

Curriculum Plan

Physical Education

'Spirituality is the bitter-sweet yearning for beauty, truth, love and wonder beyond ourselves. It is a longing we pursue together and a treasure we glimpse in ourselves and one another and seek beyond us into eternity. It is life in all its fullness.'

Nebula Spirituality Statement



EYFS Statutory Framework

EYFS

Physical Development

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

ELG: Gross Motor Skills

Children at the expected level of development will:

- 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.

ELG: Fine Motor Skills

Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;
- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.

Statutory National Curriculum

Key Stage One

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- ☑ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- ☑ participate in team games, developing simple tactics for attacking and defending
- ☑ perform dances using simple movement patterns.

Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- ☑ use running, jumping, throwing and catching in isolation and in combination
- ☑ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- ☑ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ☑ perform dances using a range of movement patterns
- ☑ take part in outdoor and adventurous activity challenges both individually and within a team
- ☑ compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- ☐ swim competently, confidently and proficiently over a distance of at least 25 metres
- ☐ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- ☐ perform safe self-rescue in different water-based situations.

Physical Education



Frettenham Curriculum Plan (2022 to 2023)

Reception and Year 1		
Autumn	Spring	Summer
Fundamental Movement Skill (running, safe stopping) Simple invasion games (tag etc using bibs) Ball skills (hands) -focused on catching, passing, movement Sports specific skills: target throwing	Ball Skills: kicking, dribbling, Gymnastic skills (equipment) Sports specific skills: hitting, kicking and throwing and catching.	Fundamental movement skills – jumping for distance, mini-hurdles, ladders Ball skills: striking, fielding Athletic Skills Dance
Year 2,3 4		
Autumn	Spring	Summer
Games: Tag-Rugby Ball skills (hands) -focused on catching, passing, movement Health and Fitness: Cross-country running Games : Football.	Gymnastics (floor and apparatus) Health and Fitness Korfball.	Dance Athletics – track and field (focus on field this year) Striking and Fielding cricket / rounders Tennis Target games: Tri-golf
Year 5 and 6		
Autumn	Spring	Summer
Games :Tag-Rugby Health and Fitness: Cross-country running Yr6s: CC1 (adventurous activities, team-building, orienteering)	Orienteering and problem solving Games: Hockey or Lacrosse Gymnastics (floor and apparatus) Swimming – selected children only	Volleyball or Tennis Athletics – track and field (focus on field this year) Games: Striking and Fielding (cricket) Target games: Tri-golf Dance – end of year performance.

- **Invasion Games:** Pop-lacrosse, football, hockey, korfball, tag-rugby
- **Striking and Fielding Games:** cricket, rounders,
- **Net and Wall Games:** tennis, korfball, netball
- **Target Games:** golf, *archery,
- **Health and Fitness:** cross-country, multi-skills, circuit training, skipping, yoga, aerobics

- **Athletics:** (running, jumping and throwing) sprinting, middle-distance running, long-distance running, relay, hurdles, speed ladder, triple jump (standing/moving), long jump (standing/moving), javelin throw, knee throwing
- ****Outdoor Pursuits Games:** canoeing, orienteering, geocaching

** Outdoor Pursuits/OAA will mostly feature in our Residential School visits to Whitwell Hall (Y3/4 biennially) or Norfolk Lakes (Y5/6 biennially)