



PE CURRICULUM OVERVIEW

PE STATEMENT OF INTENT

At St Francis we recognise the value that a high-quality PE curriculum and a healthy, active lifestyle can offer to our pupils. As a school, we aim to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing so that they thrive now and in the future. From starting points in EYFS, all children are encouraged to be outdoors and physically active.

We aim to ensure that all pupils develop the fundamental skills and competence to achieve and excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all. In addition to our own teaching team, we employ highly skilled and qualified sports coaches. We encourage all our pupils to be active and engaged in our PE lessons to enable them to get the most out of their lessons and to inspire them to reach their potential. We follow the IPEP scheme of work which is not only in line national curriculum expectations, it is recognised and accredited by the association for physical education.

We aim to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We want all our children to feel they belong as part of a team, believe in their healthy potential and become as physically, socially and emotionally well as they can be. We offer a wealth of enrichment and leadership opportunities for our pupils and being physically active is promoted daily.

NURSERY

- Children negotiate space and obstacles safely, with consideration for themselves and others;
- They develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport, and swimming.
- They are encouraged to confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- They move energetically running, jumping, dancing, hopping, skipping, and climbing;
- They explore and discuss the effect of exercise on the body.

RECEPTION

AUTUMN TERM		SPRING TERM		SUMMER TERM	
Bats & Balls at The Circus Net & Wall Fundamentals	Dance Animals and Minibeasts	Gymnastics Balance	Invasion Games Dodgeball Fundamentals	Beanbag Skills Fundamentals	Fun with Quoits & Cones Athletics Fundamentals

YEAR 1

AUTUMN TERM		SPRING TERM		SUMMER TERM	
Throwing & Catching Games	Dance Dance the UK- celebrations	Gymnastics Balance and agility	Invasion Games Dodgeball	Striking and Fielding	Athletics Movements

YEAR 2

AUTUMN TERM		SPRING TERM		SUMMER TERM	
Net and Wall Tennis	Dance Animals	Gymnastics Balance and Coordination	Invasion games Tag Ruby/Group games	Striking and Fielding	Athletics Movement
YEAR 3					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
Net and Wall Tennis	Dance Science - Magnets	Gymnastics – Symmetrical Shapes	Invasion Games Dodgeball	Striking and Fielding	Athletics Being an Athlete
YEAR 4					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
Agility, Balance and Co-ordination	Dance History – The Romans	Gymnastics What's my direction?	Invasion Games Netball/Basketball	Striking and Fielding	Athletics Record Breaking
YEAR 5					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
Net & Wall Accuracy & Rallies	Dance Science - Space	Gymnastics Travelling and Turning - Earthquakes	Invasion Games Hockey / Football	Striking and Fielding Cricket	Athletics Olympic Training
YEAR 6					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
Net & Wall Net games for points	Dance Street Dance	Gymnastics Complex Sequences – Mountains	Invasion Games Football	Striking & Fielding Teamwork	Athletics Track and Field

