

Bullion Lane Primary School

PE Curriculum – Cycle A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. 	<ul style="list-style-type: none"> Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. 	<ul style="list-style-type: none"> Choose the right resources to carry out their own plan. Collaborate with others to manage large items. Use the toilet, washing and drying hands thoroughly. Healthy Teeth 	<ul style="list-style-type: none"> Use one-handed tools and equipment. Use a comfortable grip with good control when holding pens and pencils. Start to eat independently and learn how to use a knife and fork. 	<ul style="list-style-type: none"> Participate in group activities and team games. Match their developing physical skills to tasks and activities in the setting. Show a preference for a dominant hand. 	<ul style="list-style-type: none"> Remember sequences and patterns of movements which are related to music and rhythm. Make healthy choices (food, activity, sleep). Put coat on and do up zips.
Reception	Fundamentals (Throwing & Catching) <ul style="list-style-type: none"> Revise and refine: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education. 	Fundamentals (Striking & Kicking) <ul style="list-style-type: none"> Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. 	Fundamentals (Striking & Kicking) <ul style="list-style-type: none"> Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Develop the foundations of a handwriting style which is fast, accurate and efficient. 	Fundamentals (Striking & Kicking) <ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian. Further develop the skills they need to manage the school day successfully: mealtimes, personal hygiene 	Swimming	Swimming
					ELG Gross Motor Skills <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. ELG: Fine Motor Skills <ul style="list-style-type: none"> Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paint brushes and cutlery. Begin to show accuracy and care when drawing. 	
Year 1/2	Gymnastics – Making Shapes Dance – Moving Along	Games – Rolla Ball Games – Piggy In The Middle	Dance – Cat Dance Swimming	Games – Kick Rounders Swimming	Gymnastics – Assessing Level 1 Swimming	Athletics - Honey Pot Swimming

Year 3/4	<u>Gymnastics – Balancing Act</u> <u>Swimming</u>	<u>Games Invasion – 3 Touch Ball</u> <u>Swimming</u>	<u>Dance – Round The Clock</u> <u>Swimming</u>	<u>Games Net & Wall – Mini Tennis</u> <u>Swimming</u>	<u>Athletics – Furthest Five</u> <u>OAA – Communication Challenge</u>	<u>Games Strike & Field - Zone Cricket</u> <u>Games Strike & Field - Arc Rounders</u>
Year 4/5	<u>Gymnastics – Partner Work</u> <u>Swimming</u>	<u>Games Invasion – On The Attack</u> <u>Swimming</u>	<u>Dance – Indian Delight</u> <u>Swimming</u>	<u>Games Net & Wall – Long Thin or Short Fat</u> <u>Swimming</u>	<u>Games Strike & Field - Runners</u> <u>OAA – Search and Rescue</u>	<u>Athletics – Faster Higher Further</u> <u>OAA – Safely Across</u>
Year 5/6	<u>Gymnastics – Group Dynamics</u> <u>Swimming</u>	<u>Games Invasion – Tag Rugby</u> <u>Swimming</u>	<u>Dance – Masquerade</u> <u>Games Invasion – End Zone</u>	<u>Games Net & Wall – What A Racket</u> <u>Games Strike & Field - Zone Rounders</u>	<u>Athletics – Distance Challenge</u> <u>Swimming</u>	<u>OAA – Beat The Clock</u> <u>Swimming</u>