



Dobcroft Infant School PE Curriculum Overview KS1

Our Vision	<i>To provide a foundation for fulfilled lives, inspiring confident and happy learners</i>					
Our Values	Enjoy learning 	Try our best 	Make good choices 	Respect each other & our surroundings 	Work together 	Celebrate our successes

Subject Intent:

The intent of the PE curriculum for KS1 is to provide a high-quality physical education program that inspires all children to enjoy and feel the benefits from being physically active so that they lead healthy and active lives. We also aim through high-quality teaching to develop children's fundamental skills across a broad range of activities so that children become confident and competent while having access to a range of different experiences. As a school we aim to provide a positive attitude towards sport no matter which sport a child is interested in or their ability. We ensure that all planning is inclusive of the needs of all of our children and athletes from a range of backgrounds, sports and disabilities are promoted.

All children will experience 2 hours of PE a week, with there also being strategies in place to encourage and support all children to be active for at least 30 minutes during the day to tie in with the 5 key indicators used to drive forward the development and progress of PE and sport within school. This includes use of sports leaders, active lessons, use of continuous provision, personal challenges, outdoor learning and our Mile Challenge alongside a high quality provision of lunchtime equipment.

We also provide all children with an opportunity to access swimming lessons in year 1 to support children to work towards being able to develop their knowledge of water safety, and feel more confident being in the water.

PE National Curriculum Expectations

The national curriculum for KS1 outlines that the aim for PE and sport education within school is 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 sport and activities
- Lead healthy, active lives

National Curriculum Subject content:

Early Learning Goal for FS	<p>Managing self – Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Gross motor skills –</p> <ul style="list-style-type: none">• Negotiate space and obstacles safely, with consideration for themselves and others.• Demonstrate strength, balance and coordination when playing.• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Developed within the classroom.</p> <p>Fine motor skills –</p> <ul style="list-style-type: none">• Hold pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.• Use a small a range of small tools, including scissors, paintbrushes and cutlery.• Begin to show accuracy and care when drawing. <p>Being imaginative and expressive –</p> <ul style="list-style-type: none">• Invest, adapt and recount narratives and stories with peers and their teacher.• Sing a range of well-known nursery rhymes and songs.• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.
KS1	<p>Pupils should:</p> <ul style="list-style-type: none">• Develop fundamental movement skills.• Become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others.• To be able to engage in competitive sport (against others and self) and co-operative physical activities in a range of challenging situations. <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• Master basic movements – running, jumping, throwing and catching.• Develop balance, agility and co-ordination.• Be able to apply skills into a range of activities.• Participate in team games, developing simple tactics for attacking and defending.• Perform dances using simple movement patterns.

Concepts within PE

The following outlines the key concepts that we aim to develop within children to support them to think like an athlete across our teaching of school PE and sports.

- For children to develop a love of physical activity.
- For children to build and develop children's resilience.
- For children to become a team player.
- For children to be able to take turns.
- For children to develop a sporting attitude.
- For children to develop an awareness of space.

Curriculum Overview

<u>Year 1</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<p>Lesson 1</p> <p>6 week block of lessons</p>	<p>Gymnastics Unit 1</p> <p>Skills: Travelling at high and low levels. Rolling – eggs rolls Balancing – to recap the 5 strong shapes Jumping – stretch jumping using 2 feet</p> <p>Children will apply their skills to create simple sequences on the floor and on apparatus.</p>	<p>Dance – Into the Woods</p> <p>Skills: For children to develop fundamental movement skills and perform dances using simple movements.</p>	<p>Gymnastics Unit 2</p> <p>Skills: Travelling with a focus on stepping. Rolling – log rolls Balances – using large body parts Jumping – focus on star and tuck jumps.</p> <p>Children will apply their skills to create simple sequences on the floor and on apparatus.</p>	<p>Dance – Ice and Fire</p> <p>Skills: For children to develop fundamental movement skills and perform dances using simple movements demonstrating some understanding of rhythm.</p>	<p>Gymnastics Unit3</p> <p>Skills: Travelling with a focus on skipping, hopping and chasse Rolling – rolling front to back Balances – using large body parts Jumping – creating different shapes.</p> <p>Children will apply their skills to create simple sequences on the floor and on apparatus.</p>	<p>Skipping – British Heart Foundation</p> <p>Skills: To master basic fundamental movements of jumping. To develop agility and coordination.</p>
<p>Lesson 2</p> <p>6 weeks block of lessons</p>	<p>Games – fundamental skills</p> <p>Skills: Balancing, rolling and passing a ball around body. Patting/bouncing Throwing/catching Rolling/receiving Kicking/dribbling</p>	<p>Yoga – Unit 1</p> <p>Skills: To develop balance, agility and coordination when moving their body.</p>	<p>Games – striking and fielding games</p> <p>Skills: Apply games skills to a game. Develop knowledge of simple tactics. To engage in competitive sport.</p> <p>Focus game: speedy pass</p>	<p>Swimming Block</p>	<p>Games – net games</p> <p>Skills: Apply games skills to a game. Develop knowledge of simple tactics. To engage in competitive sport.</p> <p>Focus game: Hoopla</p>	<p>Yoga – Unit 2</p> <p>Skills: To develop balance, agility and coordination when moving their body.</p>

<u>Year 2</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<p>Lesson 1</p> <p>6 week block of lessons</p>	<p>Gymnastics Unit 1</p> <p>Skills: Travelling focusing on leaps Rolling – teddy bear rolls Balancing – using small body parts Jumping – using 1 foot to 2 feet and 2 to 1 feet using shapes.</p> <p>Children will apply their skills to create simple sequences on the floor and on apparatus.</p>	<p>Dance: Around the world</p> <p>Focus: For children to develop fundamental movement skills and perform dances using simple movements demonstrating an awareness of rhythm.</p>	<p>Gymnastics Unit 2</p> <p>Skills: Travelling while using apparatus Rolling – teddy bear rolls using balls Balancing – using small body parts on apparatus Jumping – while using apparatus.</p> <p>Children will apply their skills to create simple sequences on the floor and on apparatus focusing on using benches,</p>	<p>Dance: Under the Sea</p> <p>Focus: For children to develop fundamental movement skills and perform dances using simple movements demonstrating an Understanding of rhythm.</p>	<p>Gymnastics Unit 3</p> <p>Skills: Travelling recapping stepping and leaps. Rolling – enhancing skills and focus on control. Balancing – linking to travelling. Jumping – skipping using hand apparatus such as ribbon.</p> <p>Children will apply their skills to create simple sequences on the floor and on apparatus focusing on using benches,</p>	<p>Skipping</p> <p>Skills: To master basic fundamental movements of jumping. To develop agility and coordination.</p>
<p>Lesson 2</p> <p>6 week block of lessons</p>	<p>Mini First Aiders</p>	<p>Yoga Unit 1</p> <p>Skills: To develop balance, agility and coordination when moving their body.</p>	<p>Games – inventing games</p> <p>Skills: Throwing/ catching Aiming/hitting/kicking Dribbling/ hitting/ kicking Aim: inventing games and developing rules</p>	<p>Games: Striking and fielding</p> <p>Skills: Apply games skills to a game. Develop knowledge of simple tactics. To engage in competitive sport.</p> <p>Focus game: bean bag drop</p>	<p>Yoga Unit 2</p> <p>Skills: To develop balance, agility and coordination when moving their body.</p>	<p>Games: Net Games</p> <p>Skills: Apply games skills to a game. Develop knowledge of simple tactics. To engage in competitive sport.</p> <p>Focus game: Feed me</p>