

Curriculum Intent PE

At Bledlow Ridge School, we aim to develop a love of sport and physical activity in all children and inspire them to become lifelong active people when they leave KS2. We want all children to develop and improve the fundamental skills needed to access all physical activity such as invasion games, gymnastics or dance. Children will understand the importance of healthy competition against either themselves (personal best) or other children, the importance of an active and healthy lifestyle and the role that physical activity plays in achieving this, how to swim, basic survival skills in water and life skills such as team work, independence and resilience.

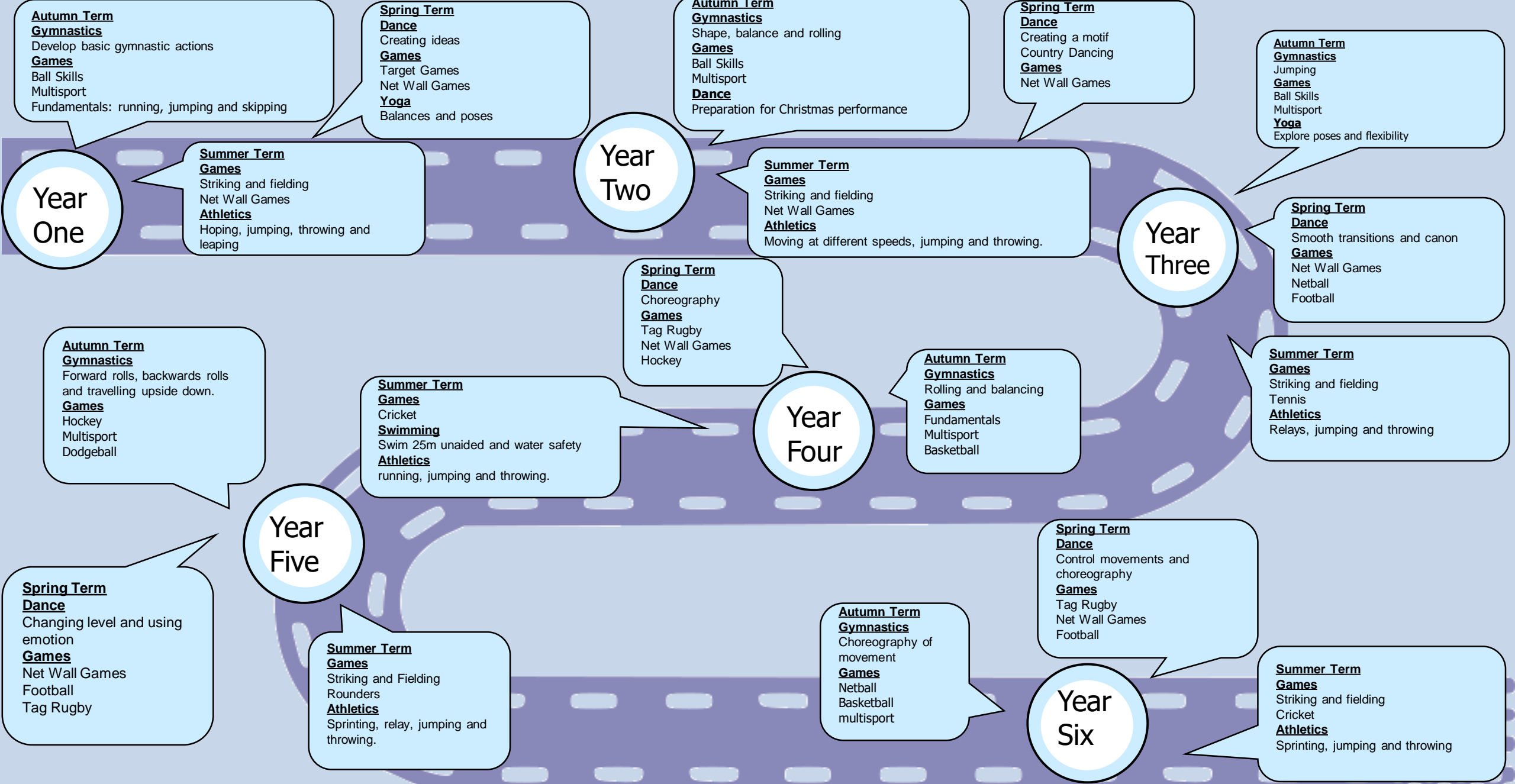
Overview of EYFS Provision

Physical development is one of the three prime areas within the Early Years Foundation Stage (EYFS). Each prime area is divided into Early Learning Goals. For physical development these are:

- Moving and handling - skills enabling children to show good control and coordination in large and small movements. Children are able to handle equipment and tools effectively, including pencils for writing.
- Health and self care - children knowing the importance of good health which includes physical exercise and a healthy diet. Children are able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

At Bledlow Ridge School, our children develop these skills through play in our stimulating and active learning environments. We provide:

- Time and space to enjoy energetic play daily
- Opportunities for movement skills through games, activities where children can practise moving in different ways
- Activities to develop manipulative skills
- Opportunities to use tools and materials effectively and safely
- A range of construction toys of different sizes that fix together in a variety of ways, including large loose parts to facilitate core strength
- Play resources including small- world toys, construction sets, threading and posting toys, dolls' clothes and material for collage
- Health awareness by talking with children about exercise, its effect on their bodies and the positive contribution it can make to their health



Autumn Term
Gymnastics
Develop basic gymnastic actions
Games
Ball Skills
Multisport
Fundamentals: running, jumping and skipping

Year One

Summer Term
Games
Striking and fielding
Net Wall Games
Athletics
Hoping, jumping, throwing and leaping

Spring Term
Dance
Creating ideas
Games
Target Games
Net Wall Games
Yoga
Balances and poses

Year Two

Autumn Term
Gymnastics
Shape, balance and rolling
Games
Ball Skills
Multisport
Dance
Preparation for Christmas performance

Summer Term
Games
Striking and fielding
Net Wall Games
Athletics
Moving at different speeds, jumping and throwing.

Spring Term
Dance
Creating a motif
Country Dancing
Games
Net Wall Games

Year Three

Autumn Term
Gymnastics
Jumping
Games
Ball Skills
Multisport
Yoga
Explore poses and flexibility

Spring Term
Dance
Smooth transitions and canon
Games
Net Wall Games
Netball
Football

Summer Term
Games
Striking and fielding
Tennis
Athletics
Relays, jumping and throwing

Autumn Term
Gymnastics
Forward rolls, backwards rolls and travelling upside down.
Games
Hockey
Multisport
Dodgeball

Year Five

Summer Term
Games
Cricket
Swimming
Swim 25m unaided and water safety
Athletics
running, jumping and throwing.

Spring Term
Dance
Choreography
Games
Tag Rugby
Net Wall Games
Hockey

Year Four

Autumn Term
Gymnastics
Rolling and balancing
Games
Fundamentals
Multisport
Basketball

Spring Term
Dance
Changing level and using emotion
Games
Net Wall Games
Football
Tag Rugby

Summer Term
Games
Striking and Fielding
Rounders
Athletics
Sprinting, relay, jumping and throwing.

Autumn Term
Gymnastics
Choreography of movement
Games
Netball
Basketball
multisport

Year Six

Spring Term
Dance
Control movements and choreography
Games
Tag Rugby
Net Wall Games
Football

Summer Term
Games
Striking and fielding
Cricket
Athletics
Sprinting, jumping and throwing