

HOLY TRINITY CATHOLIC ACADEMY MEDIUM TERM CURRICULUM PLANNER

INTENT:

Develop active and healthy lifestyles in all children;
To engage children in a range of different sporting and physical activities;
To develop the children's physical, emotional and social wellbeing.

EYFS – Our PE curriculum learning journey begins in the Early Years' Foundation Stage's 'Physical Development; curriculum and all subsequent learning is built upon these foundations. (See below)

During the Nursery, almost all children will be able to:

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
Go up steps and stairs, or climb up apparatus, using alternate feet.
Skip, hop, stand on one leg and hold a pose for a game like musical statues.
Use large-muscle movements to wave flags and streamers, paint and make marks.
Start taking part in some group activities which they make up for themselves, or in teams.
Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.
Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.
Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.
Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

During F2, almost all children will be able to:

Revise and refine the fundamental skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing

Progress towards a more fluent style of moving with developing control and grace

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical discipline including dance, gymnastics, sport and swimming

Combine different movements with ease and fluency

Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group

Develop overall body strength, balance, co-ordination and agility

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming

Develop confidence, competence, precision and accuracy when engaging in activities that involve in ball

Physical Development ELG:

Gross Motor Skills

- 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.

The children will have explored this through a variety of means – weekly Forest School sessions, different learning themes, stories and links to the Book of the Week, outdoor learning opportunities, continuous provision, visits etc. Links also will have been made to other aspects of the EYFS curriculum. Refer to the separate EYFS section on the website for further information.

PE Foundation Stage						
	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year A	Throwing & Catching skills	(Topic) Winter	(Topic) Space	Gymnastics	(Topic) Jungle	Athletics
Year B	Throwing & Catching skills	(Topic) Winter	Gymnastics	(Topic) Growing	(Topic) Jungle	Athletics

YEAR	Key Knowledge	Vocabulary	Key Skills
Foundation Stage	<p>To know how to perform fundamental movements</p> <p>Gymnastics</p> <ul style="list-style-type: none"> • The following Balances & Shapes, Jumps and Rolls will be experienced and an understanding of the technique will be discussed and demonstrated • Key terms of stretch, not wobbling and tight muscles will be discussed • Each child to hold the shapes for 3 elephants to extend the hold • Safety will be discussed and demonstrated • Shapes consist of Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes • Also Walking across beams, include low jump landing in magic chair • Rolls include Log roll, egg roll, pencil roll <p>Throwing & Catching</p> <ul style="list-style-type: none"> • Children develop their understanding of throwing and catching techniques • These including cup catch, grab, rainbow throw, under/over arm throw, aiming at targets and experience different sized objects and how this impacts hand shape. 	Muscles Tuck Springboard Pike Straight jump Stretches Landing Star Balance Warm up Stretch Rolls Jumps Travel Sprint Throw Catch	Create and perform individual movements. Copy actions and movement Engage muscle linked to shape or balance hold Link two actions to make a sequence. Travel in different ways, changing direction and speed. Hold still shapes and simple balances. Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care. Begin to throw and catch in different ways and with different sized objects Can discuss different skills and show in basic competition against self Can perform in basic competition with others and enjoy this experience Can enjoy taking part in PE and can begin to show some resilience

- Children build confidence in this key area and begin to experience simple games of boccia and targets.

Topic

- Children enhance their learning from class to PE by reinforced experiences in PE.
- Children develop their ABCs Agility, Balance, Co ordination and speed linked to the theme covered in their class based learning.
- Children develop their understanding of jumping safely with bent knees, speed control, spatial awareness, changing direction, holding balances and performing more than one action at a time.

Athletics

- Children begin to experience athletic skills of running, jumping, throwing and balances linked to sports day.
- Children begin to experience fun competition with themselves and others.
- Children begin to develop resilience and are encouraged to try their best and enjoy.