



P.E. Curriculum Long Term Rolling Programme

Children will cover 1 or 2 units per half term alongside each other and have 2 P.E lessons per week in both KS1 and KS2.

P.E units off site will result in 1 per session per week. Sports days will also be organised for areas not in the national curriculum/events limited by space and resources e.g kayaking, high ropes, assault courses etc.

Units to cover: Athletics, outdoors adventure, team games, dance, gymnastics, swimming. (Organisations out of school and coaches in school)

EYFS

Fundamental movements. Throwing, catching, running, jumping, changing direction. Patterns, space orientation, body control, recalling and copying.

Key stage 1

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.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination (gymnastics and dance), 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.

Key stage 2

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.

Pupils should be taught to:

- 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, kwik cricket, tag rugby, table tennis, ultimate Frisbee, Handball, Lacrosse, Archery, canoeing, cycling, surfing (surf lifesaving day), dodgeball, Fencing, golf, orienteering, volleyball) 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. (*Arrange obstacle course day trip each year/heights*)
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- **Additional events – South molton community programme of events** – to be scheduled in throughout the year covering; athletics, orienteering and team building, football, tag rugby, rounders, cricket, multiskills, dance, netball.

Please see page 3 onwards for further details of how we plan PE.



Rotation Year 1 - 2020-2021

	'Saving the world'				'Moments in time'				'Urban masterpiece'			
	KS1 - The Enchanted Woodland KS2 - Mountains				KS1 - Memory box KS2 - Minibeasts				KS1 - Bright lights, big city. KS2 - Off with her head.			
	Autumn One		Autumn Two		Spring One Home learning		Spring Two 2 weeks home learning		Summer One		Summer Two	
	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2
EYFS and KS1	Multi-skills (balance, agility and co-ordination)	Team building and problem solving	Team Games - (Attacking and defending) Invasion games	Dance (flexibility, strength, technique, control and balance)	PE challenges - balance, agility and co-ordination.	Yoga - cosmic yoga (flexibility, strength, technique, control and balance)	Team Games - Attacking and defending.	Yoga - Online coach. Team building and problem solving	Team Games - (Striking and fielding) Rounders	Athletics (running, jumping, throwing and catching).	Parachute games	Outdoor adventure and orienteering
KS2	Team games (Throwing and catching) Dodgeball.	Invasion team games - Sport specific Tag rugby (Skills: Throwing and Catching)	Team games (Throwing and catching) Netball	Dance (Skills: create simple movement patterns)	PE challenges - balance, agility and co-ordination.	PE challenges - balance, agility and co-ordination	Team games (Striking) Table tennis	Orienteering	Team games (Striking and fielding) Rounders	Athletics (running, jumping, throwing and catching).	Team games (Striking and fielding) Kwik Cricket	Outdoor adventure and orienteering

Additional Provision, opportunities and events:

Cricket taster day - Filleigh Cricket coach
 After school club - Sports games, Rossi - 'Go getters' Football club, Sandy Brown - Yoga Club, Running Club
 Sports day, Multiskills and games sports club
 Beach life saving day - Surfing
 Yoga online KS2
 Cycling - Day trip KS2



Rotation Year 2 2021-2022

	Footprints from the past KS1 - School days KS2 - Ancient Civilisations				Active planet KS1 - Coastline and Land Ahoy KS2 - Flow				Time Travellers KS1 - Paws, Claws and whiskers KS2 - Invasion			
	Autumn One		Autumn Two		Spring One		Spring Two		Summer One		Summer Two	
	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2
EYF S	Gross motor and daily physical, outdoor activity - Wake and shake 10 (Jumpstart Johnny, Go noodle, cosmic yoga, outdoor activity, Leap into life). Outdoor activities to develop fitness, agility, strength and coordination during play-based learning.											
	Fundamenta l skills /Multiskills.	Team Games (Attacking and defending)	Fundamenta l skills /Multiskills.	Team Games (Attacking and defending)	Fundamenta l skills /Multiskills.	Team games (Skills: Running and Jumping, throwing and catching)	Parachute games and indoor team games.	Dance (Skills: create simple movement patterns)	Athletics (Skills: Running, jumping, hopping, throwing.)	Swimming (Skills: Water safety)	Obstacle courses (Running, jumping, changing direction. Patterns, space orientation, body control, recalling and copying)	Outdoor adventure and problem solving
KS1	Gymnastics (Floor) (Skills flexibility, strength, technique, control and balance)	Team Games - Multiskills (Skills: Running and Jumping. Attacking and defending)	Tarka Gymnastics (apparatus) (flexibility, strength, technique, control and balance)	Team Games - Sport specific (Bat and ball) Rounders	Team games - Ball games (Attacking and defending)	Team games - sport specific (Throwing and Catching) Dodgeball	Team games - sport specific (Attacking and defending)	Athletics (Skills: Running, jumping, hopping, throwing.)	Team Games - Batting and fielding games (Striking and fielding, throwing and catching)	Target games (Throwing, hand eye co- ordination)	Team Games - sport specific (Striking and fielding, throwing and catching) Kwik Cricket	Swimming (Skills: Water safety)



