|  |
| --- |
| Grangetown Primary School  Physical Education Curriculum Plan  *In all physical activity we strive to*  *Aspire, Believe, Celebrate* |
| |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | |  | | Term 1 | | Term 2 | | Term 3 | | | KS1 | To recognise when their heart rate, temperature and breathing rate have changed and begin to explain why. To begin to **cooperate** with others and participants in team games. To begin to **strive to enjoy** the **social** aspect of PE. To master basic movements- running jumping, throwing and catching. | | | | | | | | EYFS  Stage 1 and 2 | **Indoor games/ Dance**  *Special awareness*  *Changing Direction*  *Body Movement*  *Following Commands* | **Gymnastics**  *Special awareness*  *Stillness*  *Balance*  *Posture*  *coordination* | **Gymnastics/Dance**  *Agility*  *Move Parts of the body*  *Balance*  *Following Commands*  *coordination* | **Ball Skills**  *Throwing*  *Catching*  *Kicking*  *Rolling* | **Outdoor Games**  *Target games*  *Throwing*  *Catching* | **Athletics**  *Run*  *Jump*  *Throw*  *Agility* | | Year 1 | **Ball Skills**  *Throwing*  *Catching*  *Kicking*  *Rolling* | **Gymnastics**  *Special awareness*  *Stillness*  *Coordination*  *Balance*  *Posture*  *Working with a partner* | **Fitness**  *Coordination*  *Core stability*  *Balance*  *Speed*  *Agility* | **Indoor Games**  *Simple tactics for attacking and defending* | **Striking and fielding**  *Catching*  *Throwing*  *striking*  *fielding* | **Athletics**  *Run*  *Jump*  *Throw*  *Agility* | | Year 2 | **Ball Skills**  *Throwing*  *Catching*  *Kicking*  *Rolling* | **Gymnastics**  *Working with a group*  *Sequencing*  *Coordination* | **Fitness**  *Coordination*  *Core stability*  *Balance*  *Speed*  *Agility* | **Indoor Games**  *Simple tactics for attacking and defending* | **Striking and fielding**  *Catching,*  *Throwing*  *striking*  *fielding*  *Tactics* | **Athletics**  *Run*  *Jump*  *Throw*  *Agility*  *Scoring*  *Measuring* | | LKS2 | To explain why their heart rate, temperature and breathing rate have changed during exercise. To **cooperate** with others, encouraging and evaluating performance suggesting improvements. To begin to **understand** failure is part of **success** and to persevere. To **strive** to **enjoy** the **social** aspects of P.E. To begin to enjoy the competitive aspects and developing fairness and respect for others. To use running, throwing and catching in isolation and combination. To develop flexibility and control in gymnastics, dance and athletics. | | | | | | | | Year 3 | **Invasion games**  **Handball** | **Gymnastics** | **Swimming** | **Swimming** | **Swimming** | **Swimming**  **Athletics** | | Year 4 | **Invasion games**  **Handball** | **Gymnastics** | **Fitness/ Training methods** | **Net games**  **Tennis** | **Striking and fielding**  **Cricket**  **Rounder’s** | **Outdoor Athletics** | | UKS2 | To explain and apply basic safety principles when preparing for exercise. To describe what effects exercise has on their bodies and how it is valuable to their fitness and health. To cooperate with others, encouraging and evaluating performance suggesting improvements. To listen to comments, challenge themselves, modify and refine skills to improve own performance. To understand failure is part of success and to persevere. To apply basic principles to competitive games. To strive to enjoy the social and competitive aspect of P.E with a fairness and respect for others. | | | | | | | | Year 5 | **Invasion games**  **Tag Rugby** | **Gymnastics** | **Fitness/ Training methods** | **Net games**  **Tennis** | **Striking and fielding**  **Cricket**  **Rounder’s**  **Longball** | **Outdoor Athletics** | | Year 6 | **Invasion games**  **Tag Rugby** | **Gymnastics** | **Fitness/ Training methods** | **Wall