

# Deansbrook Infant School

## Physical Education Yearly overview

### PE Curriculum intent

At Deansbrook Infant School we provide all pupils access to a well-rounded physical education curriculum. We offer opportunities for children to develop their physical skills across many areas including gymnastics, dance, ball games and sports. We aim to ensure that all pupils develop the skills needed to excel in a broad range of physical activities. Physical education begins in Nursery, children experience daily opportunities to develop their health, fitness, wellbeing and moving and handling. Throughout early years' children enjoy access to an outdoor classroom which provides them with the opportunity to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. This progresses all the way to Year 2 allowing children to leave Deansbrook Infants School feeling physically confident. Children at Deansbrook also learn about many benefits of staying healthy and fit in and outside of school promoting well-rounded physical and mental well-being. At Deansbrook we offer weekly PE sessions in addition to physical opportunities in our school playground and outdoor classrooms daily. We like to see children engaging in sports and remaining physically active for sustained periods of time. We also encourage children to lead healthy and active lives through other areas of the curriculum such as science and PSHE. We understand that children should have access to a wide range of physical opportunities through many events such as Sports day, dance festival and other KS1 sports trips. Sports clubs are offered as extra-curricular activities which help to embed values of fairness and respect.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>• Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise</li> <li>• Manipulates a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons</li> </ul>	<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>• Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise</li> <li>• Walks down steps or slopes whilst carrying a small object, maintaining balance and stability</li> <li>• Can balance on one foot or in a squat momentarily, shifting body weight to improve stability</li> <li>• Manipulates a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons</li> </ul>	<p><b>Moving and Handling</b></p> <ul style="list-style-type: none"> <li>• Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise</li> <li>• Walks down steps or slopes whilst carrying a small object, maintaining balance and stability</li> <li>• Can grasp and release with two hands to throw and catch a large ball, beanbag or an object</li> <li>• Creates lines and circles pivoting from the shoulder and elbow</li> <li>• Manipulates a range of tools and equipment in one hand, tools include paintbrushes, scissors, hairbrushes, toothbrush, scarves or ribbons</li> </ul>	<p><b>Moving and Handling</b></p> <ul style="list-style-type: none"> <li>• Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise</li> <li>• Walks down steps or slopes whilst carrying a small object, maintaining balance and stability</li> <li>• Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles</li> </ul> <p>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</p> <ul style="list-style-type: none"> <li>• Can balance on one foot or in a squat momentarily, shifting body weight to improve stability</li> </ul>	<p><b>Moving and Handling</b></p> <ul style="list-style-type: none"> <li>• Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise</li> <li>• Walks down steps or slopes whilst carrying a small object, maintaining balance and stability</li> <li>• Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles</li> <li>• Can balance on one foot or in a squat momentarily, shifting body weight to improve stability</li> <li>• Can grasp and release with two hands to throw and catch a large ball, beanbag or an object</li> <li>• Creates lines and circles pivoting from the shoulder and elbow</li> </ul>	<p><b>Being Imaginative and Expressive</b></p> <p>Perform dances using simple movement patterns. Uses movement and sounds to express experiences, expertise, ideas and feelings</p> <p><b>Moving and Handling</b></p> <ul style="list-style-type: none"> <li>• Climbs stairs, steps and moves across climbing equipment using alternate feet. Maintains balance using hands and body to stabilise</li> <li>• Walks down steps or slopes whilst carrying a small object, maintaining balance and stability</li> <li>• Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles</li> <li>• Can balance on one foot or in a squat momentarily, shifting body weight to improve stability</li> <li>• Can grasp and release with two hands to throw and catch a large ball, beanbag or an object</li> </ul>

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Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Gymnastics</p> <p>Moving</p> <p>-explore movements and making shapes using different body parts.</p> <ul style="list-style-type: none"> <li>• Explore moving in different directions to walk a shape</li> <li>• Explore big and small ways of moving and making shapes using different body parts.</li> <li>• Moving in pairs</li> <li>• Creating shapes in pairs</li> </ul>	<p>Dance</p> <p>Ourselves</p> <ul style="list-style-type: none"> <li>• Responding in movement to words and music.</li> <li>• Moving with props and contrasting tempos.</li> <li>• Creating their own movements</li> <li>• Exploring opposites.</li> <li>• Moving in sequence.</li> </ul>	<p>Ball skills</p> <ul style="list-style-type: none"> <li>• Explore pushing</li> <li>• Explore rolling</li> <li>• Explore bouncing</li> <li>• Explore bouncing into space</li> <li>• Combine pushing and rolling</li> <li>• Combine rolling, pushing and bouncing</li> </ul>	<p>Gymnastics</p> <p>High, Over, Under, Over</p> <ul style="list-style-type: none"> <li>• Introduction to high, low, over and under</li> <li>• Introduction to the apparatus</li> <li>• Applying high and low on apparatus</li> </ul>	<p>Rackets' Bats, Balls and Balloons</p> <ul style="list-style-type: none"> <li>• Explore pushing/hitting a ball with control</li> <li>• Explore hitting a balloon/ball with power into space</li> <li>• Explore hitting/pushing (sending) a balloon with accuracy</li> <li>• Explore balancing an object on a racket/bat</li> </ul>	<p>Locomotion:</p> <p>Walking and Jumping</p> <ul style="list-style-type: none"> <li>• Explore/develop jumping</li> <li>• Apply jumping into a game</li> <li>• Jumping for distance</li> <li>• Explore jumping high</li> <li>• Explore hopping</li> <li>• Explore/develop walking</li> <li>• Explore walking in different pathways</li> <li>• Sustain walking</li> <li>• Explore marching</li> <li>• Apply walking into a game</li> </ul>

