



Oakfield Primary School Autumn Medium 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.	
Nursery Introduction to PE: Unit 1 To begin to know what a large body part is. To begin to know how to control large body parts. To begin to know what it means to balance. To begin to know how to balance momentarily on one foot. To begin to have spatial awareness. Fundamentals: Unit 1 To begin to know what it means to jump. To begin to know how to jump with two feet. To begin to know and have an awareness of hopping and jumping. To begin to know how to hop and jump with balance and control. To begin to have an awareness of the principles for jumping, throwing and running.	Reception Introduction to PE: Unit 2 To know what a large and small body part is. To know how to identify their large and small body parts. To know how to control small and large body parts. To know what a balance is. To begin to know and understand how to balance using small and large body parts. To begin to know how to demonstrate these to others. Fundamentals: Unit 2 To know how to jump. To know what it means to land a jump. To know what it means to land a jump safely. To know how to hop. To begin to know how to hop with balance and control. To know how to carry an object safely. To know how to carry an object with control. To begin to know how to apply agility when running, throwing and jumping. To know a range of ways to move To know how to move in a variety of different ways.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fundamentals (Locomotion) To know how to use different ways to move (forwards and sideways) To begin to know what it means to show control when moving. To begin to know how to use control when moving. To know what it means to change direction. To know how to ensure spatial awareness when changing direction when moving. To know what it means to move 'explosively' To know how to move explosively with control. To know how to select different movements for different tasks. To know how to link explosive movements. Fitness To develop my understanding of how exercise can make you feel. To develop my understanding of how exercise can make you strong and healthy. To develop my understanding of how	Team Building To know how to follow instructions and work with others. To know how to cooperate and communicate in small groups to solve challenges. . To know how to create a plan with a group to solve the challenges. To know how to communicate effectively and develop trust. To know how to use teamwork skills to work as a group to solve problems. To know how to work with a group to copy and create a basic map. Fundamentals (Locomotion). To know a variety of ways to move. To know how to change direction with control. To know what evasion is. To know how to use evasion skills. To know what agility is. To know how to apply agility to various tasks.	Fundamentals To know how to develop balance and apply it to other fundamental movement skills. To understand how the body moves differently at different speeds. To know how to develop technique when changing speeds. To know how to develop agility using a change of speed and direction. To know how to develop technique and control when jumping, hopping and landing. To know how to apply fundamental skills to a variety of games. Ball skills (Invasion) To know what an 'invasion is' To begin to know how to play invasion games. To begin to know what it means to attack and defend. To begin to know and apply the principal of attacking and defending. To know what an evasive movement is. To know how to use evasive movements.	Swimming To develop an understanding of buoyancy and balance in the water. To develop independent movement and submersion. To develop gliding and crawl legs. To develop front crawl breathing. To develop gliding and backstroke. To develop rotation, sculling and treading water. To develop surface dives, submersion and handstands. To develop head above water breaststroke technique. To develop head above water breaststroke technique. To develop basic skills in water safety and floating. To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival. Hockey (invasion) To begin to know what 'shooting' is in relation to ball games. To begin to know how to use the correct technique for shooting. To begin to know how the strategies of attack and	Gymnastics Floor To know and refine how to forward and backwards roll. To know what a cartwheel is. To know how to perform a cartwheel. To know how to combine steps; rolls, spins, balance and cartwheel. & part sequence. To know what it means to 'mirror' To know what it means to 'canon' To know how to use mirror and canon with a partner. To know how to use mirror and canon with a partner to perform. Handball (invasion) To know how to use the correct technique of shooting with accuracy. To know how to apply the strategies of attack and defend in a game situation giving reasons for each. Gymnastics Flight To know how to perform a variety of jumps and landings safely. To know what a sissone leap is. To know what a furma leap is. To know what a stag leap is. To know how to perform a sissone, furma and stag leap. To know how to self-evaluate performances and be able to give contrastive feedback to peers. Fitness	Gymnastics Floor To know how to perform a cartwheel with accuracy. To know how to select with intent - steps, rolls, spins, balance, cartwheels and an apparatus to create a group 10 part sequence. To know what unison is. To know how to use mirror, canon and unison to perform a sequence with a group. Hockey (invasion) To know how to apply the strategies of attacking and defending to develop their own invasion game. To refine and adapt own invasion game in response to peer and self- evaluation. Gymnastics Flight To know how to effectively demonstrate, sissone, furma, cat leap, change leg, stag jump, half and full turn. To know how to incorporate a roll, leap, spin and step. To know how to create and perform a sequence including rolls, leaps, spins and steps. To know how to work with a partner to adapt a sequence effectively. To know how to use self and peer evaluation to adapt and refine own sequence. Dodgeball

