

The Curriculum at Maple Cross: Physical Education

Curriculum Leader: Patricia Cacuci

An athlete at Maple Cross leads a physical and active life and engages in a diverse range of sporting and health activities that prompt both physical and mental health.

Year group and curriculum expectations	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Nursery</p> <ul style="list-style-type: none"> • Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. • Mounts stairs, steps or climbing equipment using alternate feet. • Walks downstairs, two feet to each step while carrying a small object. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Can stand momentarily on one foot when shown. • Can catch a large ball. • 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>Listening games Balls Parachutes</p>	<p>Gymnastics – climbing, jumping and balancing</p>	<p>Chasing and invasion games – changing speeds and finding space</p>	<p>Ball skills and games – patting, throwing, catching, kicking</p>	<p>Outdoor games including scoring and team work</p>	<p>Athletics – running and throwing</p>
<p>Reception</p> <p>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>Listening games Balls & targets Feet and hands</p>	<p>Gymnastics and dance – climbing, over and under, in and out</p>	<p>Chasing and invasion games – changing speeds and finding space</p>	<p>Ball skills and games – patting, throwing, catching, kicking</p>	<p>Scoring games</p>	<p>Athletics</p>

PE overview 2020.21

Key Stage 1

- Develop fundamental movement skills
- Competent and confident and access a broad range of opportunities
- Understand, explain and demonstrate agility, balance and coordination, individually and with others
- Engage in competitive (both **against self** and against others) and co-operative physical activities

Pupils should be taught to:

- ♣ 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.

Year 1	Gymnastics – agility, balance, co-ordination		Running, jumping, throwing, catching in games	Athletics	Team games – attacking and defending Multi skills approach	
Year 2	Gymnastics and dance	Gymnastics – A, B, C	Rackets – balls, nets and space	Athletics	Team games – attacking and defending Multi skills approach	Team games – football, basic rugby and 1 other ball game

PE overview 2020.21

Key Stage 2

- Apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement
- Communicate, collaborating and compete with each other
- Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

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], and 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.

Year 3	OAA Tennis	Variety of games	Gymnastics	Athletics	Swimming	Swimming
Year 4	Striking and fielding Tri Golf	Target games	Netball and variations	Athletics Including Paralympic sports	Tennis	Orienteering *creating own game – share with Y3 (sports council)
Year 5	Handball	Gymnastics	Athletics	Tag rugby	Badminton	Cricket & Tennis
Year 6	Invasion Quick stick hockey	Net/Wall Basketball	OAA	Invasion Tag rugby	Net/Wall Volleyball	Striking and fielding Cricket & Rounders

*links to a sport's tournament

The school takes part:

- After school netball club
- Intra-school competitions (including cross country, Mini Wimbledon and team events)
- Local schools' competitions
- Netball and Football leagues
- Lunch time and afterschool sports clubs
- Play leaders session
- Healthy heroes sessions
- Sports Week and Competition Day
- Sailing – completing Level 1 & 2
- Bike ability – Completing Level 1 & 2
- Links with local secondary school for sports masterclasses