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Ball Skills:</b></p> <p>Develop bouncing-introduce sending with control</p> <p>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</p> <p>Aiming, throwing and catching with accuracy, power and speed. Stopping a ball Combine stopping and sending skills</p> <p>Combine sending and receiving skills Consolidate sending and receiving skills</p> <p>Moving the ball with control using hands and feet.</p>	<p><b>Dance: (Up, up and away – flight dances)</b></p> <p>Make rounded, wide and thin shapes with our bodies; draw rounded and spiky shapes in the air.</p> <p>Move in different directions and high and low. Travel rhythmically on feet, hopping and skipping.</p> <p>Move in different ways to portray a theme</p> <p>Perform simple rhythmic patterns and perform them in different formations.</p> <p>Talk about how they felt after dancing. Be able to talk about the dances and why they liked them, using a range of words.</p>	<p><b>Gymnastics with apparatus:</b></p> <p>To demonstrate different ways of travelling on parts of the body</p> <p>To know which parts of the body can take weight</p> <p>To know how to vary the shape of the balances</p> <p>To select two balances and link them together showing control</p> <p>To select two balances and link them together showing control</p> <p>To select, apply and adapt understanding to simple apparatus</p>	<p><b>Dance:</b></p> <p>Perform dances using simple movement patterns.</p> <p>(Jack and the Beanstalk) turn, jump and travel in different ways and use gesture, shape and stillness</p> <p>Copy, remember and repeat simple dance phrases</p> <p>Work alone with guidance from the teacher, to create movement ideas in response to a story</p> <p>Turn, jump and travel in different ways and use gesture, shape and stillness</p> <p>Remember and repeat simple actions to make up the dance idea</p> <p>Vary the speed, direction and</p>	<p><b>Gymnastics:</b></p> <p>Move in different ways and different directions using our hands and feet. To land safely after jumping from large apparatus</p> <p>Balance by taking the weight on different parts of our bodies on the floor and when using apparatus.</p> <p>Make up a short sequence of three movements while moving in curved pathways, both on the floor and on apparatus.</p> <p>Develop their skills in body shape using stretching and curling</p> <p>Develop rocking actions into sideways / forward rolls.</p>	<p><b>Balls/Games</b></p> <p>To throw with accuracy and retrieve quickly. Children to use these skills cooperatively and competitively.</p> <p>To retrieve and stop a moving ball.</p> <p>Moving the ball with control using feet.</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Send, control and stop a ball. Children to use the side, front and bottom of their feet to with a ball. (Competitive ball game – Dodgeball)</p> <p>To kick with accuracy and retrieve quickly.</p>

				pathways used during the dance		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p><b>Dance</b></p> <p>Explorers Jungle:</p> <ul style="list-style-type: none"> <li>-Responding to stimuli</li> <li>-Developing our motif with expression and emotion</li> <li>-Applying choreography in our motifs</li> <li>-Extending sequences with a partner. Performance in character and reflecting on their performance and peers.</li> </ul>	<p><b>Gymnastics</b></p> <p>Pathways:</p> <ul style="list-style-type: none"> <li>-To create movements to create a pathway (zig-zags, curled, high/low, wide and narrow)</li> <li>-To develop different pathways using apparatus</li> <li>-To create a sequence of movements.</li> <li>-To perform our completed sequences.</li> </ul>	<p><b>Dance</b></p> <p>Perform dances using simple movement patterns.</p> <p>Water:</p> <ul style="list-style-type: none"> <li>-Giving feedback by describing and interpreting movements.</li> <li>-Responding to music through movement.</li> <li>-Using descriptive language to discuss movement qualities.</li> <li>-Performing individual sequences.</li> <li>-To use improvised movements to explore various changing sound dynamics.</li> </ul>	<p><b>Ball Skills (Games)</b></p> <p>Hands and feet:</p> <ul style="list-style-type: none"> <li>-Keeping possession of a ball.</li> <li>-Developing passing and receiving skills.</li> <li>-Combining passing receiving and possession of a balls.</li> </ul> <p>Participate in team games, developing simple tactics for attacking and defending</p> <ul style="list-style-type: none"> <li>-Developing dribbling to score point (defending games)</li> <li>-Passing and receiving to score a point (defending game).</li> </ul>	<p><b>Gymnastics</b></p> <p>Linking movements:</p> <p>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</p> <ul style="list-style-type: none"> <li>-Creating movements that they can link together. (Rolling and balancing)</li> <li>-Linking movements on the apparatus.</li> <li>-Perform movement sequences including jumping, rolling and balancing.</li> <li>-Perform and evaluate sequences of movement.</li> </ul>	<p><b>Ball Skills (Games)</b></p> <p>Feet:</p> <ul style="list-style-type: none"> <li>-Develop dribbling skills to keep possession</li> <li>-Developing passing and receiving skills to keep possession</li> <li>-To combine passing, receiving and possession of a ball</li> <li>-Developing dribbling to score a point</li> <li>-Developing keeping possession to score a point</li> </ul>