

Cupernham Infant School – PE Overview 2023-24



Key Ideas & Objectives

EYFS:

KS1: 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.

Term	Year R	Year 1	Year 2	Whole School
Autumn 1	All About Me – FUNdamental movement skills Getting changed routine Organisation and independence. Why do we exercise? Health awareness and names for parts of the body, joints etc. Warm up games	Wall Bar teaching and introduction FUNdamental movement skills (Physical Literacy) Exploring FUNdamental movement skills including - balancing and jumping improving core strength. Dance - Fantastic Families	Dance - Once Upon a Time Collaborative routine, following instructions High and low body shapes, facial expressions and responding to music. FUNdamental movement skills: Tri Golf Holding the club Striking a ball Standing correctly Aiming over areas Striking into the air	<u>Personal Best Education</u> KS1 Multi-skills festival KS1 Cross-Country (Spring Term) KS1 Level 1 and 2 Dance Competition (Summer Term) KS1 Change 4 Life Festival (Summer Term)

		Longer routine, following instructions High and low body shapes, facial expressions.		KS1 Level 1 and 2 Gymnastics Competition. (Autumn Term)
Autumn 2	Creative Week – Diwali Dance inspired by Fireworks Physical Literacy Repeat ABC programme again from Autumn 1. Pick up what was achieved from Autumn 1 if completed repeat to ensure core strength is strengthening. (including a ABC programme)	Gymnastics Recap shapes and ways to travel. Focussing on balance, agility and coordination, then into a routine. Holding them for a period of time to improve core strength. Jump on board the Campervan – Yoga and movement to music inspired by journeys and travelling.	Dance- Dinosaur Roar! Learning a sequence of steps and movements like a dinosaur, mirroring and timing their movements to a beat. Performing to other classes. Gymnastics Maintain strong body shape. Looking at transitions, rolls and travelling for each shape, build up to using wall bars	Whole School Bikeability – Balance Bikes Summer 1 Jolf (ALL year groups). Whole School Workout (termly) Morning move with parents (monthly?) Olympic Athlete/Joe Wicks Visit TBC Sports Day
Spring 1	Gymnastics - Shapes Introduce shapes through games in each sessions. Looking at what each shape needs to be successful. Developing agility, balance and co-ordination. (Link to Maths + applying skills learnt on apparatus (Wall Bars)	Dance- Kings and Queens Children to build confidence in their ability to learn and perform a simple routine to their peers in other classes. Gymnastics Recap shapes and success criteria. Next step to focus on putting them into a routine. Applying them on apparatus (Wall Bars)	Multi skills- Handball (sending and receiving) Moving into space Sending the ball accurately using low density tennis balls and mitts. Gymnastics Maintain strong body shape. Looking at transitions, rolls and travelling for each shape, build up to using wall bars	After School Clubs Multi-skills Club Football Club Tennis Club Dance Club (Autumn 2- Summer 1).

Spring 2	<p>Down on The Farm - Dance Develop fundamental movement skills, agility and coordination and perform a dance using simple movement patterns</p> <p>Multi skills – Participate in team games, master basic movements including running, jumping, throwing and catching</p>	<p>Under the Sea – Yoga Exploring sea creatures using different body shapes, responding to music with movement using scarves and ribbons.</p> <p>Multi-skills - (sending and receiving) Moving into space Moving whilst holding a ball Sending and receiving Aiming and shooting</p>	<p>Dance- The Great Fire of London! Children to build confidence in their ability to learn and perform a simple routine to their peers in other year groups.</p> <p>Multi-skills - (sending and receiving) Moving into space Moving whilst holding a ball Sending and receiving Aiming and shooting</p>	
Summer 1	<p>Multi skills – Sports Day Preparation</p> <p>Participate in team games, master basic movements including running, jumping, throwing and catching, multi skills games (over/under throw, jumping, running etc)</p> <p><i>Teaching them the rules for each game and skills needed. Throwing, catching, position 1 etc.</i></p> <p>Glorious Gardens – Life Cycle of a plant dance.</p>	<p>Multi skills – Sports Day Preparation</p> <p>Sports Day preparation- multi skills games (over/under, golf, running etc)</p> <p>Skills focus→ What fundamental movement skills do we need to succeed in this activity? What are the best skills to use for each activity and why?</p>	<p>Multi skills – Sports Day Preparation</p> <p>Sports Day preparation- multi skills games (over/under, golf, running etc)</p> <p>Sports day- Multiskills preparation- Competing with others and themselves how can you improve my fundamental movement skills? What tactics can help your team? What techniques can help me achieve?</p>	
Summer 2	<p>FUNDamental Movement Skills: Throwing and catching games Listening and team work games. Throwing and catching Running in different ways. Parachute games</p> <p>BALANCE BIKES</p>	<p>Down Under! Dance Inspired by authentic aboriginal dances using traditional music of indigenous people and Australian animals.</p>	<p>Amazing Africa! Dance Inspired by authentic African dances using traditional music of indigenous people and African animal movements.</p>	

		<p>FUNdamental Movement Skills: Football</p> <p>Moving into space, Moving whilst dribbling, Striking the ball, Receiving the ball, Setting personal best with: 60 m sprint, 60 m hurdle, Standing long jump, bean bag throw</p> <p>BALANCE BIKES</p>	<p>FUNdamental Movement Skills: Cricket</p> <p>Sending the ball with accuracy, Catching the ball with two hands, Striking the ball with a bat. Setting personal best with: 60 m sprint, 60 m hurdle, Standing long jump, bean bag throw</p> <p>BALANCE BIKES</p>	
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