



## Subject: PE

RECEPTION			YEAR 1			YEAR 2			YEAR 3			YEAR 4			YEAR 5			YEAR 6		
AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER	AUTUMN	SPRING	SUMMER
Using the outdoor equipment (including bikes) Gymnastics Develop fine motor skills in Early Years Provision: playdough, pom poms, peg boards, marble runs etc.  Dance: Winter Wonderland	Games - Throwing and Catching  Yoga  Gymnastics Games – Throwing and Catching	Athletic circuits: speed/ stamina/ co-ordination/ agility  Dance: Under the Sun  Sports Day practise Games: Team games	Running Gymnastics  Jumping Gymnastics	Throwing Dance  Sending and receiving using body Dance	Sending and receiving using equipment Swimming  Multi skills Health and fitness	Dance Athletics  Dance Games 1	Gymnastics Games 2  Gymnastics Games 3	Gymnastics Games 4  Gymnastics Games 5	Invasion Games Gymnastics  Invasion Games Yoga OUTREACH	Net and Wall Games Health Related Fitness  Net and Wall Games Gymnastics2 OUTREACH Swimming	Striking & Fielding Dance PPA  OUTREACH Swimming  Striking & Fielding Athletics OUTREACH Dance PPA	Invasion Games – developing skills and tactics Circuits/ Fitness  Invasion Games – developing skills and tactics Boccia Dance Swimming	Net/Wall games  Gymnastics Net/Wall games  Gymnastics Athletics Striking and Fielding	Circuits Indoor T1 Indoor T2 Gymnastics – bridges Outcome: A gymnastic sequence on or off the apparatus applying the bridge skills learned.  Invasion Games – We cover Hockey, Netball, Basketball, Tag rugby in rotation across the year.	Dance Indoor T1&2  Invasion Games – We cover Hockey, Netball, Basketball, Tag rugby in rotation across the year  Athletics Swimming	Striking and fielding  Swimming Outcome: Tournament.  Indoor Gymnastics – bridges Outcome: A gymnastic sequence on or off the apparatus applying the bridge skills learned.  Athletics Swimming	Handball Swimming Yoga  Basketball Swimming Gymnastics	Tennis Gymnastics  Outdoor & Adventure Health and Fitness Circuits	Dance Athletics  Dance Rounders	
Alvey Values																				
Physical activity, PE and sport are an important part of our curriculum. 2 hours weekly PE. Active playtimes. Extra-curricular opportunities. We want our children to feel confident enough to find an activity or sport that they are keen to continue with outside of school.																				
The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE. The willingness to practice skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance. High levels of physical fitness. A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly. The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being. The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others. Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support. A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport. The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.																				