



Rattlesden C of E Primary Academy

Believe Embrace Shine Together I can do all things through Christ who strengthens me.' **Phillipians 4:13**

Physical Education

	Autumn	Spring	Summer
Willow Reception/ Year One	Multi-Skills with PE coach Forest Schools Music and Movement Dance Yoga		
Maple/Silver Birch Year One/Two + Forest Schools PE taught by PE coach for one lesson and class teacher for one lesson.	Ball skills- catching & throwing Team Games- rugby	Gymnastics Dance	Athletics Tennis/Striking and fielding
Oak- Year Three One lesson taught by PE coach and one lesson taught by class teacher	Orienteering Running fitness SHA sportshall athletics Games- Hockey or rugby	Gymnastics Dance Games-Football or rugby Netball	Athletics Striking and fielding (rounders and cricket) Tennis Swimming
Cedar Year Four/Five PE taught by sports coach Forest Schools delivered by class teacher	SHA Sportshall athletics Games-Hockey or rugby Forest Schools	Gymnastics Games-Basketball or football Dance	Quadkids athletics Striking and fielding (rounders and cricket) Swimming

Beech Year Five/Six Taught by PE coach	SHA Sportshall athletics Games- Hockey or football	Gymnastics Games- Basketball Dance	Quadkids athletics Striking and \fielding (rounders and cricket)
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EYFS	Reception										
<ul style="list-style-type: none"> Gross and fine motor experiences development of strength, co-ordination and positional awareness. Play both indoors and outdoors Develop core strength, stability, balance, spatial awareness, co-ordination and agility. 	✓										
NC Objectives- KS1	Year 1			Year 2							
Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of situations.	W	W	W	✓		✓					
Participate in team games , developing simple tactics for attacking and defending.	M		M	✓		✓					
Perform dances using simple movement patterns	W	W	W		✓						

KS2 Curriculum	Year 3			Year 4			Year 5			Year 6		
Use running, jumping, throwing and catching in isolation and combination.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
Develop flexibility, strength, technique, control and balance.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Perform dances using a range of patterns.		✓			0			✓			✓	
Take part in outdoor and adventurous activity challenges both individually and within a team.	✓			0					✓ residential			✓ residential
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swim competently, confidently and proficiently over a distance of at least 25m			✓			✓			✓			✓
Use a range of strokes effectively			✓			✓			✓			✓
Perform safe self-rescue in different water-based situations			✓			✓			✓			✓

