The Willows Primary School

Building resilience, ambition and respect

Physical activity in EYFS:

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. 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.

Physical activity in KS1 & 2:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Pupils will:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

At The Willows, we use The PE Hub as a tool for teaching our physical education curriculum. To find out more about the units listed please go to: thepehub.co.uk

PE Long Term Plan 2021-2022.

	Theme	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	**My body, myself**	Birth to 3: Walking, running, jumping in different ways	Revise & refine fundamental movement skills: rolling, crawling, jumping etc.	Send & return	Send & return	Hockey	Swimming	Hockey	Hockey
				Dance.1.	Dance.1.	Dance.1.	Dance.1.	Dance.1.	Dance.1.

Autumn 2	**Ball Skills**	3 and 4 year olds: Kicking, throwing, catching balls	Further develop and refine a rage of ball skills: throwing, catching, kicking, passing.	Attack, defend, shoot Dance.1.	Attack, defend, shoot Dance.1.	Handball Dance.1.	Swimming Dance.1.	Football Dance.1.	Football Dance.1.
Spring 1	**Movement and Development**	3 and 4 year olds: Skipping, hopping and standing on one leg. Participating in group activities which they make up themselves, or in teams	Develop confidence, competence, precision & accuracy when engaging in activities that involve a ball.	Run, jump, throw Gymnastics.1.	Run, jump, throw Gymnastics.1.	Basketball Gymnastics.1.	Swimming Gymnastics.1.	Basketball Gymnastics.1.	Basketball Gymnastics.1.
Spring 2	**Throwing & Catching**	3 and 4 year olds: Develop movement, balancing & ball skills. Use large muscle movements.	Manipulation & coordination.1.	Send & return.1. Gymnastics.1.	Send & return.1. Gymnastics.1.	Tag rugby Gymnastics.1.	Swimming Gymnastics.1.	Tag rugby Gymnastics.1.	Tag rugby Gymnastics.1.
Summer 1	**Batting & Catching**	3 and 4 year olds: Able to use and remember sequences And patterns of movements which are related to music and rhythm.	Cooperate and solve problems Dance.1. (Progress towards a more fluent style of moving, with developing control and grace Combine different movements with ease and fluency)	Hit, catch & run.1. Dance.2.	Hit, catch & run.1. Dance.2.	Swimming Dance.2.	Rounders Dance.2.	Cricket Dance.2.	Cricket Dance.2.

Summer 2	**Team Games**	3 and 4 year olds: Continue to develop their movement & balancing, skills. Go up steps and stairs, or climb up apparatus, using alternate feet	Speed, agility, travel.1.	Run, jump, throw .2.	Run, jump, throw.2.	Swimming	Athletics	Athletics	Athletics
			Gymnastics.1. (Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility)	Gymnastics.2.	Gymnastics.2.	Gymnastics.2.	Gymnastics.2.	Gymnastics.2.	Gymnastics.2.