

Physical Education Overview

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities.
- lead healthy, active lives.

PE long-term plan

	Autumn		Spring		Summer	
Yr R/1/2	Basic Motor Skills	Multi-skills	Games - Dribbling & dodging. Dance – Exploration & development	Gymnastics – travelling. Games - Sending & receiving	Games – hitting & targets. Games – scoring points.	Games – net & wall – tennis. Games – striking & fielding – rounders.
Yr 3/4/5/6	Games – Football. Games - Tag-rugby	Games - Tag-rugby. Games - Netball	Outdoor & adventurous activities. Gymnastics - sequences	Games – volleyball. Dance – ideas into movement	Games – striking & fielding - rounders. Games – striking & fielding - cricket.	Games – tennis. Athletics – run, jump, throw.