

## SCMA Whole School PE overview (FS-Y6)

PHYSICAL EDUCATION	Autumn		Spring		Summer	
	1	2	1	2	1	2

### National Curriculum 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

<u>Foundation Stage</u>	<u>KS1</u>	<u>KS2</u>
<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>- Negotiate space and obstacles safely, with consideration for themselves and others;</li> <li>- Demonstrate strength, balance and coordination when playing;</li> <li>- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<p>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:</p> <ul style="list-style-type: none"> <li>-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</li> <li>-participate in team games, developing simple tactics for attacking and defending</li> <li>-perform dances using simple movement patterns</li> </ul>	<p>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:</p> <ul style="list-style-type: none"> <li>-use running, jumping, throwing and catching in isolation and in combination</li> <li>-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</li> <li>-develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>-perform dances using a range of movement patterns</li> <li>-take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>

Foundation Stage	Gymnastics	Dance	Ball Skills	Multi Skills	Athletics	
Year 1	Ball skills	Multi Skills	Ball Skills	Multi Skills	Athletics	
	Gymnastics	Dance	Cross-Country	Fitness	Striking and Fielding	
Year 2	Ball Skills	Multi Skills	Ball Skills	Multi Skills	Athletics	
	Gymnastics	Dance	Cross-Country	Fitness	Striking and Fielding	
Year 3	Netball	Dance	Gymnastics	Basketball	Athletics	
	Fitness	Football	Cross-Country	Tennis	Striking and Fielding	
Year 4	Fitness	Dance	Gymnastics	Basketball	Athletics	
	Netball	Football	Cross-Country	Tennis	Striking and Fielding	
Year 5	Football	Fitness	Netball	Basketball	Athletics	
	Gymnastics	Hockey	Cross-Country	Touch Rugby	Rounders	Cricket
Year 6	Netball	Fitness	Hockey	Basketball	Athletics	
	Gymnastics	Football	Cross-Country	Touch Rugby	Rounders	Cricket