

An overview of the Physical Education Curriculum at St Gregory's

Please find an overview of the PE Curriculum below. This is an indication of some of the things your child will be learning in each term.

	Autumn 'We are Chorley, Lancashire, UK'	Spring 'All Around the World'	Summer 'Our Amazing Planet'
EYFS	<p><u>Physical Development:</u> <u>Gross Motor</u> Children at the expected level of development will:</p> <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. <p><u>Being Imaginative and Expressive</u></p> <ul style="list-style-type: none"> - Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music. <p><u>How will this happen in Early Years?</u> Children in the EYFS are constantly active in their learning both inside and outside the classroom. They have a variety of opportunities within the class provision to explore both gross and fine motor movement. In PE lessons the children's learning will be focussed on Lancashire's 5 Fundamentals for under 5's. These are:</p> <ul style="list-style-type: none"> - Running - Jumping - Hopping - Catching - Throwing <p>Children will also have the opportunity to explore dance and movement to music and develop their balance and co-ordination.</p>		
Year 1	<p>Fundamental Movement Skills Baseline Unit – Supertato</p> <p>Fundamental Movement Skills Rolling a ball</p> <p>Fundamental Movement Skills Kicking unit</p> <p>Dance Toy Story</p>	<p>Fundamental Movement Skills Catching and throwing a ball</p> <p>Gymnastics 1 Travelling, rolling and jumping</p> <p>Gymnastics 2 Balancing and Sequencing</p> <p>Dance Fire Fire</p>	<p>Fundamental Movement Skills Overarm Throw</p> <p>Fundamental Movement Skills Underarm Throw</p> <p>Athletics Hopping, running, dodging and jumping</p> <p>Fundamental Movement Skills Zog</p>
Year 2	<p>Games Piggy in the middle</p> <p>Fundamental Movement Skills Playground Games in the 20th Century</p> <p>Fundamental Movement Skills</p>	<p>Gymnastics 1 Travelling, balancing, rolling and jumping</p> <p>Dance Explorers</p> <p>Athletics</p>	<p>Dance Seaside</p> <p>Games Striking and Fielding</p> <p>OAA</p>

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	<p>Bounce a ball Gymnastics Jack and the beanstalk</p>	<p>Underarm and Overarm throwing to a target Games Net and Wall</p>	<p>The Great Outdoors Year 2 FMS End of KS1 Assessment</p>
Year 3	<p>Invasion Games Rugby Dance World War 2 Invasion Games Netball Gymnastics 1 Balancing and Sequencing</p>	<p>Gymnastics 2 Balancing and Sequencing using apparatus Creative Games Tag and Team Swimming OAA Orienteering</p>	<p>Swimming Athletics Pull, push and sling throws Striking and Fielding Games Rounders</p>
Year 4	<p>OAA Team Work and Problem Solving Invasion Games Basketball Gymnastics 1 Balancing and Travelling Dance Superheroes</p>	<p>Gymnastics 2 Mirroring and Matching a Sequence Dance The Great Plague Target Games Boccia Invasion Games Handball</p>	<p>Net and Wall Games Core Task 1 Net and Wall Games Core Task 2 Striking and Fielding Cricket OAA Trust and Trails</p>
Year 5	<p>Health and Wellbeing Unit D.Moss Invasion Games Hockey Dance Morris Dancing Gymnastics 1 D.Moss Balance and Counter balance</p>	<p>Dance D.Moss The Greatest Showman Gymnastics 2 Balance and counter balance sequences on apparatus Invasion Games Rugby 1 Net and Wall D.Moss Table Tennis</p>	<p>Striking and Fielding D.Moss Rounders OAA Team Building Athletics Running, long jump, triple jump Invasion Games D.Moss Creative Games</p>
Year 6	<p>Sports hall Athletics D.Moss Invasion Games Netball Gymnastics 1 Group balance and counterbalance Dance D.Moss</p>	<p>Invasion Games Quiddich Gymnastics 2 D.Moss Group sequences using apparatus Dance – D.Moss Tbc</p>	<p>Net and Wall Badminton Athletics D.Moss Quadkids Striking and Fielding Cricket</p>

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	Dance through the decades	OAA Team building	Multi-sport Transition Unit D.Moss
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