



Oakfield Primary School Summer Term Wider Curriculum Plan - PE

The following table details the wider curriculum titles and driver focus for each year group. All wider curriculum subjects (alongside core subjects) are also taught and where possible themes run throughout the curriculum.

EYFS					
Physical Development					
Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games Net/Wall To begin to know how to develop hand eye coordination. To begin to know what agility means. To begin to know how to apply coordination and agility when they begin an introduction to racket skills. To begin to know an effective hitting position. To begin to combine racket and hand/eye coordination To begin to know how to apply skills to a game situation. Sending and Receiving	Games Net/Wall To know how to develop hand eye coordination. To know how to apply coordination and agility when consolidating racket skills. To know an effective hitting position. To know an effective hitting position. To know how to apply skills to a game situation. Games - Locomotion To know a variety of ways to move. To know how to change direction with control. To know what evasion is. To know what agility is.	Games Net/Wall To develop hand eye coordination. To know what it means to 'rally' To know how to rally with a partner. To know how to develop hand eye coordination to complete a rally with a partner. To begin to know how to perform an underarm throw. To begin to know how to perform a forehand To begin to apply strategies in a game situation. Athletics To know how to refine jumping for height and distance. To know what it means to jump with power and balance. To know how to jump with power and balance. To know how running affects	Games Net/Wall To know how to apply racket and ball skills. To know what a forehand shot is. To know how to perform a forehand. To know what a backhand shot is. To know how to perform a backhand. To know how to perform a serve. To know how to execute and perform a variety of shots with control. To begin to know how to execute and perform a variety of shots whilst selecting the most appropriate. Athletics	Games Net/Wall To know how to perform a forehand and backhand shot with increasing accuracy. To know how to perform a volley shot with increasing accuracy. To know how to develop shot selection; forehand, backhand and volley. To know how to develop shot selection focusing on serve. To know how to execute and perform a variety of shots whilst selecting the most appropriate. Athletics To know how to develop a 3 part sequence jump. To know how exercise improves health and fitness	Games Net/Wall To know how to perform a variety of shots; forehand and backhand. To know how to perform a variety of shots; forehand and backhand with increased accuracy in a rally. To know how to develop serve technique. To know how to perform a variety of shots (focus on volley) with increased accuracy in a rally. To know what it means to 'officiate' a game. To know how to play and officiate a tennis game. To know how to execute and perform a variety of shots with control whilst selecting the most appropriate. Athletics



<p>To know how to roll a given object and how to stop it.</p> <p>To know how to throw a ball with control.</p> <p>To know how to throw a ball to a partner and receive it.</p> <p>Sending and receiving</p> <p>To begin to know how to develop agility when completing running, throwing and jumping tasks.</p> <p>Games Locomotion</p> <p>To know how to use different ways to move (forwards and sideways)</p> <p>To begin to know what it means to show control when moving.</p> <p>To begin to know how to use control when moving.</p> <p>To know what it means to change direction.</p> <p>To know how to ensure spatial awareness when changing direction when moving.</p> <p>To know what it means to move 'explosively'</p> <p>To know how to move</p>	<p>To know how to explore sideways movements.</p> <p>Athletics</p> <p>To know how to refine a jump for height.</p> <p>To know what it means to jump for distance.</p> <p>To know how to jump for distance.</p> <p>To know what effective and correct running is.</p> <p>To know how to run effectively and correctly.</p> <p>To know how to apply this running to a race.</p> <p>To know how to use an appropriate amount of underarm strength/power to throw a range of equipment</p> <p>Games Locomotion</p> <p>To know how to change direction with control.</p> <p>To know how to use evasion skills.</p> <p>To know how to apply agility to various tasks.</p>	<p>health and fitness.</p> <p>To know the different techniques for throwing for distance.</p> <p>To know how to throw for distance using different techniques.</p> <p>OAA</p> <p>To know how to develop agility and hand eye coordination.</p> <p>To know how to participate in team games.</p> <p>To know when to take turns in a team game and the principles of working together in different games.</p> <p>To know what orienteering is.</p> <p>To know how to develop all the physical skills needed for orienteering: agility, balance, co-ordination.</p> <p>To know how to develop spatial awareness and participation in a team game.</p> <p>Striking and Fielding</p> <p>To know how to throw with accuracy.</p> <p>To begin to know how to stop a moving ball.</p> <p>To know how to strike a static or moving ball.</p> <p>To know the principles of how to play a given game.</p>	<p>To know how to jump with power and balance in a range of tasks.</p> <p>To know how to run for an extended period of time.</p> <p>To know how to explore starting positions for running.</p> <p>To know how to throw for distance with power.</p> <p>OAA</p> <p>To know how to develop their skills required when working as a pair.</p> <p>To know how to apply the concept of a map when completing a course.</p> <p>Striking and Fielding</p> <p>To know how to throw accurately.</p> <p>To know what it means to 'field'</p> <p>To know the fielding techniques required to catch consistently.</p> <p>To begin to apply throwing and catching skills to a game.</p>	<p>To know how to apply starting positions for running.</p> <p>To know how to perform an overarm throw with increasing accuracy.</p> <p>OAA</p> <p>To know how to develop their skills required when working in a small group.</p> <p>To know how to develop their ability to reading a simple map.</p> <p>To know how to use coordination skills when orientating a map.</p> <p>Striking and Fielding</p> <p>To know how to throw accurately in different ways with control and accuracy.</p> <p>To know the basics of different techniques in a game. (eg: bowling in cricket, rounders)</p> <p>To know the techniques of fielding required and apply with accuracy and consistency.</p>	<p>To know how to improve and refine jumping technique.</p> <p>To know what a triple jump is.</p> <p>To know how to improve an refine a triple jump.</p> <p>To know how to refine sprinting technique.</p> <p>To know how to run using appropriate pace and tactics.</p> <p>To know how to throw using a variety of techniques.</p> <p>OAA</p> <p>To know how to work cooperatively and in a team.</p> <p>To know how to read a more complex map and orientating skills.</p> <p>To know how to map symbols in order to complete a course.</p> <p>Striking and Fielding</p> <p>To know how striking and fielding techniques apply to various games and know how to apply these.</p> <p>To know how to develop striking and fielding techniques in order to improve their play.</p>
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explosively with control. To know how to select different movements for different tasks. To know how to link explosive movements.					
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