and net games**  **Tennis** | **Striking and fielding**  **Cricket**  **Rounder’s**  **Longball** | **Outdoor Athletics** | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | Following basic commands/spatial awareness  Parachute games  Unit- (See medium term plan) | Gymnastics  (balance, co-ordination, strength and agility)(control and creative) | Ball Skills  Unit- (See medium term plan) | Throwing and catching  Unit- (see medium term plans) | Fitness  Unit- (See medium term plan)  Lesson focuses (Co-ordination, core stability, balance, speed and agility) | Athletics  Unit- (See medium term plan)  LF- (throwing, jumping, sprinting, measuring, recording and competing) |
| Year 1 | Ball skills  Unit- (See medium term plan)  (throwing, catching and rolling) | Gymnastics  Unit- (See medium term plan)  (balance, co-ordination, strength and agility)(control and creative) | Games/fitness  Unit- Circuit Training  Lesson focuses (Co-ordination, core stability, balance, speed and agility) | Invasion games  Unit- (See medium term plan) | Striking and fielding  Unit- (See medium term plan)  LF- Catching, throwing, striking and fielding | Striking and fielding  Unit- (See medium term plan)  LF- Catching, throwing, striking and fielding |
| Year 2 | Ball skills  (See medium term plan) | Gymnastics  (balance, co-ordination, strength and agility)(control and creative) | Games/fitness  Unit- Circuit Training  Lesson focuses (Co-ordination, core stability, balance, speed and agility) | Invasion games  Unit- (See medium term plan) | Striking and fielding  Unit- (See medium term plan)  LF- Catching, throwing, striking and fielding | Athletics  Unit- (See medium term plan)  LF- (throwing, jumping, sprinting, measuring, recording and competing) |
| Year 3 | Handball  (See medium term plan)  (throwing, catching and rolling) | Gymnastics  Unit- (See medium term plan)  (balance, co-ordination, strength and agility)(control and creative) | Swimming/Safety in water  Unit- (See medium term plan) | Swimming/Safety in water  Unit- (See medium term plan) | Swimming/Safety in water  Unit- (See medium term plan) | Swimming/Safety in water  Unit- (See medium term plan) |
| Year 4 | Handball  Unit- (See medium term plan) | Gymnastics  Unit- (See medium term plan)  (balance, co-ordination, strength and agility)(control and creative) | Fitness  Unit- Circuit Training  Lesson focuses (Co-ordination, core stability, training techniques, balance, speed and agility) | Tennis  Unit- (See medium term plan) | Striking and fielding  Unit- (See medium term plan)  LF- Catching, throwing, striking and fielding | Athletics  Unit- (See medium term plan)  LF- (throwing, jumping, sprinting, measuring, recording and competing) |
| Year 5 | Tag rugby  (See medium term plan) | Gymnastics  Unit- (See medium term plan)  (balance, co-ordination, strength and agility)(control and creative) | Fitness  Unit- Circuit Training  Lesson focuses (Co-ordination, core stability, training techniques, balance, speed and agility) | Tennis  Unit- (See medium term plan) | Striking and fielding  Unit- (See medium term plan)  LF- Catching, throwing, striking and fielding | Athletics  Unit- (See medium term plan)  LF- (throwing, jumping, sprinting, measuring, recording and competing) |
| Year 6 | Tag rugby  (See medium term plan) | Gymnastics  Unit- (See medium term plan)  (balance, co-ordination, strength and agility)(control and creative) | Fitness  Unit- Circuit Training  Lesson focuses (Co-ordination, core stability, training techniques, balance, speed and agility) | Tennis  Unit- (See medium term plan) | Striking and fielding  Unit- (See medium term plan)  LF- Catching, throwing, striking and fielding | Athletics  Unit- (See medium term plan)  LF- (throwing, jumping, sprinting, measuring, recording and competing) |