



Chadsmead Curriculum Coverage of Physical Education

PE Whole School Overview - Cycle 1

2020/21, 2022/23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	Playground Games		Gymnastics	Dance – Dinosaurs	Best of Balls	Athletics
Year 1/2	Dance - Starry Skies	Fundamental Movements	Gymnastics	Gymnastics	Dance - Seasons	Target Games
	Playground Games	Fitness	Invasion Games	Invasion Games	Net and Wall	Athletics
Year 3/4	Gymnastics	Dance – Extreme Earth	Fitness	Dance – Carnival of the Animals	Gymnastics	Target Games
	Invasion Games	Team Building	Striking and Fielding	Invasion Games	Net and Wall	Athletics
	Year 4 Swimming			Year 3 Swimming		
Year 5/6	Fitness	Gymnastics	Gymnastics	Dance – Mexico	Target Games	Dance - Electricity
	Invasion Games	Team Building	Striking and Fielding	Invasion Games	Net and Wall	Athletics

PE Whole School Overview - Cycle 2

2021/22, 2023/24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Parachute Games		Gymnastics	Dance - Dance Til You Drop	Best of Balls	Athletics
Year 1/2	Fundamental Movements	Dance – Pirates	Gymnastics	Gymnastics	Dance – Plants	Target Games
	Parachute Games	Yoga	Invasion Games	Invasion Games	Striking and Fielding	Athletics
Year 3/4	Target Games	Gymnastics	Dance – Water Cycle	Dance – Romans	Gymnastics	Orienteering
	Invasion Games	Yoga	Net and Wall	Invasion Games	Striking and Fielding	Athletics
	Year 4 Swimming			Year 3 Swimming		
Year 5/6	Yoga	Gymnastics	Gymnastics	Dance – Space	Dance – WWII	Orienteering
	Invasion Games	Target Games	Net and Wall	Invasion Games	Striking and Fielding	Athletics

Chadsmead Curriculum Coverage - Early Years

Development Matters in Early Years Foundation Stage:

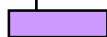
Physical Development: Moving and Handling

 Show good control and coordination in large and small movements.

 Move confidently in a range of ways, negotiating space.

 Show increasing control in pushing, kicking and catching.

Expressive Arts and Design: Being Imaginative

 Represent their own ideas, thoughts & feelings through dance.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Cycle 1</u> 2020/21 2022/23	Playground Games		Gymnastics	Dance – Dinosaurs	Best of Balls	Athletics
<u>Cycle 2</u> 2021/22 2023/24	Parachute Games		Gymnastics	Dance - Dance Til You Drop	Best of Balls	Athletics

Chadsmead Curriculum Coverage - Year 1/2

National Curriculum - Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching
- develop 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.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Cycle 1</u> 2020/21 2022/23	Dance - Starry Skies	Fundamental Movements	Gymnastics	Gymnastics	Dance - Seasons	Target Games
	Playground Games	Fitness	Invasion Games	Invasion Games	Net and Wall	Athletics
<u>Cycle 2</u> 2021/22 2023/24	Fundamental Movements	Dance – Pirates	Gymnastics	Gymnastics	Dance – Plants	Target Games
	Parachute Games	Yoga	Invasion Games	Invasion Games	Striking and Fielding	Athletics

Chadsmead Curriculum Coverage - Year 3/4

National Curriculum - 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]
 - 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.
- (This is covered throughout each unit of work)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Cycle 1</u> 2020/21 2022/23	Gymnastics	Dance – Extreme Earth	Fitness	Dance – Carnival of the Animals	Gymnastics	Target Games
	Invasion Games	Team Building	Striking and Fielding	Invasion Games	Net and Wall	Athletics
<u>Cycle 2</u> 2021/22 2023/24	Target Games	Gymnastics	Dance – Water Cycle	Dance – Romans	Gymnastics	Orienteering
	Invasion Games	Yoga	Net and Wall	Invasion Games	Striking and Fielding	Athletics

Chadsmead Curriculum Coverage - Year 5/6

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]
- 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.
(This is covered throughout each unit of work)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Cycle 1</u> 2020/21 2022/23	Fitness	Gymnastics	Gymnastics	Dance – Mexico	Target Games	Dance - Electricity
	Invasion Games	Team Building	Striking and Fielding	Invasion Games	Net and Wall	Athletics
<u>Cycle 2</u> 2021/22 2023/24	Yoga	Gymnastics	Gymnastics	Dance – Space	Dance – WWII	Orienteering
	Invasion Games	Target Games	Net and Wall	Invasion Games	Striking and Fielding	Athletics

Why this? Why now?

EYFS

Children begin formal PE lessons after they have settled into school in their Reception year. During the first few lessons children go into the hall and learn about the rules and routines. They begin to get changed for PE during their second or third week. Playground games and parachute games will be taught over a term to allow for settling in and interruptions around Christmas time.

KS1

Dance is linked to themes taught during each year. Children also learn playground games and parachute games early on in the year during PE so that they can be encouraged to play them at break and lunchtimes. Children will practise their fundamental movements such as running, throwing and catching before applying them within a context during invasion games, target games, net and wall and striking and fielding.

KS2

Dance is linked to the theme taught during each year. Children experience a range of games. Outdoor and adventurous includes orienteering and team building lessons

Throughout the year, children should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Why this? Why now?

Athletics

Athletics is taught each year so that all children are able to practise and prepare for events that will be part of sports day.

Invasion Games

There is more content to be taught through invasion games so this will be delivered over 12 weeks each year. Teachers can choose from a range of sports to teach these skills through. At least one lesson should involve competition.

Target Games, Striking and Fielding, Net and Wall Games

Each of these will be taught in a 6 week unit.

Yoga

Children will learn about developing their flexibility and control through yoga.

Fitness

Children will be taught to develop their strength and technique through fitness.