

Whole school framework for Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Me and Myself Developing Movement		Dance Working With Others		Fun and Games Ball Skills	
R	Gymnastics		Dance	Hockey Skills (or ball skills)	Multi-Sports	
			Hockey Skills	Dance		
1	Volleyball Tag Rugby	Gymnastics	Dance Hockey		Football Rounders	
			Netball			
2	Handball		Dance		Cricket	
	Hockey		Gymnastics		Tennis	
3	Volleyball		Gymnastics	Dance	Rounders	Athletics
	Basketball		Hockey		Swimming	
4	Tennis		Dance	Gymnastics	Cricket	
	Handball		Swimming		Athletics	
5	Volleyball	Tag Rugby	Gymnastics	Dance	Cricket	
	Swimming		Football		Athletics	
6	Netball	Football	Gymnastics	Dance	Rounders	
	Tennis	Tennis	Hockey	Basketball	Athletics	

<p>FS</p>	<p><i>Moving and handling – Core Skills to learn:</i></p> <ul style="list-style-type: none"> • Experiments with different ways of moving. • Jumps off an object and lands appropriately. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p>ELG - Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.</p>	<p><i>Health and self-care</i></p> <ul style="list-style-type: none"> • Eats a healthy range of foodstuffs and understands need for variety in food. • Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. • Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. • Shows understanding of how to transport and store equipment safely. • Practices some appropriate safety measures without direct supervision. 	<p>These are taught through discreet skills based sessions and games during PE sessions as well as in the outside area.</p> <p>During PE sessions we focus on how the body feels during exercise, which areas of the body we are working and also how to handle the apparatus safely.</p>
------------------	---	--	---