

Northfields Infants and Nursery School - PE Curriculum Overview

At Northfields we use the PE Hub scheme to plan our PE lessons. In Our EYFS children develop their Physical Development through adult led activities and child initiated activities within our indoors and out door environments.

PE						
Nursery	<p>3-4year olds-</p> <p>Gross Motor Skills :- Children working at expected level with be developing their movement, balancing, riding (scooters, trikes) and ball skills. • Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>• Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Fine Motor Skills :- Children working at expected level will be able use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Use a comfortable grip with good control when holding pens and pencils.</p> <p>Show a preference for a dominant hand.</p> <p>Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Developing independence with taking off and putting on own shoes, coats and toileting.	Developing independence with taking off and putting on own shoes, coats and toileting.	Developing independence with taking off and putting on own shoes, socks, cardigans/fleeces, coats and toileting.	Developing independence with taking off and putting on own shoes, socks, cardigans/fleeces, coats and toileting.	Continue to develop independence with taking off and putting on own shoes, socks, cardigans/fleeces, coats and toileting.	Continue to develop independence with taking off and putting on own shoes, socks, cardigans/fleeces, coats and toileting.
	Develop movement and confidence moving around the outdoor environment, climbing and balancing on the trim track and climbing frame.	Develop body awareness and movement, experimenting with different movements.	Developing body awareness and movement, experimenting with different movements.	Developing body awareness and movement, experimenting with different movements.	Developing body awareness and movement, experimenting with different movements.	Developing body awareness and movement, experimenting with different movements.
		Start to become aware of own space and others space.	Developing special awareness	Developing special awareness		Take part in competitive activities

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	Developing fine motor skills through hand movement songs, playdough/disco dough.	Develop movements to learn a dance sequence. Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use etc.	Develop confidence and body control with moving along the floor and on equipment. Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.	Develop throwing and catching of different objects. Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.	Developing special awareness Develop confidence and body control with moving along the floor and on equipment. Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.	Developing special awareness Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.
Reception	<p>ELG – Gross Motor Skills:- Children working at expected level will be able to 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. Fine Motor Skills :- Children working at expected level will be able to 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, paintbrushes and cutlery. Begin to show accuracy and care when drawing.</p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Develop core strength, stability, balance, spatial awareness, co-ordination and agility.	Develop core strength, stability, balance, spatial awareness, co-ordination and agility. Have a go at new activities with support	Develop core strength, stability, balance, spatial awareness, co-ordination and agility. Have a go at new activities with support	Develop core strength, stability, balance, spatial awareness, co-ordination and agility. Experiment and show control with different ways of moving	Develop core strength, stability, balance, spatial awareness, co-ordination and agility. Have a go at new activities with support then without	Develop core strength, stability, balance, spatial awareness, co-ordination and agility. Have a go at new activities with

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<p><i>Have a go at new activities with support</i></p> <p><i>Experiment with different ways of moving</i></p> <p><i>Negotiate space successfully</i></p> <p>Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.</p>	<p><i>Experiment with different ways of moving</i></p> <p><i>Negotiate space successfully</i></p> <p>Jump off an object and land appropriately.</p> <p>Copies a movement/sequence</p> <p>Learn a dance routine to music.</p> <p>Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.</p>	<p><i>Experiment with different ways of moving</i></p> <p><i>Negotiate space successfully</i></p> <p>Develop throwing and catching different objects.</p> <p>Develop understanding of team work and rules.</p> <p>Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.</p>	<p><i>Negotiate space successfully</i></p> <p>Experiment with different, jumps, rolls and ways of moving along the equipment.</p> <p>Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.</p>	<p><i>Experiment with different ways of moving</i></p> <p><i>Negotiate space successfully</i></p> <p>Develop throwing, catching, hitting different objects.</p> <p>Develop understanding of team work and rules.</p> <p>Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.</p>	<p><i>support then without</i></p> <p><i>Experiment with different ways of moving</i></p> <p><i>Negotiate space successfully</i></p> <p>Work as part of a team and individual in competitive situations.</p> <p>Developing fine motor skills through hand movement songs, playdough/disco dough, scissor use and pencil control.</p>
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NC by the end of KS1 children working at expected level will be developing their fundamental movement skills, becoming 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.

Gymnastics – children will be mastering basic movement and develop their agility, balance and co-ordination. They will be extending their performance in movement patterns and sequences.

Dance – children will be able to perform short, simple movement patterns, watch others and comment on their performance.

Attack, Defend and Shoot – children will move with competence and confidence in fundamental movement skills through a variety of games.

Participate in competitive situations with some attacking and defending skills. Start to develop some simple tactics.

Hit, Catch, Run – children will show coordination through throwing, catching and retrieving. Participate in simple hit, catch and run games.

Score points through sending balls and running.

Send and Return – children will participate in simple sending and receiving games, extend coordination score points from hitting balls into designated areas.

Run, Jump, Throw – children will participate in competitive activities against self and others. Master basic running, jumping and throwing skills.