KS2	Gymnastics (Floor) (Skills flexibility, strength, technique, control and balance)	Team Games - Attacking and defending (Skills: Running and Jumping. Attacking and defending) Volleyball	Tarka Gymnastics (apparatus) (flexibility, strength, technique, control and balance)	Team Games - Sport specific (racket) Badminton	Team games - Ball games (Attacking and defending) Hockey	Team games - sport specific (Throwing and Catching) Dodgeball	Team games - sport specific (Attacking and defending) Basketball	Athletics (Skills: Running, jumping, hopping, throwing.)	Team Games - sport specific (Striking and fielding, throwing and catching) Kwik Cricket	Swimming (Skills: Water safety)	Invasion games - Tag rugby (Skills: Throwing and Catching)	Team Games - sport specific (Striking and fielding, throwing and catching) Rounders
Additional Provision, opportunities and events: KS1 Multiskills @ Witheridge - KS1 and KS2 Surfing and beach life savers day @ Croyde Chance to shine cricket session. Football after school clubs: Goal getters Sports day Orienteering competition at Pilton School. 'Sports slam' initiative Running after school club								Additional Provision, opportunities and events: KS2 Chance to shine cricket session. KS2 - Cross Country event at High Bickington. Football after school clubs: Goal getters. Sports day Surfing and beach life savers day @ Croyde Hockey - Quicksticks competition @ Park. Orienteering competition at Pilton School. Cricket - Kwik cricket @ North Devon Cricket ground Running after school club				



Rotation Year 3 2022-2023

KS	KS1 - Childhood (Memory Box) KS2 - Britain at War				KS1 - Moon Zoom KS2 - Star Gazers				KS1 - Dinosaur planet KS2 - Frozen Kingdoms			
	Autumn One		Autumn Two		Spring One		Spring Two		Summer One		Summer Two	
	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2
EYFS	Gross motor and daily physical, outdoor activity - Wake and shake 10 (Jumpstart Johnny, Go noodle, cosmic yoga, outdoor activity, Leap into life). Outdoor play-based activities to develop fitness, agility, strength and coordination during play-based learning.											
	Fundamental skills/ Multiskills - Balance and Locomotor (Walking, Running, Hopping, Skipping, Jumping) <i>Including games</i>	Invasion Team Game - Sport specific Rugby (Attacking and defending)	Fundamental skills /Multiskills - Stability skills (balancing and landing) <i>Including games</i>	Dance (Skills: create simple movement patterns)	Gymnastics (Balance and agility) (V.Hall)	Air Extreme - Trampolining (Balance and agility, strength, jumping)	Team Games - Sport specific Dodgeball (Throwing and catching)	Swimming (Skills: Water safety)	Team Games - object manipulation Bats and balls (Striking and fielding, throwing and catching)	Target games	Obstacle courses (Running, jumping, changing direction. Patterns, space orientation, body control, recalling and copying) Parachute games	Outdoor adventure, orienteering Team building and problem solving
KS1	Multi-skills (Speed, balance, agility and co-ordination) Including Dodgeball games	Invasion team games - Sport specific Tag rugby (Skills: Throwing and Catching)	Team Games - (Attacking and defending) Invasion games	Dance (Skills: create simple movement patterns)	Gymnastics (Balance and agility) (V.Hall)	Air Extreme - Trampolining (Balance and agility, strength, jumping)	Team Games - Attacking and defending.	Team Games - Sport specific Bats and balls Rounders (Striking and fielding)	Swimming Year 1 and 2 (Skills: Water safety)	Target games	Obstacle courses (Running, jumping, changing direction. Patterns, space orientation, body control, recalling and copying) Parachute games	Outdoor adventure, orienteering Team building and problem solving



KS2	Team games (Throwing and catching) Dodgeball.	Team games (Striking) Football	Team games (Throwing and catching) Netball	Pilates (flexibility, strength, technique, control and balance)	Gymnastics (Balance and agility) (V.Hall)	Air Extreme - Trampolinin g (Balance and agility, strength, jumping)	Team games (Racket) Tennis	Swimming Year 5 & 6	Swimming Year 3 & 4 Team games (Striking and fielding) Rounders	Athletics (running, jumping, throwing and catchin)	Team games (Striking and fielding) Kwik Cricket	Outdoor adventure, orienteerin g Team building and problem solving
Additional Provision, opportunities and events: KS1							Additional Provision, opportunities and events: KS2					
Archery after school club Football after school club							Archery after school club Football after school club					



Rotation Year 4 - 2023-2024

	The Stone Age KS1 - KS2 -				Farm to Fork KS1 - KS2 -				The Olympics KS1 - KS2 -			
	Autumn One		Autumn Two		Spring One		Spring Two		Summer One Home learning		Summer Two	
	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2
EYFS	Fundamental skills /Multiskills.	Team Games (Attacking and defending)	Fundamental skills /Multiskills.	Team Games (Attacking and defending)	Fundamental skills /Multiskills.	Team games (Skills: Running and Jumping, throwing and catching)	Parachute games and indoor team games.	Dance (Skills: create simple movement patterns)	Athletics (Skills: Running, jumping, hopping, throwing.)	Swimming (Skills: Water safety)	Obstacle courses (Running, jumping, changing direction. Patterns, space orientation, body control, recalling and copying)	Outdoor adventure and problem solving
KS1	Multi-skills	Team building and problem solving	Team Games - Attacking and defending.	Dance	Climbing (Rock and rapid)		Gymnastics	Team games Striking Tennis (Coach)	Swimming	Team games Striking Tennis (Coach)	Team games Ball games	Athletics
KS2	Team games - Striking Badminton	Dance	Team games Striking Hockey	Team games Throwing and catching Netball	Climbing (Rock and rapid)		Gymnastics	Team games Striking Tennis (Coach)	Swimming	Team games Striking Tennis (Coach)	Team games Basketball	Athletics

Additional Provision:

SMCC multiskills day and dance day

SMCC sports competition for KS2

Tennis coach for PE



Planning links

<https://www.thegrid.org.uk/learning/pe/ks1-2/resources/>