

# Physical Education Curriculum Plan



At Northwood Primary School, to support with the provision of PE, we use Complete PE as a scheme. This scheme covers all national curriculum areas and allows children to develop competence in a range of sports and physical activities.

In Key Stage 1, there is a particular focus on basic fundamentals which allow children to develop their gross motor skills, coordination and balance, providing a secure basis for Key Stage 2. Within Key Stage 2, children are provided with more frequent opportunities to develop their skills and knowledge through engaging with a range of different sports including: net and wall; invasion games, racing/athletics and striking/fielding games.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	<p><b>Links to the following ELGS:</b></p> <p><b>Physical Development:</b>  <b>Gross Motor Skills ELG</b>            Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li> </ul> <p><b>Personal, Social and Emotional Development</b>  <b>Managing Self ELG</b>            Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge:</li> <li>Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ul>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Ball Skills (hands)</li> </ul>	<ul style="list-style-type: none"> <li>Ball Skills (Feet)</li> <li>Locomotion (Running)</li> </ul>	<ul style="list-style-type: none"> <li>Rackets, bats and balls</li> <li>Dance (Heroes)</li> </ul>	<ul style="list-style-type: none"> <li>Team Building</li> <li>Locomotion (jumping)</li> </ul>	<ul style="list-style-type: none"> <li>Ball Skills (hands)</li> <li>Rackets, bats and balls</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Games for Understanding</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Ball Skills (hands)</li> </ul>	<ul style="list-style-type: none"> <li>Ball Skills (feet)</li> <li>Locomotion (dodging)</li> </ul>	<ul style="list-style-type: none"> <li>Dance (explorers)</li> <li>Rackets, bats and balls</li> </ul>	<ul style="list-style-type: none"> <li>Team Building</li> <li>Locomotion (jumping)</li> </ul>	<ul style="list-style-type: none"> <li>Rackets, Bats and Balls</li> <li>Ball Skills (Hands)</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Games for Understanding</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>Dance (Witches &amp; Wizards)</li> <li>Tag Rugby</li> </ul>	<ul style="list-style-type: none"> <li>Basketball</li> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Dodgeball</li> <li>Tennis</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> <li>Hockey</li> </ul>	<ul style="list-style-type: none"> <li>OAA: Orienteering</li> <li>Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Football</li> <li>Athletics</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>Dance (Space)</li> <li>Tag Rugby</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Dodgeball</li> <li>Tennis</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> <li>Hockey</li> </ul>	<ul style="list-style-type: none"> <li>OAA: Orienteering</li> <li>Cricket</li> </ul>	<ul style="list-style-type: none"> <li>Football</li> <li>Athletics</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>Tag Rugby</li> <li>Health Related Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Basketball</li> <li>Dance (Street Art)</li> </ul>	<ul style="list-style-type: none"> <li>Hockey</li> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Cricket</li> <li>Athletics</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>OAA: Orienteering</li> </ul>
Year 6	<ul style="list-style-type: none"> <li>Tag Rugby</li> <li>Health Related Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Dance (Carnival)</li> <li>Basketball</li> </ul>	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Hockey</li> </ul>	<ul style="list-style-type: none"> <li>Netball</li> <li>Football</li> </ul>	<ul style="list-style-type: none"> <li>Athletics</li> <li>Cricket</li> </ul>	<ul style="list-style-type: none"> <li>OAA: Orienteering</li> <li>Athletics</li> </ul>

To further support with the implementation of an effective PE curriculum, we engage with external providers who provide us with specialist support and teaching with certain sports such as gymnastics,