



Middlewich Primary School
Physical Education Curriculum



Our Physical Education curriculum follows the guidelines and aims of the National Curriculum in England for Key Stage 1 and 2.

We strive to ensure that our curriculum:

- Develop competence to excel in a broad range of physical activities.
- Children are physically active for sustained periods of times.
- Children engage in competitive sports and activities.
- Children lead healthy and active lives.

Curriculum Overview EYFS

EYFS	<u>Ball handling</u>	<u>Basketball</u>	<u>Gymnastics</u>	<u>Tennis</u>	<u>Athletics</u>	<u>Dance</u>
	Children will develop their gross motor skills by moving a ball from hand to hand without dropping. Children will experiment with moving a ball around their body in different ways.	Children will learn to drop a basketball using two hands and catch it on the way back up.	Children will begin to learn the different body shapes tuck, pike and straddle. Children will begin to learn different techniques of rolling.	Children will learn to hold a racquet using the correct grip. Children will learn to balance a bean bag in the centre of a racquet.	Children to begin to develop their gross motor skills through agility, balance and co-ordination.	Children will learn that when we dance we can keep in time to a rhythm by counting to 8. Children will recognise rhythm and learn a simple dance routine to a count of 8.

Curriculum Overview Key Stage 1

<p>Year 1</p>	<p><u>Ball handling</u></p> <p>Children will continue to develop their gross motor skills by moving different sized balls from hand to hand without dropping.</p> <p>Children will experiment with moving a ball around their bodies whilst travelling from spot to spot.</p>	<p><u>Basketball</u></p> <p>Children will learn to push the ball to the floor using two hands and catching it using two hands.</p>	<p><u>Gymnastics</u></p> <p>Children will begin to use the different body shapes tuck, pike and straddle whilst jumping.</p> <p>Children will recap the different techniques of rolling.</p>	<p><u>Tennis</u></p> <p>Children will recap using the correct grip to hold a racquet.</p> <p>Children will learn to balance a bean bag on a racquet whilst moving between two spots.</p>	<p><u>Athletics</u></p> <p>Children will continue to develop their gross motor skills through agility, balance and co-ordination.</p>	<p><u>Dance</u></p> <p>Children will begin to understand that they can dance to different rhythms whilst still counting up to 8.</p> <p>Children will begin to explore 2 different dance routines using 2 different rhythms whilst counting to 8.</p>
	<p><u>Ball handling</u></p> <p>Children will begin to move an object from hand to hand through throwing and catching.</p> <p>Children will begin to experiment with early target aiming games.</p>	<p><u>Basketball</u></p> <p>Children will learn to use two hands to bounce the ball twice before catching.</p>	<p><u>Gymnastics</u></p> <p>Children will recap using the different body shapes tuck, pike and straddle whilst jumping.</p> <p>Children will begin to learn how to perform a forwards roll.</p>	<p><u>Tennis</u></p> <p>Children will learn to balance a ball on a racquet whilst standing stationary.</p>	<p><u>Athletics</u></p> <p>Children will begin to learn about the different disciplines in athletics. Children will participate in running, throwing and jumping events.</p>	<p><u>Dance</u></p> <p>Children will begin to combine simple dance routines in order to perform dances using a range of simple movements and patterns.</p>

Curriculum Overview Key Stage 2

Year 3	<p><u>Ball handling</u></p> <p>Children will continue to develop their hand-eye co-ordination through throwing an object with one hand and catching with one hand.</p> <p>Children will learn to bounce a ball and catch it with two hands.</p>	<p><u>Basketball</u></p> <p>Children will learn to use two hands to bounce the ball continuously on a spot.</p>	<p><u>Gymnastics</u></p> <p>Children will recap using the different body shapes tuck, pike and straddle whilst jumping.</p> <p>Children will begin to perform point balances and moving safely on raised equipment.</p>	<p><u>Tennis</u></p> <p>Children will begin to travel whilst balancing a ball on a racquet.</p>	<p><u>Athletics</u></p> <p>Children will continue to practise techniques for running, throwing and jumping events.</p>	<p><u>Dance</u></p> <p>Children will begin to explore that different music types have different rhythms. Children will copy a range of movements in order to perform a variety of simple dance routines.</p>
Year 4	<p><u>Ball handling</u></p> <p>Children will begin to throw and catch an object with a partner</p> <p>Children will develop the skills to throw with one hand and catch with two hands.</p>	<p><u>Basketball</u></p> <p>Children will begin to develop the different passes used in basketball. They will begin to dribble and shoot in a non-competitive environment.</p>	<p><u>Gymnastics</u></p> <p>Children will recap using the different body shapes tuck, pike and straddle whilst jumping</p> <p>Children will learn the correct landing technique to ensure they dismount the raised equipment safely.</p>	<p><u>Tennis</u></p> <p>Children begin to hit the ball in the air using the correct striking technique.</p>	<p><u>Athletics</u></p> <p>Children will begin to look at recording times and distances when participating in each athletic discipline.</p>	<p><u>Dance</u></p> <p>Children will continue to develop their understanding that different music types can be used to create different rhythms and dances. Children will begin to choreograph their own simple routines.</p>

Year 5	<p><u>Ball handling</u></p> <p>Children will throw and catch an object with a partner at an increasing distance.</p> <p>Children will throw and catch an object using only one hand.</p>	<p><u>Basketball</u></p> <p>Children will begin to understand how passing, dribbling and shooting can be used effectively in a small sided game.</p>	<p><u>Gymnastics</u></p> <p>Children will recap using the different body shapes tuck, pike and straddle whilst jumping.</p> <p>Children will begin to climb up, down and across raised equipment.</p>	<p><u>Tennis</u></p> <p>Children will begin to learn the different shots and serves required to participate in a competitive game of tennis.</p>	<p><u>Athletics</u></p> <p>Children will begin to analyse their technique and performance in order to make adjustments and improve.</p>	<p><u>Dance</u></p> <p>Children will continue to create and develop a variety of simple dance routines from a variety of different music types and rhythms.</p>
Year 6	<p><u>Ball handling</u></p> <p>Children will begin to throw using the correct overarm technique.</p> <p>Children will begin to catch an object whilst moving.</p>	<p><u>Basketball</u></p> <p>Children will learn and follow the rules of basketball in order to participate in full sided competitive games.</p>	<p><u>Gymnastics</u></p> <p>Children will recap using the different body shapes tuck, pike and straddle whilst jumping.</p> <p>Children will perform a choreographed routine using jumps, rolls, balances and raised equipment.</p>	<p><u>Tennis</u></p> <p>Children will use the skills and techniques that they have learnt in order to participate in a competitive game of tennis.</p>	<p><u>Athletics</u></p> <p>Children will use the skills and techniques that they have learnt in order to participate in competitive athletics.</p>	<p><u>Dance</u></p> <p>Children will use the skills and techniques that they have learnt in order to perform dances using a range of movements and patterns. They will then critically analyse and evaluate constructively.</p>