1	<p><b>Yoga</b> - The unit looks to improve well being by building strength, flexibility, co-ordination and balance.</p> <p><b>Fundamentals</b> - pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.</p> <p><b>Ball skills</b> - pupils will explore and develop their fundamental ball skills such as throwing and catching.</p> <p><b>Gymnastics</b> - Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences.</p>	<p><b>Dance</b> - Pupils will copy and repeat actions linking them together to make short dance phrases.</p> <p><b>Target Games</b> - Pupils use both underarm and overarm actions and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge.</p> <p><b>Team Building</b> - They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other.</p>	<p><b>Athletics</b> - pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing.</p> <p><b>Striking and Fielding Games</b> - pupils develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games.</p> <p><b>Invasion Games</b> - pupils develop their understanding of attacking and defending and what being 'in possession' means.</p> <p><b>Fitness</b> - Being fit means keeping your body strong and full of energy. We will be working on: agility, balance, co-ordination, speed, strength and stamina.</p>
Year 2	<p><b>Yoga</b> - pupils will look to improve well-being by building strength, flexibility, co-ordination and balance.</p> <p><b>Fundamentals</b> - Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength.</p> <p><b>Dance</b> - They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing.</p> <p><b>Ball skills</b> - pupils will develop their fundamental ball skills such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking</p>	<p><b>Team Building</b> - They develop key skills of communication and problem solving. They learn to discuss, plan and reflect on ideas and strategies.</p> <p><b>Gymnastics</b> - Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions.</p> <p><b>Dance</b> - They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing.</p> <p><b>Invasion games</b> - They will use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands.</p>	<p><b>Athletics</b> - pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others.</p> <p><b>Striking and Fielding</b> - They use and develop skills such as throwing and catching, tracking a ball and striking a ball. They learn how to score points in these types of games, how to play to the rules and use simple tactics.</p> <p><b>Net and wall</b> - games where either a net separates the players or a wall is used.</p> <p><b>Fitness</b> - Being fit means keeping your body strong and full of energy. We will be working on: agility, balance, co-ordination, speed, strength and stamina.</p>



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	Autumn	Spring	Summer
Year 3	<p><b>Gymnastics</b> - Pupils develop their confidence to perform, considering the quality and control of their actions.</p> <p><b>Football</b> - Pupils learn how to maintain possession.</p> <p><b>Fundamentals</b> - pupils will develop skills of running, jumping, balancing, hopping and skipping.</p>	<p><b>Hockey</b> - pupils learn the rules and how to maintain possession using the hockey stick. They will learn how to score.</p> <p><b>Dance</b> - Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances.</p> <p><b>Ball skills</b> - pupils will develop a variety of ball skills without the restrictions of specific rules related to well-known games.</p>	<p><b>Athletics</b> - pupils will develop basic running, jumping and throwing techniques.</p> <p><b>Cricket</b> - pupils explore their understanding of the principles of striking and fielding.</p> <p><b>Tennis</b> - Pupils learn key skills such as racket control, hitting a ball and how to score points.</p> <p><b>Outdoor Adventurous Activities</b> - Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies.</p>
Year 4	<p><b>Netball</b> - pupils develop their understanding of the attacking and defending principles of invasion games.</p> <p><b>Tag rugby</b> - develop their understanding of the importance of learning and abiding by key rules, as well as evaluating their own and others' performances.</p> <p><b>Dance</b> - Pupils focus on creating characters and narrative through movement and gesture.</p>	<p><b>Tennis</b> - Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.</p> <p><b>Gymnastics</b> - pupils develop balancing, rolling, jumping and inverted movements</p> <p><b>OAA</b> - allows pupils to solve challenges through a range of sports.</p>	<p><b>Dodgeball</b> - pupils will improve on key skills used in dodgeball such as throwing, dodging and catching.</p> <p><b>Athletics</b> - They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> <p><b>Golf</b> - pupils explore and challenge themselves when aiming at a target.</p> <p><b>Rounders</b> - They focus on developing throwing, catching and batting skills.</p>
Year 5	<p><b>Swimming</b></p> <p><b>Netball</b> - pupil will develop their understanding of attacking and defending in an invasion game.</p> <p><b>Tennis</b> - opportunities to work co-operatively with others as well as independently, they are able to lead and officiate showing honesty and fair play. Learning how to outwit an opponent.</p>	<p><b>Swimming</b></p> <p><b>Dance</b> - In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</p> <p><b>Gymnastics</b> - They explore partner relationships such as canon and synchronisation and matching and mirroring.</p>	<p><b>Swimming</b></p> <p><b>Athletics</b> - Pupils learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.</p> <p><b>Outdoor Adventurous Activities</b> - Pupils develop map reading skills including the use of cardinal points, scale and direction to create, plan and follow routes around a course.</p> <p><b>Cricket</b> - They expand on their knowledge of the different roles of bowler, wicket keeper, fielder and batter.</p>
Year 6	<p><b>Tennis</b> - pupils develop their understanding of the principles of net and wall games, pupils have to think about how they use skills, strategies and tactics to outwit the opposition</p> <p><b>Netball</b> - pupils develop their understanding of the attacking and defending principles of invasion games</p> <p><b>Dodgeball</b> - pupils improve on key skills used in dodgeball such as throwing, dodging and catching.</p> <p><b>Dance</b> - Pupils will focus on developing an idea or theme into dance choreography.</p>	<p><b>Basketball</b> - pupils will be maintaining possession and moving the ball towards goal to score.</p> <p><b>Gymnastics</b> - Pupils use their knowledge of compositional principles when developing sequences.</p> <p><b>Volleyball</b> - placing an object away from an opponent to make it difficult for them to return.</p> <p><b>Dance</b> - Pupils will focus on developing an idea or theme into dance choreography.</p>	<p><b>Athletics</b> - pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> <p><b>Outdoor Adventurous Activities</b> - Pupils work individually, collaboratively in pairs and groups to solve problems.</p> <p><b>Rounders</b> - They expand on their knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</p> <p><b>Gymnastics</b> - Pupils use their knowledge of compositional principles when developing sequences.</p>



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