



## 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)	Get Set for P.E: Dance	Get Set for P.E: Games	Get Set for PE Fundamentals	Get set for PE – invasion games	Get Set for PE – Fitness	Get Set for PE – Fundamentals	Get Set for PE - Gymnastics	Get Set for PE – Yoga	Invasion Games	Net and Wall Games	Striking & Fielding	Invasion Games – developing skills and tactics	Net/Wall games	Gymnastics Net/Wall games	Indoor T1	Dance Indoor T1&2	Striking and fielding	Swimming	Rounders	Rounders
Parachute Games	Get Set for P.E: Fundamentals	Get Set for P.E: Gymnastics	Gymnastics -outreach	Dance	Target games - outreach	Dance	Get Set for PE – Invasion Games	Get Set for PE – Target Games	Gymnastics	Health Related Fitness	Dance PPA	Circuits/ Fitness			Gymnastics – symmetrical and asymmetrical balances		Indoor Gymnastics	Hockey	Athletics	Athletics
Get Set for P.E: Introduction to P.E		Sports Day practise							OUTREACH	OUTREACH	OUTREACH				Fitness T2		Athletics	Tag Rugby	Volleyball	Volleyball
Get Set for P.E: Ball Skills					Multiskills	Get Set for PE – Ball Skills	Get Set for PE - Gymnastics	Get Set for PE – Fitness	Invasion Games	Net and Wall Games	Striking & Fielding							Basketball	Yoga	
Develop fine motor skills in Early Years			Get Set for PE Ball skills	Sending and receiving - outreach	Striking and fielding games - outreach	Dance	Get Set for PE – Sending & Receiving	Get Set for PE – Striking & Fielding Games	Yoga	Gymnastics2	Athletics	Invasion Games – developing skills and tactics	Gymnastics	Athletics Striking and Fielding				Fitness		
Provision: playdough, pom poms, peg boards, marble runs etc.			Gymnastics - outreach	Dance					OUTREACH	OUTREACH	OUTREACH	Boccia								Dance
										Swimming	Dance PPA	Dance								
												Swimming								

### 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.