



TOGETHER WE GROW AND LEARN

## Physical Education – Curriculum Coverage

### Objectives

<b>Foundation Stage (Early Learning Goals)</b>	<b>Key Stage 1 (National Curriculum)</b>	<b>Key Stage 2 (National Curriculum)</b>
<p>Children show good control and co-ordination in large and small movements.</p> <p>They move confidently in a range of ways, safely negotiating space.</p> <p>They handle equipment and tools effectively, including pencils for writing.</p> <p>Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>Perform dances using a range of movement patterns</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p>

## Coverage Maps

### Foundation Stage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>The children have a 2 hour Forest Learning session per week. Forest learning has developed from the Scandinavian education system and is about children and young people building self-esteem and independence through exploring and experiencing the natural world. The ethos of Forest Learning allows learners the time and space to develop skills, interests and understanding through practical, hands-on experiences. It also allows practitioners to step back and observe the children in order to then encourage and inspire individuals to achieve through careful scaffolding and facilitating.</p>					
<p>Continuous Provision: Funky Fingers/finger gym tables, threading, actions songs/dance, activate, mini gym, core muscle activities, dough disco. Continuous provision is linked to Physical Development throughout each topic allowing the children to access a range of activities to help them develop both their gross motor and fine motor movements.</p>					
<p>Our outdoor area allows the children to have opportunities to:</p> <ul style="list-style-type: none"><li>· enjoy physical play and the sense of freedom and well-being it brings;</li><li>· begin to understand the importance of physical activity for good health and fitness;</li><li>· develop spatial awareness and how to share space safely with others;</li><li>· move confidently with increasing control and imagination</li></ul>					

**Lower School**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>X2 hour weekly PE Session</b>					
<b>Y1</b>	Gymnastics (Balancing)	Dance (Movements and Patterns)	Forest Learning (Team Games)	Games (Receiving)	Games (Sending)	Athletics (Olympics)
<b>Y2</b>	Forest Learning (Team Games)	Gymnastics (Traveling)	Dance (Styles of Dance)	Games (Receiving)	Multi Skills	Athletics (Olympics)
<b>Y3</b>	Dance (Cultural Dance)	Forest Learning (Team Games)	Gymnastics (Jumping/Landing)	Games (Throwing and Catching)	Games (Hitting and striking)	Athletics (Olympics)
	<b>Extra-Curricular Clubs and Activities</b>					
	Karate Dance	Karate Dance	Dance Football Academy	Dance Football Academy	Cheerleading Street Dance 5 a side football Karate Mixed Sports Dance	Cheerleading Street Dance 5 a side football Karate Mixed Sports Dance
	<b>Competitive Sport</b>					
	Multi Skills	Multi Skills	Cross Country Football	Cross Country Football	Football	Football
	<b>Additional Provision to Support Physical Education</b>					
	Daily 15 minute Playtime and 25 Minute lunch playtime - with use of sports equipment, markings, field and Multi Use Games Area Funfit Groups					

## Upper School

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>X2 hour weekly PE Session</b>					
<b>Y4</b>	Swimming					
<b>Y5</b>	Netball/ Gymnastics	Dance/ Football	Gymnastics/ Rugby	Indoor Games/ Hockey	Athletics/ Rounders	Athletics/ Cricket/ Orienteering
<b>Y6</b>	Weekly PE Session at Joseph Whitaker School					
	<b>Extra-Curricular Clubs and Activities</b>					
	Badminton Coach Dance TAG rugby Netball Racquets Club Golf	Badminton Coach Dance TAG rugby Netball Racquets Club Golf	Cricket Girls Football Dance Foot Golf	Cricket Girls Football Dance Foot Golf	Netball Energetic Club Girls Football Cricket Club 5 a side Football	Netball Energetic Club Girls Football Cricket Club 5 a side Football
	<b>Competitive Sport</b>					
	Cross Country Football Futsal	Cross Country Football Futsal	Cross Country Football Futsal	Cross Country Football Futsal	Cross Country Netball Cricket Golf	Cross Country Netball Cricket Golf
	<b>Additional Provision to Support Physical Education</b>					
	Daily 15 minute Playtime and 25 Minute lunch playtime - with use of sports equipment, markings, field and Multi Use Games Area Funfit Groups					

## Whole School Events

<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Nottingham Panthers Trip</b> <b>Notts County Game</b>	<b>Ice Skating Trip</b>	<b>Nottingham Panthers Trip</b>	<b>TBA</b>	<b>TBA</b>	<b>Sports Day</b> <b>Euros Football</b> <b>Cricket Game</b>