

Physical Education Curriculum Overview

At Alec Reed we want our children to experience a broad and balanced physical curriculum intended to provide for pupils' increasing self-confidence in their ability to manage themselves and their bodies within a variety of movement situations. Progressive learning objectives, combined with sympathetic and varied teaching approaches, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all pupils. Through the selection of suitable differentiated and logically developed tasks, it is intended that pupils, irrespective of their innate ability, will enjoy success and be motivated to further develop their individual potential. The activities offered and the teaching approaches adopted seek to provide pupils with opportunities to develop their creative and expressive abilities, through improvisation and problem-solving. Pupils are encouraged to appreciate the importance of a healthy and fit body and begin to understand those factors that affect health and fitness.

This curriculum is intended to integrate into the whole school's planning for the development of pupils' communication, numeracy, PSHE and ICT skills.

Fundamental Skill Focus						
	Unit 1	Unit2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS	Indoor: Coordination: Footwork Static Balance: One leg	Indoor: Dynamic Balance to Agility: Jumping and Landing	Indoor: Dynamic Balance: On a line Static Balance: Stance	Indoor: Coordination: Ball Skills Counter Balance: With a partner	Indoor: Coordination: Sending and Receiving Agility: Reaction/Response	Indoor: Agility: Ball Chasing Static Balance: Floor work
Year 1	Indoor: Coordination: Footwork Static Balance: One leg Outdoor: Teamwork	Indoor: Dynamic Balance to Agility. Static Balance: Seated Outdoor: Football	Indoor: Dynamic Balance: On a line Static Balance: Stance Outdoor: Ball skills	Indoor: Coordination: Ball Skills Counter Balance: With a partner Outdoor: Ball skills	Indoor: Coordination: Sending and Receiving Outdoor: Throwing/ catching	Indoor: Agility: Ball Chasing Static Balance: Outdoor: Sports day Activities
Year 2	Indoor: Coordination: Footwork Static Balance: One leg Outdoor: Football	Indoor: Dynamic Balance to Agility: Static Balance: Seated Outdoor: Tag Rugby	Indoor: Dynamic Balance: On a line Static Balance: Outdoor: Ball Skills- Target practice	Indoor: Ball Skills Counter Balance: With a partner Outdoor: Ball Skills- Target practice	Indoor: Sending and Receiving Agility: Reaction/Response Outdoor: Hockey	Indoor: Agility: Ball Chasing Static Balance: Outdoor: Sports day Activities
Year 3	Indoor: Skill- Coordination: Footwork Static Balance: One leg Outdoor: Tag Rugby	Indoor: Skill- Dynamic Balance to Agility: Static Balance: Seated Outdoor: Hockey	Indoor: Skill- Dynamic Balance: On a line Coordination: Ball Skills Outdoor: Football	Indoor: Sending and Receiving Counter Balance: With a Partner Outdoor: Netball	Indoor: Reaction/Response Static Balance: Outdoor: Striking and Fielding games	Indoor: Skill- Agility: Ball Chasing - Static Balance: Stance Outdoor: Athletics
Year 4	Indoor: Coordination: Footwork Static Balance: One leg Outdoor: Football	Indoor: Dynamic Balance to Agility: Balance: Outdoor: Tag Rugby	Indoor: - Dynamic Balance: On a line Coordination: Ball Skills Outdoor: Basketball	Indoor: - Coordination: Sending and Receiving - Counter Balance Outdoor: Hockey	Indoor: Agility: Reaction/Response Static Balance: Floor work Outdoor: Netball	Indoor: Agility: Ball Chasing Static Balance: Outdoor: Rounders/Cricket
Year 5/6	Indoor: Coordination: Ball Skills Agility: Reaction/ Response Outdoor: Football	Indoor: Static Balance: Seated Static Balance: Floor work Outdoor: Tag Rugby	Indoor: Dynamic Balance: On a Line Counter Balance: With a Partner Outdoor: Basketball	Indoor: Static Balance: One Leg Dynamic Balance to Agility: Outdoor: Hockey	Indoor: Static Balance: Stance Coordination: Footwork Outdoor: Netball	Indoor: Agility: Ball Chasing Coordination: Sending and receiving Outdoor: Cricket