



PE curriculum

STATUTORY

EYFS	Year 1 and Year 2
<p>ELG Gross Motor Skills</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none">• negotiate space and obstacles safely, with consideration for themselves and others• demonstrate strength, balance and co-ordination• move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>ELG Fine Motor Skills</p> <p>Children at the expected level of development will:</p> <ul style="list-style-type: none">• hold a pencil comfortably using the tripod grip• use a range of small tools, including scissors, paintbrushes and cutlery• show accuracy and care when drawing and copying	<p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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.

For our P.E Curriculum we use the Real P.E scheme of work to teach fundamental skills, gymnastics and dance. This is supplemented with specialist coaching for sports including cricket and rugby and athletics sessions each year.

Fine Motor Skills	Gross Motor skills
<p>Explore different tools and materials (nursery)</p> <p>Develop manipulation and control e.g. tweezers, threading etc.</p> <p>Use a range of tools competently safely and confidently e.g. pencils, paintbrushes, scissors, knives, forks and spoons.</p> <p>Use one handed tools e.g. make snips in paper with scissors.</p> <p>Become increasingly independent getting dressed and undressed e.g. doing buttons and zips.</p> <p>Develop the foundation of a handwriting style that is fast, accurate and efficient.</p>	<p>Use core muscle strength to achieve a good posture when sitting at a table or on the floor.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</p> <p>Use large muscle movements e.g. to wave flags and streamers.</p> <p>Collaborate with others to manage large items e.g. moving planks safely.</p>
Reception: Fundamental skills	Reception: Gymnastics
<p>Can I side step in both directions?</p> <p>Can I Gallop?</p> <p>Can I hop?</p> <p>Can I skip?</p> <p>Can I balance on one leg?</p> <p>Can I jump from 2 feet to 2 feet forwards/backwards/side to side?</p> <p>Can I balance with no hands or feet touching the floor?</p> <p>Can I balance on a line as well as move forwards and backwards?</p> <p>Can I move a ball around my body using 2 hands?</p> <p>Can I work with a partner to lean forwards/backwards/sideways in a seated position?</p> <p>Can I throw a large ball against a wall and catch it?</p> <p>Can I drop a catch a ball after 1 bounce?</p> <p>Can I chase a rolling ball, change direction and pick it up?</p> <p>Can I do a mini front support balance, both hands down, then one hand down?</p>	<p><u>Shape:</u></p> <p>Can I perform a straight shape? Tuck shape? Star shape?</p> <p>Can I perform a straight shape on apparatus? Tuck shape on apparatus? Star shape on apparatus</p> <p><u>Travel:</u></p> <p>Can I perform travelling movements on low apparatus?</p> <p>Can I perform travelling movements on feet on the floor? On apparatus?</p> <p>Can I perform travelling movements with weight on hands on the floor? On apparatus?</p> <p><u>Flight:</u></p> <p>Can I explore jumping movements? On low apparatus?</p> <p>Can I perform a star jump? Tuck jump? Straight jump?</p> <p>Can I perform a star jump on apparatus? Tuck jump on apparatus? Straight jump on apparatus?</p> <p><u>Rotation:</u></p> <p>Can I do a pencil straight roll?</p> <p>Can I do an egg roll?</p> <p>Can I explore rotation on different body parts? On low apparatus?</p>

Year 1/2: Fundamental skills: Year A	Year 1/2: Gymnastics: Year A
<p><u>Coordination:</u> With fluency and control.... Can I side step with 180 degree pivots? Can I skip with knee and opposite elbow at 90 degrees? Can I hopscotch forwards and backwards? Can I hopscotch, alternating hopping leg each time?</p> <p><u>Balance:</u> Can I maintain a balance on either leg and do 5 mini squats? Can I balance for 30 seconds, complete 5 squats and 5 ankle extensions? Can I balance with no hands or feet touching the floor while moving an object? Can I hold a dish shape with straight arms and legs for 5 seconds? Can I balance on a line while travelling, lifting heels up to my bottom? Can I balance on a line while travelling, performing a marching action lifting knees and elbows to a 90 degree angle? Can I maintain a balance on a low beam for 10 seconds? Can I raise alternative feet on a low beam 5 times? Can I raise alternate knees on a low beam 5 times? Can I catch a ball on a low beam and throw it back?</p> <p><u>Agility:</u> Can I jump from 2 feet to 1 foot? Can I jump from 2 feet to 2 feet with a 180 degree turn? Can complete a tuck jump? Can I complete a tuck jump with a 180 degree turn?</p>	<p><u>Shape:</u> Can I perform a range of shapes on large and small bases? Can I perform shapes in a range of ways on low apparatus? Can I link shapes on large apparatus?</p> <p><u>Travel:</u> Can I perform travelling movements along a straight and curved pathway? Can I perform travelling movements on feet using apparatus and different pathways? Can I perform travelling movements on feet using large apparatus and different pathways?</p> <p><u>Flight:</u> Can I explore different ways to jump over a rope? Can I develop a sequence including different types of jump? Can I perform a sequence including different types of jumps?</p> <p><u>Rotation:</u> Can I explore rotation on different body parts? Can I develop rotation using apparatus? Can I perform a rotation using apparatus?</p>

Year 1/2: Fundamental skills: Year B	Year 1/2: Gymnastics: Year B
<p><u>Coordination:</u> Can I roll a ball up, down and around body with 1 hand? Can I move the ball around 1 leg? Can I move the ball around my waist? Can I move the ball around alternate legs? (figure of 8) Can I throw a small ball against a wall and catch it after 1 bounce? (both hands) Can I throw a small ball against a wall and catch it without a bounce? (both hands) Can I strike a large, soft ball along the ground with my hand against a wall 5 times in a rally? Can I kick a ball against a wall? (both feet) With a ball in each hand, can I alternately roll the balls against a wall?</p> <p><u>Balance:</u> Can I work with a partner to lean forwards/backwards/sideways standing while holding 2 hands/1hand? Can I work with a partner to lean forwards/backwards/sideways standing while holding 2 hands/1hand but with eyes closed? Can I hold a mini front support, place a cone on my back and take it off with the other? Can I hold a mini back support? Can I hold a mini back support, place a cone on my tummy and take it off with the other? Can I hold a full front support? Can I hold a full front support and lift one arm at a time? Can I hold a full front support, transfer a cone on and off my back?</p> <p><u>Agility:</u> Can I catch a dropped ball after 1 bounce from a distance of 1, 2 and 3 metres? Can I catch a dropped ball after 1 bounce from a distance of 1, 2 and 3 metres while on 1 leg? Can I throw and chase a large ball while in a seated position and then collect it? Can I begin in a seated position, chase and collect a large ball thrown by a partner? Can I roll and chase a large ball, let it roll through my legs and then collect it? Can I roll and chase a tennis ball, let it roll through my legs and then collect it?</p>	<p><u>Shape:</u> Can I perform shapes in a range of ways? Can I link two shapes or balances together on low apparatus? Can I link 2 shapes with travel in between on apparatus?</p> <p><u>Travel:</u> Can I perform travelling movements along zigzag and L-shape pathways? Can I perform travelling movements with weight on hands, using apparatus and different pathways?</p> <p><u>Flight:</u> Can I skip with a rope? Can I develop a sequence including skipping with a rope? Can I perform a sequence including skipping with a rope?</p> <p><u>Rotation:</u> Can I explore rotation through rolling? Can I develop a short sequence of three movements, including rotation, using apparatus? Can I perform a short sequence of three movements, including rotation, using apparatus?</p>