	Autumn	Spring	Summer
Year 1	<p>Attack Defend Shoot – unit 1 https://thepehub.co.uk/lesson-category/unit-1-attack-defend-shoot/ To practice basic movements including running, jumping, throwing and catching. To begin to engage in competitive activities To have opportunities to improve agility, balance and coordination</p> <p>Attack Defend Shoot – unit 2 https://thepehub.co.uk/lesson-category/unit-2-attack-defend-shoot/ The recognise rules and apply them to game situation Use and apply simple strategies for invasion games. Talking about the reasons why we enjoy exercise.</p> <p>Autumn 2 Dance – unit 1 https://thepehub.co.uk/lesson-category/unit-1-dance-year-1/ Respond to a range of stimuli and types of music</p>	<p>Gymnastics unit 1 https://thepehub.co.uk/lesson-category/unit-1-gymnastics-year-1/ identify and use simple gymnastics and actions and shapes. Apply basic strength to a range of gym actions Begin to carry basic apparatus To recognise link actions.</p> <p>Dance – unit 2 https://thepehub.co.uk/lesson-category/unit-2-dance-year-1/ To perform movement patterns from given actions To compose and link actions to make simple movement phrases</p> <p>Spring 2</p> <p>Send and return – unit 2 https://thepehub.co.uk/lesson-category/unit-2-send-return/ Develop sending skills using a variety of balls. Track, intercept and stop a variety of objects Select and apply skills to beat the opposition.</p>	<p>Run jump throw – unit 1 https://thepehub.co.uk/lesson-category/unit-1-run-jump-throw/ To start to link running and jumping To develop a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances.</p> <p>Hit catch run – unit 1 https://thepehub.co.uk/lesson-category/unit-1-hit-catch-run/</p> <p>Summer 2</p> <p>Run jump throw – unit 2 https://thepehub.co.uk/lesson-category/unit-2-run-jump-throw/ To increase stamina and core strength to perform athletics activities.</p>

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	<p>Explore space, direction, levels and speeds Experiment creating actions and performing movements with different body parts.</p> <p>Send and return – unit 1 https://thepehub.co.uk/lesson-category/unit-1-send-return/</p> <p>Developing sending skills with a variety of balls Tracking, intercepting and stopping a variety of objects such as balls and beanbag. selecting and applying skills to beat the opposition</p>	<p>Gymnastics – unit 2 https://thepehub.co.uk/lesson-category/unit-2-gymnastics-year-1/</p> <p>To perform a variety of different gymnastics actions showing control To be able to turn, twist, spin, rock and roll and link these into movement patterns To perform longer movement phrases and link with confidence</p>	<p>Take part in a broad range of opportunities to extend strength, balance, agility and coordination. Cooperate with others to carry out more complex physical activities</p> <p>Hit catch run – unit 2 https://thepehub.co.uk/lesson-category/unit-2-hit-catch-run/</p> <p>Developing sending and receiving skills to benefit fielding as a team Distinguish between the roles of batters and fielders Introduce the concept of simple tactics</p>			
Year 2	<p>Autumn 1</p> <p>Hit Catch Run- Unit 1 Develop hitting skills with a variety of bats Practice feeding/bowling skills Hit and run to score points in a game</p> <p>Health related exercise (power of PE) Show an awareness of how the body functions/changes during exercise), (Repeat and Perform sequences of movements), (Displays development in the</p>	<p>Autumn 2</p> <p>Dance Perform basic actions with control and consistency at different speeds and on different levels Move imaginatively to music Work as part of a group to create and perform short movement sequences to movement.</p>	<p>Spring 1</p> <p><i>Gymnastics – unit 1</i> Perform basic actions with control and consistency at different speeds and on different levels Develop strength and flexibility Create and perform simple gymnastic sequence</p> <p><i>Multi Skills (power of PE)</i> (Throw and catch displaying a degree of competency, in isolation and in varied environments), (Show an awareness of how the body functions/changes during exercise), (Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on</p>	<p>Spring 2</p> <p><i>Send and return –unit 1</i> Track a ball over a net and move towards it Hit and return a ball using hand/racket with some consistency Play modified net/wall games throwing, catching and sending over a net.</p> <p><i>Gymnastics – unit 2</i> Develop body management through a range of floor exercise Use core strength to link recognise gymnastics elements Attempt to use rhythm performing a sequence</p>	<p>Summer 1</p> <p><i>Send and return unit 2</i> Make it difficult for opponent to score a point Improve agility and coordination and use in a game</p> <p>Run, Jump Throw – unit 1 Develop power, agility, coordination and balance over a variety of activities. Throw and handle a variety of objects. Negotiate obstacles showing increased control of body and limbs</p>	<p>Summer 2</p> <p>Run Jump Throw – unit 2 Improve running and jumping movements Understand healthy active lifestyle Improve jumping for distance and height.</p> <p>Hit Catch Run – unit 2 Score runs in different hit, catch run games. Work in teams to field Begin to take on different role in games.</p>

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	FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)		Hands, Balance & Coordination)			
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