



Stocksbridge Nursery Infant School PE Curriculum Overview

YEAR A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme titles	EYFS – Marvellous Me in School KS1 – Me & My City	EYFS – Terrific Tales KS1 - Megastructures	EYFS – Ticket to Ride KS1 – Around the World in 80 Years & Beyond	EYFS – Amazing Animals KS1 – What's it like in Africa?	EYFS – Places KS1 – Panic on Pudding Lane	EYFS – Come Outside KS1 – Living things & their Habitats.
YEAR B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme titles	EYFS – Me & My Home KS1 – Me & My School in Stocksbridge	EYFS – Hidden Heroes – People who Help us KS1 – Hidden Heroes	EYFS – Healthy Me KS1 – Healthy Me	EYFS – Nurturing Nature KS1 – Nurturing Nature	EYFS – Extreme Environments KS1 – Extreme Environments	EYFS – How I do like to be beside the seaside. KS1 – How I do like to be beside the seaside.
Nursery	<p>Over the year Nursery will cover:</p> <ul style="list-style-type: none"> • Learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. • They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping, balancing, changing direction, jumping and hopping. • Children will explore space and how to use space safely. They explore travelling movements, shapes and balances. • They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. • Children will develop fine and gross motor skills, through handling equipment such a tennis balls, footballs, hoops and bean bags. 					
Reception	<u>Indoor</u> Dance Unit 1: Children explore space and how to use space safely. children will develop their expressive movement through the topic of 'everyday life'. They explore travelling movements, shapes and balances.	<u>Indoor</u> Imoves: They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. Children continue to develop the fundamental movements learnt in the previous term	<u>Indoor</u> Gymnastics Unit 1: Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create,	<u>Indoor</u> Dance Unit 2: They also are given the opportunity to copy, repeat and remember actions as well as develop their own actions for a given piece of music. They continue to use counting to help them keep in time with the music. They explore dance through the	<u>Indoor</u> Gymnastics Unit 2: Children solidify their skills on creating shapes and balances, alongside exploring various techniques to perform jumps and rolls. They continue to develop a good awareness of space and can explain how	<u>Indoor</u> Imoves: Children use their existing knowledge and awareness of space to explore their own travelling movements, shapes and balances. They begin to independently use counting to help keep in time with the music. Children use



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	<p>Children choose their own actions in response to a stimulus.</p> <p><u>Outdoor</u> <u>Introduction to PE: Unit 2:</u></p> <p>Children will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.</p>	<p>and begin to enhance them by refining their skills and actions.</p> <p><u>Outdoor</u> <u>Ball Skills: Unit 1:</u></p> <p>Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment.</p>	<p>remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.</p> <p><u>Outdoor</u> <u>Games: Unit 1:</u></p> <p>Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.</p>	<p>world around them. They perform to others and begin to provide simple feedback.</p> <p><u>Outdoor</u> <u>Ball Skills: Unit 2:</u></p> <p>Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.</p>	<p>to use it safely. Children can perform basic skills on both floor and apparatus. They are able to copy, create, remember and repeat short sequences. Children continue to learn how to use levels and directions when travelling and balancing.</p> <p><u>Outdoor</u> <u>Athletics:</u></p> <p>Children will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and will be competing to improve on their own score. They are given opportunities to work collaboratively as well as independently.</p>	<p>their knowledge around their curriculum topic to influence their actions and dance sequences. They perform to others and begin to provide simple feedback.</p> <p><u>Outdoor</u> <u>Games: Unit 2:</u></p> <p>Children will learn and develop fundamental movement skills by playing a variety of games. They will learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.</p>
<p>Year One</p>	<p><u>Indoor</u> <u>Gymnastics:</u></p> <p>This unit links to the following strands of the NC: master basic movements as well</p>	<p><u>Indoor</u> <u>Dance:</u></p> <p>This unit links to the following strand of the NC: perform dances using simple</p>	<p><u>Indoor</u> <u>Fitness:</u></p> <p>This unit links to the following strands of the NC: master basic movements including</p>	<p><u>Indoor.</u> <u>Gymnastics:</u></p> <p>This unit links to the following strands of the NC: master basic movements as well</p>	<p><u>Indoor</u> <u>Target Games:</u></p> <p>This unit links to the following strands of the NC: master basic</p>	<p><u>Indoor</u> <u>Team Building:</u></p> <p>This unit links to the following strands of the NC: participate in team games,</p>