exercise relates to breathing. To develop my understanding of how exercise helps my brain. To develop my understanding of how exercise helps my muscles. To develop my understanding of the importance of daily exercise. Gymnastics To know different levels in travel. To know how to copy a balance, roll balance. To know how to perform a simple copied sequence balance-roll balance. To know what a egg and log roll is. To know how to perform log and egg rolls. Team Building To know how to cooperate with a partner to complete challenges. To know how to explore and develop working as a team. To develop listening and communication and sharing skills.	To know how to explore sideways movements. Gymnastics To know a variety of different levels in travel. To know what makes up a 3 part sequence. To know how to perform a copied 3 part sequence(step, balance, roll) independently. To know how to extend 3 part to 5 part sequence. To know what a dish and hollow roll is. To know how to perform dish and hollow, egg and log independently. Flight To know how to apply the principles of take-off and landing To know how to alter shapes made with their body in the air. To know how to use changing shape in the air to create a sequence. To know how to spin. To know how to spin and incorporate this in a sequence. To know how to perform a 5 part	To know how to use evasive movements and move in different directions. Gymnastics (Floor) To know what a teddy bear roll is. To know what a forward roll is. To know what a side roll is. To know how to perform a teddy bear roll. To begin to know how to perform a forward roll. To begin to know how to perform a side roll. To know how to perform a roll/balance sequence with a partner. To know how to create a 5-part paired sequence. To know a range of apparatus. To know how to use a range of apparatus in a sequence. Fitness To understand how balance helps us in everyday life. To understand how co-ordination helps us in everyday life. To understand how strength helps us in everyday life. To understand how speed helps us in everyday life.	defence is used in a game situation. To begin to know how to use and apply the strategies of attack and defence situation. Gymnastics Floor To know how to refine teddy bear, dish and hollow roll. To know how to forward roll and backward roll. To know how to control a spin. To know how to spin to change direction. To know how to create a 5-part sequence using controlled spins to change direction. Flight To know what it means to combine a jump. To know how to combine a jump. To know how to jump with a safe landing. To know how to combine a jump with a landing and turn. To know how to combine a jump with a safe landing and a turn. To know how to perform a change leg. To know what a cat leap is. To know how to perform a cat leap. To know how to copy a 9 part sequence and create own sequence incorporating different leaps, spins, steps and rolls.	To understand how speed helps me in other activities and apply this. To understand how strength helps me in other activities and apply this. To understand how agility helps me in other activities and apply this. To understand how balance helps me in other activities and apply this. To understand how co-ordination helps me in other activities and apply this. To understand how stamina helps me in other activities and apply this.	To know how to apply the strategies of attacking and defending to develop their own invasion game. To refine and adapt own invasion game in response to peer and self- evaluation.
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To know how to use speaking and listening skills to lead a partner. To know how to plan with a partner and small group to complete challenges. To know how to use talking, listening and sharing skills to complete challenges.	sequence and use previous knowledge to refine this. Fitness To learn how to run for a long time. To develop jumping in a long rope using timing. To develop co-ordination in individual skipping. To develop stamina and change of direction. To explore exercises to develop strength. To develop agility, balance and co-ordination.	To understand how agility helps us in everyday life. To understand how stamina helps us in everyday life.	Dodgeball (object control - invasion). To know how to use the principles of sending and receiving with increasing accuracy. To know when to use evasion and apply the correct evasive movement. To know the principles of defence and attack and know how to apply these to a variety of game situations.		
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