



BRADGATE
Education Partnership

Gaddesby Primary School

PE Curriculum

2022 – 2023



Physical Education

EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
<u>PE</u>	<u>PE</u>	<u>PE</u>	<u>PE</u>
<p>Manage their own needs and good hygiene practice (PSED)</p> <p>Revise and refine fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping and climbing (PD)</p> <p>Progress towards a more fluent style of moving (PD)</p> <p>Developing gross motor (PD)</p> <p>Developing fine motor skills (PD)</p> <p>Developing core strength (PD)</p> <p>Explore using apparatus; inside and outside (PD)</p> <p>Develop ball skills (passing, batting, throwing, catching, kicking and aiming) (PD)</p> <p>Attempt to move in time to music (EAD)</p>	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games.</p> <p>Develop simple tactics for attacking and defending in team games.</p> <p>Perform dances using simple movement patterns.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis].</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Perform dances using a range of movement patterns.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis].</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Perform dances using a range of movement patterns.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>
		Swimming	
		<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p> <p>Perform safe self-rescue in different water-based situations.</p>	