

## PE intent document

The **ELG** for Gross motor skills states:

Children at the expected level of development will:

- 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.

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

In **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.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p><b>Dance</b></p> <p>Moving my body in different ways. Explore different ways and speeds of moving and coordinate to different pieces of music.</p> <p>BBC Dance - Autumn leaves</p>	<p><b>Gymnastics</b></p> <p>Moving along and jumping from benches, platforms and on mats. Use different parts of the body to move safely and with coordination.</p>	<p><b>Games</b></p> <p>Throwing and catching overarm and underarm, hitting a target. Controlling a ball with your feet.</p>	<p><b>Gymnastics</b></p> <p>Balancing and moving with control on the wall bars and ropes as well as platforms, benches and balance beams.</p> <p>Using core muscles to hold a balance in place.</p>	<p><b>Athletics</b></p> <p>preparing for sports day - running races, javelin throw, long jump.</p>	<p><b>Games</b></p> <p>participate in simple throwing and catching or football passing team games, using skills taught.</p>
Year 1	<p><b>Games</b></p> <p>learn basic movements including running, jumping, throwing and catching</p>		<p><b>Games</b></p> <p>develop basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities</p>		<p><b>Games</b></p> <p>participate in team games, applying basic movements learnt, learning simple tactics for attacking and defending</p>	

			<b>To include indoor athletics</b>		
	<b>Gymnastics</b> develop balance, agility and co-ordination	<b>Dance</b> perform solo dances using simple movement patterns	<b>Gymnastics</b> develop balance, agility and co-ordination	<b>Dance</b> perform partner dances using simple movement patterns	<b>ABC Multi skills</b> develop movements including running, jumping, throwing and catching in a range of activities
<b>Year 2</b>	<b>Games</b> master movements including running, jumping, throwing and catching		<b>Games</b> master movements including running, jumping, throwing and catching applying these in a range of activities <b>To include indoor athletics</b>		<b>Games</b> participate in team games, applying movements learnt, developing simple tactics for attacking and defending
	<b>Gymnastics</b> developing balance, agility and co-ordination	<b>Dance</b> perform solo or partner dances using movement patterns	<b>Gymnastics</b> developing balance, agility and co-ordination	<b>Dance</b> perform small group dances using movement patterns	<b>ABC Multi skills</b> develop movements including running, jumping, throwing and catching in a range of athletic activities

### Key Stage 2

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

In **Key Stage 2** pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	Gymnastics	Indoor athletics	Tag Rugby	Dance	Athletics	
3	Netball	Football	Hockey	Indoor athletics	Gymnastics	Cricket
	Invasion games		Invasion games / Net & wall games		Invasion games / Striking & fielding	
4	Gymnastics	Indoor athletics	Flag Football		Athletics	
4	Netball	Football	Tag rugby	Indoor athletics	Gymnastics	Cricket
	Invasion games		Invasion games / Net & wall games		Invasion games / Strength, technique, control	
5	Gymnastics	Indoor athletics	Flag football	Gymnastics	Dance	Cricket
5	Netball	Football	Hockey	Tennis	Athletics	Tag Rugby
	Invasion games		Invasion games / Net & wall games		Striking & fielding/ Strength, technique, control	
6	Indoor athletics	Dance	Tennis	OAA	Flag Football	Gymnastics

6	Netball	Football	Tag rugby	Hockey	Athletics	Cricket
	Invasion games		Invasion games / Net & wall games		Striking & fielding/ Strength, technique, control	