**Pheasey Park Farm Primary School – P.E Curriculum Grid - September 2023-24**

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|  |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Nursery** | Indoor | Dance – Unit 1 – (Reception Unit) – ‘Stars,’ ‘Rabbits,’ ‘ Follow my feet,’ ‘Hickory Dickory Dock,’ ‘Autumn leaves’Getting changedCircle games.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics – Unit N/R - ‘Reception introductory unit’ (Reception Unit)Dance - Pheasey Park Farm Dance Festival***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Dance - Pheasey Park Farm Dance Festival***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Games – Reception Unit 1 – ‘Focus on using beanbags’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics – Unit A - ‘Travelling’ (Reception Unit)Outdoor – Athletics (practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Games – Reception Unit 2 – ‘Focus on using a ball’Outdoor – Athletics (practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| **Reception**  | Indoor | Gymnastics – Unit B - ‘Stretching and curling’ ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Dance- Celebrations***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Multi-Skills- Balance, coordination and ball skills.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics – Unit B – Travelling Gym Jungle***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Dance till you dropOutdoor – Athletics (practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating***  | Games – Reception Unit 4 – ‘Focus on using ropes, bats and balls’Outdoor – Athletics (practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| **Year 1**Swimming in all 3 terms | Indoor | Dance- Contemporary Dance***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics- Stretching and curling***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Football- Dribbling, kicking and hitting’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Dance-the seasons***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics- Travelling***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Multi-Skills- Balance, coordination and ball skills.***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| Outdoor | Games - Unit 1 – ‘Ball skills and games’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Orienteering- Outdoor and adventurous activities***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Football- Dribbling, kicking and hitting’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Tennis- ‘Bat/ball skills & games’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 1(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 2(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| **Year 2**Swimming in all 3 terms | Indoor | Dance- Street Dance***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics- Rolls and Balance***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Tennis- ‘Bat/ball skills & games’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Dance- Haka******Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics- Rolls, Jumps and Balance***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Multi- skills- Balance, coordination and ball skills.***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| Outdoor | Games - Unit 1 – ‘Throwing and catching – inventing games’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Orienteering- Outdoor and adventurous activities***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Tennis- ‘Bat/ball skills & games’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Football – ‘Dribbling, kicking and hitting’***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 1(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 2(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| **Year 3**Swimming in all 3 terms | Indoor | Gymnastics –Rolls, balances, jumps***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Football- Dribbling, shooting and foot placement.*** ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Street Dance***Covers SMSC******Covers British Values******Covers Healthy Eating*** | DanceContemporary Dance***Covers SMSC******Covers British Values******Covers Healthy Eating*** | GymnasticsRolls, balances, jumps on equipment & creating routines***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Kwik Cricket- Batting, fielding and team games.***Dance***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| Outdoor | Tennis- Hand/eye coordination, forehand and backhand. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Football- Dribbling, shooting and foot placement. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Basket Ball- Hand/eye coordination, dribbling and passing. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Basket Ball- Hand/eye coordination, dribbling and passing. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 1(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 2(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| **Year 4**Swimming in all 3 terms | Indoor | HandballPassing, catching and shooting (invasion games)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Break DancePerforming dances using range of movements, comparing performances with previous ones***Covers SMSC******Covers British Values******Covers Healthy Eating*** | DanceHAKA***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Football******Covers SMSC******Covers British Values******Covers Healthy Eating*** | GymnasticsRolls, balances, jumps on equipment & creating routines***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Netball- Hand/eye coordination. Team games.***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| Outdoor | Tennis- Hand/eye coordination, forehand and backhand. Team games and partner work.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Basket Ball- Team games. Shooting and passing.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Netball- Hand/eye coordination. Team games.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Rounders- Team games. Shooting and passing.******Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 1(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 2(practise for Sports Day)Outdoor and adventurous activities – orienteering – Residential visit (Whitemoor Lakes)– canoeing, climbing, abseiling, archery, activity course***Covers SMSC******Covers British Values (Links to British explorers, appreciation of the British countryside)******Covers Healthy Eating*** |
| **Year 5**Swimming in all 3 terms | Indoor  | RoundersStriking and Fielding ***Covers SMSC******Covers British Values*** ***Covers Healthy Eating*** | Dodge ball- resilience and perseverance.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | DanceBhangra***Covers SMSC******Covers British Values******Covers Healthy Eating*** | FootballDribbling, passing, shooting and invasion games***Covers SMSC******Covers British Values******Covers Healthy Eating*** | GymnasticsRolls, balances, jumps on equipment & creating routines***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Netball- High 5’s-resilience and perseverance.*** ***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| Outdoor  | Tag Rugby- resilience and perseverance.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Dodge ball- resilience and perseverance.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Netball- resilience and perseverance. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Rounders- ball skills, fielding, team games, resilience and perseverance.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 1(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 2(practise for Sports Day)***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| **Year 6**Swimming in all 3 terms | Indoor | Rounders- ball skills, fielding, team games, resilience and perseverance.***Covers British Values******Covers Healthy Eating*** | ***Dodge ball- resilience and perseverance.******Covers SMSC******Covers British Values******Covers Healthy Eating*** | DanceHAKA***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Gymnastics Rolls, balances, jumps on equipment & creating routines***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Dance – In Leavers’ concert. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** |
| Outdoor  | Hockey- resilience and perseverance.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | ***Dodge ball- resilience and perseverance.******Covers SMSC******Covers British Values******Covers Healthy Eating*** | Rounders- ball skills, fielding, team games, resilience and perseverance.***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Netball- resilience and perseverance. ***Covers SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 1(practise for Sports Day)***overs SMSC******Covers British Values******Covers Healthy Eating*** | Athletics - Unit 2(practise for Sports Day)Outdoor and adventurous activities carried out on residential – climbing, abseiling, buggy building, campfire, archery, activity course, circus skills ***Covers SMSC******Covers British Values (Links to British explorers, appreciation of the British countryside)******Covers Healthy Eating*** |

SMSC – Social skills. Understanding how their body works and what can be achieved. Being able to work in a team, respecting rules and what is right and wrong. Winning with grace and accepting defeat with dignity. Using their imagination and creativity. Being able to reflect on what they have done. British Values – Respecting others, fair play, sportsmanship. Appreciation of British sports people, working together. Healthy Eating – Children warm up and cool down, understanding of why they are doing this. Understanding of how to be healthy through exercise and eating healthily.