

Physical Education Long term overview

KS1 National curriculum

Pupils should develop the 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.

Key stage 1 attainment target

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.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Real P.E Gym	Real P.E Dance (christmas hall timetable)	Real P.E Gym	Real P.E Dance	Real P.E Games	Real P.E Infant Agility change 4 life (weekly competitions during Fit and Healthy Fridays)

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Foundation Stage -

Gross Motor Skills (ELG)

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.#

In the Foundation Stage children are physically active each day as they play in the outdoor classroom. In the outdoor classroom we provide a range of equipment for children to develop their ABC's (agility, balance, co-ordination).

We place a very high emphasis on children's physical development in the early years. To compliment children's physical learning in the outdoor classroom children also have 1 discreet P.E session each week. (Real P.E). Throughout the year we also provide children with a range of extra physical opportunities to enhance their physical development.

This ranges from dances, to pedal opportunities.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Real P.E	Real P.E	Real GYM	Real GYM	Real DANCE	Real P.E