

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



Physical Education



Hainford 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 Gymnastic skills (floor) – balance Sports specific skills: target throwing	Ball Skills: kicking, dribbling, Dance Gymnastic skills (equipment) Sports specific skills: hitting, kicking and throwing and catching.	Fundamental movement skills – jumping for distance, mini-hurdles, ladders Ball skills: striking, Athletic Skills
Year 2 and Year 3		
Autumn	Spring	Summer
Games: Football Games: Tag-Rugby Ball skills (hands) -focused on catching, passing, movement Gymnastics (floor)	Dance Gymnastics (floor and apparatus) Health and Fitness	Netball Athletics – track and field (focus on field this year) Striking and Fielding cricket / rounders Tennis Target games: Tri-golf <hr/> Boccia
Year 4,5 and 6		
Autumn	Spring	Summer
Swimming – selected children only Games : Football & Tag-Rugby Health and Fitness: Cross-country running	Orienteering and problem solving Dance Health and fitness Games: Hockey Gymnastics (floor and apparatus)	Netball / korfball / tennis Athletics – track and field (focus on field this year) Games: Striking and Fielding (cricket) Yr5s: CC1 (adventurous activities, team-building, orienteering) Target games: Tri-golf or Boccia <hr/>

- **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)