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	<p>as developing balance, agility and co-ordination. Pupils explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences.</p> <p><u>Outdoor Striking and Field:</u></p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Pupils develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games. They use and develop skills such as throwing, catching and striking a ball. They learn how to score points in these types of games, how</p>	<p>movement patterns. Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.</p> <p><u>Outdoor Ball Skills:</u></p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. In this unit children will explore and develop their fundamental ball</p>	<p>running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best.</p> <p><u>Outdoor Sending and Receiving:</u></p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. In this unit pupils develop their sending and receiving skills including throwing and catching, rolling,</p>	<p>as developing balance, agility and co-ordination. Pupils further develop their skills of jumping, rolling and balancing. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.</p> <p><u>Outdoor Invasion Games:</u></p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. In this unit, pupils develop their understanding of attacking and defending and what being 'in possession' means. They use and develop skills such as sending and receiving with both</p>	<p>movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Pupils use both underarm and overarm actions and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics.</p> <p><u>Outdoor Athletics:</u></p> <p>This unit links to the following strands of the NC: master basic movements including running, jumping and</p>	<p>developing simple tactics. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They develop key skills of communication and problem solving. They are given the opportunity to discuss and plan their ideas and reflect on their success.</p> <p><u>Outdoor Net and Wall:</u></p> <p>In this unit, children develop their understanding of attacking and defending principles in net games such as using a ready position to defend their court and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball. They learn how to score points in these types of games and how to play to the rules.</p>
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	to play to the rules and use simple tactics.	skills such as throwing and catching, rolling and dribbling with both hands and feet. They will look to perform these skills with increasing control and accuracy using co-ordination and balance.	kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by the rules to keep themselves and others safe.	feet and hands, as well as dribbling with both feet and hands. They have the opportunity to play uneven and even sided games.	throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities. In this unit children will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance. They are given opportunities to work collaboratively as well as independently.	
Year Two	<p><u>Indoor</u> Gymnastics:</p> <p>This unit links to the following strands of the NC: master basic movements as well as developing balance, agility and co-ordination. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and</p>	<p><u>Indoor</u> Dance:</p> <p>This unit links to the following strand of the NC: perform dances using simple movement patterns. Pupils explore space and how their body can move to express and idea, mood, character or feeling. They expand their knowledge of travelling actions and use them in relation</p>	<p><u>Indoor</u> Fitness:</p> <p>This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities. Pupils will begin to explore and develop agility, balance, co-</p>	<p><u>Indoor</u> Gymnastics:</p> <p>This unit links to the following strands of the NC: master basic movements as well as developing balance, agility and co-ordination. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short</p>	<p><u>Indoor</u> Target Games:</p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. They develop the skills of throwing, rolling and striking towards a target and are given</p>	<p><u>Indoor</u> Team Building:</p> <p>This unit links to the following strands of the NC: participate in team games, developing simple tactics. They develop key skills of communication and problem solving. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst</p>



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	<p>movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. Pupils are given opportunities to provide feedback to others and recognise elements of high-quality performance.</p> <p>Outdoor: Striking and Fielding:</p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. Children will use and develop skills such as throwing and catching, tracking a ball and striking a ball. They learn how to score points in these types of games, how to play to the rules and use simple tactics. They show respect towards others when playing competitively</p>	<p>to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing.</p> <p>Outdoor: Ball Skills:</p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. In this unit pupils will develop their fundamental ball skills such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. They will look to perform these skills with increasing control and accuracy using co-ordination and balance. Pupils will have the opportunity to work</p>	<p>ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.</p> <p>Outdoor Sending and Receiving:</p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. In this unit pupils develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small</p>	<p>sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. Pupils are given opportunities to provide feedback to others and recognise elements of high-quality performance.</p> <p>Outdoor Invasion Games:</p> <p>This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending. In this unit, pupils develop their understanding of the principles of defending and attacking for invasion games. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with</p>	<p>opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics.</p> <p>Outdoor Athletics:</p> <p>This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities. In this unit pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all</p>	<p>considering safety. Pupils have the opportunity to show honesty and fair play. The also begin to use basic map skills.</p> <p>Outdoor Net and Wall:</p> <p>In this unit, children develop their understanding of attacking and defending principles in net games such as using a ready position to defend their court and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.</p>
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	and develop communication skills to manage small sided games.	independently, in pairs and small groups.	groups and begin to organise and self-manage their own activities. They will build on their knowledge of sending and receiving by applying their skills in different situations.	both feet and hands. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and learn to play to the rules.	athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.	
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