

Maple Primary School
Primary National Curriculum

PE

KS1 All children should...

- Take part in PE for 2 hours per week
- Develop fundamental movement skills, becoming increasingly competent and confident in a broad range of opportunities.
- Regularly engage in competition - against themselves and against others.
- Take part in cooperative activities with increasingly challenging situations.
- Participate in team games, developing simple tactics for attacking and defending
- Apply the skills of running, jumping, throwing, and catching, as well as developing balance, agility and coordination, to a range of different activities and scenarios.
- Where possible be able to link skills to real life examples where they need them.
- Be physically exerted in PE to help lead a fitter, more active lifestyle.

| Year Group | Autumn Term | Spring Term | Summer Term |
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| Reception | <ul style="list-style-type: none"> • Gymnastics / Coordination • Throwing / catching • Running / jumping • Coordination / hand-eye skills • Dance | <ul style="list-style-type: none"> • Gymnastics / Coordination • Throwing / catching • Running / jumping • Coordination / hand-eye skills • Dance | <ul style="list-style-type: none"> • Athletics based activities including races / competitions • Bat and ball skills |
| Year 1 | <ul style="list-style-type: none"> • Gymnastics / Coordination • Throwing / catching • Running / jumping • Coordination / hand-eye skills • Dance | <ul style="list-style-type: none"> • Gymnastics / Coordination • Throwing / catching • Running / jumping • Coordination / hand-eye skills • Dance | <ul style="list-style-type: none"> • Athletics based activities including races / competitions • Bat and ball skills |
| Year 2 | <ul style="list-style-type: none"> • Gymnastics • Throwing / catching • Running / jumping • Coordination / hand-eye skills • Dance | <ul style="list-style-type: none"> • Gymnastics / Coordination • Throwing / catching • Running / jumping • Coordination / hand-eye skills • Dance | <ul style="list-style-type: none"> • Athletics based activities including races / competitions • Bat and ball skills |

KS2 All children should...

- Take part in PE for 2 hours per week
- Enjoy collaboration, communication and competition with each other.
- Develop an understanding of how to evaluate and recognise their own success and work towards improving their own PBs (personal bests).
- Understand what they need to do to improve their own performance.
- Play competitive games and apply the principles of attacking / defending.
- Be physically exerted in PE to help lead a fitter, more active lifestyle.

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| Year 3 | <ul style="list-style-type: none"> • Gymnastics • Dance • Basketball | <ul style="list-style-type: none"> • Gymnastics • Dance • Tag rugby | <ul style="list-style-type: none"> • Swimming • Athletics • Rounders |
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| | <ul style="list-style-type: none"> • Football | <ul style="list-style-type: none"> • Tennis | |
| Year 4 | <ul style="list-style-type: none"> • Gymnastics • Dance • Netball • Tag rugby | <ul style="list-style-type: none"> • Gymnastics • Dance • Hockey • Tennis | <ul style="list-style-type: none"> • Swimming • Athletics • Rounders |
| Year 5 | <ul style="list-style-type: none"> • Gymnastics • Dance • Netball • Tag rugby | <ul style="list-style-type: none"> • Gymnastics • Dance • Football • Fitness | <ul style="list-style-type: none"> • OAA (Gilwell) • Rounders • Kwik Cricket • Athletics • Swimming for those from Y4 who are unable to swim 25m |
| Year 6 | <ul style="list-style-type: none"> • Gymnastics • Dance • Hockey • Football | <ul style="list-style-type: none"> • Gymnastics • Fitness • Tag rugby • Badminton | <ul style="list-style-type: none"> • OAA (IOW) • Rounders • Kwik Cricket • Athletics • Swimming for those from Y5 who are unable to swim 25m |