

EYFS: Early Learning Goals

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.

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.

Key Stage 1 National Curriculum Objectives

Key stage 1 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

Gymnastics, Dance, Athletics, Multi-skills & Games, Outdoor Adventure
, Compete/Perform, Evaluate and Health& Fitness.

KEY: Gymnastics, Dance, Athletics, Multi-skills & Games, Outdoor Adventure,
Compete/Perform, Evaluate and Health& Fitness. (Across all areas of PE)

PE Coverage Overview KS1 2022 – 2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	PE expectations-practise dressing and undressing, behaviour in the hall.	Dance	Gymnastics Dance	Gymnastics Dance	Multi-skills & Games Athletics Sports Day practice	Athletics
Year 1	Multi-skills & Games Gymnastics	Gymnastics Multi-skills & Games	Multi-skills & Games Dance **KS1 agility intrahouse competition	Multi-skills & Games Athletics	Gymnastics Sports Day practice Athletics	Athletics/ Dance **KS1 Intrahouse athletics competition
Year 2	Gymnastics Dance/ yoga African theme *Dance workshop	Multi-skills & Games Multi-skills & Games	Gymnastics Dance **KS1 agility intrahouse competition	Multi-skills & Games Archery	Multi-skills & Games Athletics Sports Day practice	Athletics **KS1 Intrahouse athletics competition
Compete/Perform, Evaluate and Health& Fitness. (Across all areas of PE)						