

P.E.	
Intent statement:	At Westlands First School & Nursery, we will provide opportunities for our children to become physically confident in a way which supports their health and fitness. We encourage an active healthy lifestyle which includes regular physical activity. Children have opportunities to compete in sport and other physical activities which, in turn, will build character, resilience and help to embed values such as fairness and respect.
EYFS Curriculum	
Physical Development ELG: Gross Motor Skills Children at the expected level of development will:	
<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. 	
KS1 Curriculum (years 1-2)	KS2 Curriculum (years 3-4)
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. 	<p>Pupils should continue to 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. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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.

Sequences of learning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Introduction to PE: Unit 1 In this unit children will be introduced to PE and structured movement through the topic of 'fantasy and adventure'. They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and a group.</p> <p>Fundamentals: Unit 1 In this unit children will develop their fundamental movement skills through the topic of 'places and spaces'. They will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross</p>	<p>Introduction to PE: Unit 2 In this unit children will be introduced to PE and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner or a group.</p> <p>Dance: Unit 1</p>	<p>YOGA (coach)</p> <p>Fundamentals: Unit 2 In this unit children will develop their fundamental movement skills through the topic of 'All About Me'. They will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills through handling equipment.</p>	<p>Gymnastics: Unit 1 In this unit children will develop their basic gymnastic skills through the topic of 'Animals and their habitats'. Children explore creating shapes, balances and jumps and begin to develop rocking and rolling.</p> <p>Ball Skills: Unit 1 In this unit children will develop their ball skills through the topic of 'Minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball.</p>	<p>Gymnastics: Unit 2 In this unit children will develop their basic gymnastic skills through the topic of 'traditional tales' to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls.</p> <p>Ball Skills: Unit 2 In this unit children will develop their ball skills through the topic of 'Weather'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will develop their fine and motor skills through a range of game play with balls.</p>	<p>Games: Unit 1 In this unit children will develop their understanding of playing games through the topic of 'Transport'. Children will practise and further develop fundamental movement skills through games.</p> <p>Dance (coach)</p>

	motor skills through handling equipment.					
Year 1	<p>Fundamentals In this unit children will explore the fundamental skill of balancing, running, changing direction, jumping, hopping and skipping.</p> <p>Balls Skills In this unit children will explore and develop their fundamental ball skills such as throwing and catching, rolling and dribbling with both hands and feet.</p>	<p>Sending and Receiving In this unit children will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will work with different sized balls.</p> <p>Fitness In this unit children will develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, mind and overall health.</p>	<p>Yoga (coach)</p> <p>Target Games In this unit children will develop their understanding of the principles of defending and attacking for target games. Target games are games where players are sent an object towards a target.</p>	<p>Gymnastics In this unit children will enjoy basic gymnastic actions on the floor and low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences.</p> <p>Net and Wall Games In this unit children will develop skills such as throwing, catching, tracking and hitting a ball. Examples include tennis, badminton, volleyball or squash.</p>	<p>Striking and Fielding Games There are games where there are two teams, the batting and the fielding team, e.g. cricket or rounders. Children will develop understanding of the principles of defending and attacking.</p> <p>Dance (coach)</p>	<p>Team Building In this unit children will develop their teamwork skills. They will work individually, in pairs and small groups, learning to take turns and work collaboratively.</p> <p>Athletics Children will develop skills required in athletics activities such as running at different speeds, changing direction, jumping and throwing.</p>
Year 2	<p>Ball Skills In this unit children will explore and develop their fundamental ball skills such as throwing and catching, rolling and dribbling with both hands and feet.</p>	<p>Gymnastics In this unit children will enjoy basic gymnastic actions on the floor and apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences.</p>	<p>Dance (coach)</p>	<p>Target Games In this unit children will develop their understanding of the principles of defending and attacking for target games. Target games are games where players are sent an object towards a target.</p>	<p>Athletics Children will develop skills required in athletics activities such as running at different speeds, changing direction, jumping and throwing. Pupils will engage in performing skills and measuring performance, competing to improve</p>	<p>Team Building In this unit children will develop their teamwork skills. They will work individually, in pairs and small groups, learning to take turns and work collaboratively.</p> <p>Striking and Fielding Games There are games where there are two teams,</p>

	<p>Yoga (coach)</p>	<p>Sending and Receiving In this unit children will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. They will work with different sized balls.</p>	<p>Invasion Games Invasion games are games where there are two teams and two goals. In this unit children will develop their understanding of the principles of defending and attacking for invasion games. They use and develop skills such as sending and receiving with both hands and feet as well as dribbling.</p>	<p>Fitness In this unit children will develop the components of fitness. They will begin to explore agility, balance, co-ordination, speed and stamina.</p>	<p>on their own score and against others.</p> <p>Net and Wall Games Net and Wall Games are games where either a net separates the players or a wall is used. In this unit children will develop their understanding of defending and attacking principles in net games such as ready position and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball.</p>	<p>the batting and the fielding team, e.g. cricket or rounders. Children will develop understanding of the principles of defending and attacking.</p>
Year 3	<p>Football It's an invasion game. In this unit children will develop their understanding of the attacking and defending principles of invasion games.</p> <p>Dance (coach)</p>	<p>Yoga (coach)</p> <p>Fundamentals Y3/4 In this unit children will explore the fundamental skill of balancing, running, changing direction, jumping, hopping and skipping. Children will develop an ability to change direction with</p>	<p>Swimming Children will aim to learn how to swim unaided at least 25m.</p> <p>Ball Skills Y3/4 In this unit children will have an opportunity to develop a variety of ball skills. They will develop tracking a ball when dribbling with hands, feet, throwing, catching and kicking.</p>	<p>Swimming Children will aim to learn how to swim unaided at least 25m.</p> <p>Gymnastics In this unit children will develop rolling, balancing and jumping. They use these skills individually and in combination developing their sequence work, collaborating with</p>	<p>Swimming Children will aim to learn how to swim unaided at least 25m.</p> <p>Tennis (coach)</p>	<p>Swimming Children will aim to learn how to swim unaided at least 25m.</p> <p>Athletics Children will develop skills required in athletics activities such as running at different speeds, changing direction, jumping and throwing. Pupils will engage in performing skills and</p>

		balance and control. They will explore how the body moves at different speeds.		others to use matching and contrasting actions.		measuring performance, competing to improve on their own score and against others.
Year 4	<p>Swimming Children will aim to learn how to swim unaided at least 25m.</p> <p>Tag Rugby Tag Rugby is an invasion game. In this unit children will develop their understanding of attacking and defending principles of invasion games. Children will have to think how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Swimming Children will aim to learn how to swim unaided at least 25m.</p> <p>Gymnastics In this unit children will develop balancing, rolling and jumping and use these skills to create more complex sequences. Children will work independently and in collaboration with others to develop sequences.</p>	<p>Basketball Basketball is an invasion game. In this unit children will develop their understanding of attacking and defending principles of invasion games. Children will have to think how to use skills, strategies and tactics to outwit the opposition.</p> <p>OAA This unit allows children to develop problem solving skills through a range of challenges. Children will work independently, in pairs or small groups to plan, explore, solve, reflect and improve on strategies.</p>	<p>Dance (coach)</p> <p>Yoga (coach)</p>	<p>Cricket Cricket is a striking and fielding game. In this unit children will explore their understanding of the principles of striking and fielding.</p> <p>Athletics Children will develop skills required in athletics activities such as running at different speeds, changing direction, jumping and throwing. Pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others.</p>	<p>Tennis (coach)</p> <p>Rounders Rounders is a striking and fielding game. In this unit children will learn how to score a point by striking a ball into space and running around cones or bases. When fielding they learn how to play in different fielding roles.</p>