



Oakfield Primary School Spring 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 Gymnastics: Unit 1 Floor To begin to move with control using large body parts. To know what it means to 'travel' in terms of their body/movement. To begin to know the different levels of travel. To begin to know how to move using different levels of travel. Flight To begin to know what it means to land after a jump. To begin to know how to land safely. Dance: Unit 1 To begin to know what it means to move freely. To begin to know how to move freely with increasing confidence. To begin to know how to move freely in a variety of different ways. To begin to know how to respond. To begin to know how to respond to stimuli. To begin to know what dancing is. To begin to know some dancing and ring games. To begin to know how to join in. To begin to know how to join in with dancing and ring games. To begin to respond to stimuli. To begin to know what it means to move rhythmically. To begin to know how to move rhythmically.	Reception Gymnastics: Unit 2 Floor To know how to move with control. To begin to know their body and what makes up core strength. To begin to know how to develop their core strength. To know how to explore different levels of travel. To begin to know what a roll is. To begin to explore what a log roll is. Flight To know how to land and jump safely. To begin to know ways to take off in a jump. To begin to know different ways to land. To begin to know different landing points. To begin to know how to use different take-off and landing points. Dance: Unit 2 To know how to respond. To know how to respond to stimuli. To know what dancing is. To know some dancing and ring games. To know how to join in. To know how to join in with dancing and ring games. To know how to move around a room with increasing spatial awareness. To know how to use movement effectively when responding to stimuli. To know how to move freely and in a straight line.



To know how our imagination can help us move.
 To know how to move using our imagination.
 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
Dance To begin to know how to move freely with spatial awareness. To begin to know how to change direction when responding to stimuli. To know what a leap is. To know what a turn is. To know how to link two movements in a sequence using leaps and turns. Target Games (object control) To know different ways an object can move. To know how to make an object move in different ways. To know how to have control over a ball. To know how to have control with both sides of the body to move an object. To know how to change direction with a moving object. To know how to maintain control whilst changing direction. To know how to control an object using a stick or a bat.	Dance To know how to move freely and with spatial awareness. To know how to move freely by changing direction. To know how to change direction in a controlled manner. To know how to respond on different levels. To know how to incorporate different levels when responding to stimuli in a controlled manner. To know what it means to combine different elements. To know how to combine different elements (change of level, leaps, turns) To know how to use elements of dance with a partner. To know how to use elements of dance with a partner creating a sequence.	Dance To know how to respond to stimuli through change of speed, levels and direction. To know what a routine is. To know what a paired routine is. To know how to create a paired routine by exploring levels, direction and speeds. To begin to know how to evaluate performances for peers. OAA To know how to develop agility and hand eye coordination. To know how to participate in team games. To know when to take turns in a team game and the principles of working together in different games. To know what orienteering is. To know how to develop all the physical skills needed for orienteering: agility, balance, co-ordination. To know how to develop spatial awareness and participation in a team game.	Swimming/Gymnastics 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. OAA To know how to develop their skills required when working as a pair. To know how to apply the concept of a map when completing a course. Dance To begin to know what choreography is. To begin to know how to include choreographic principles (speed, levels and direction) To know what a narrative piece is To know how to create and perform a narrative piece is. To know what constructive feedback is. To begin to know how to evaluate performances of	Dance To know how to use choreographic principles when responding to a stimuli. To know how to create their own narrative by using choreographic principles. To know how to create their own narrative by using choreographic principles with a partner when responding to stimuli. To know how to incorporate the use of canon and mirroring to create an effective partnered performance. To know how to self evaluate their performance and give constructive feedback to peers to improve performances. OAA To know how to develop their skills required when working in a small group. To know how to develop their ability to reading a simple map. To know how to use coordination skills when orientating a map. Badminton To know how to perform a variety of shots; forehand, backhand, volley with increased accuracy in a rally.	Dance To know how to use canon, mirroring and unison to create an effective group performance. To know how to create and adapt a narrative piece. To know how to create and adapt a narrative piece based on stimuli. To know how to respond and incorporate peer and self evaluation in order to improve performances. OAA To know how to work cooperatively and in a team. To know how to read a more complex map and orientating skills. To know how to map symbols in order to complete a course. To know how to work cooperatively. To know and understand a map as a representation of objects and areas. To know what it means to orientate. To know how to orientate and identify key features using a map. To know how to apply orienteering skills to complete a course. Tennis To know how to perform a forehand, backhand and volley shot with increasing accuracy. To know how to develop shot selection; forehand, backhand, volley and serve.



Invasion Games To understand the role of defenders and attackers. To know and recognise who to pass to and why. To know how to move towards a goal with a ball. To know how to support a teammate when playing in attack. To know how to move into space showing an awareness of defenders. To know how to stay with a player when defending. Net and 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 know when a racket would be used. To know an effective hitting position. To begin to know how to strike a rolling ball.	Target Games To know a variety of balls and how these should be held. To know what it means to send. To know what it means to receive. To know how to send and receive a variety of balls with accuracy. To know what it means to be 'in control' of an object. To know how to use spatial awareness to move in different directions whilst in control of an object. Invasion Games To understand what being in possession means and support a teammate. To understand that scoring goals is an attacking skill. To understand that stopping goals is a defending skill. To know and explore how to gain possession. To know how to mark an opponent and understand this is a defending skill. To know how to apply simple tactics for	Tennis 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 know how to hit a ball with a bounce with a racket. To know how to develop hitting technique by completing a rally with a partner. Netball/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. To know how to use evasive movements and move in different directions.	peers and begin to give constructive feedback. To know how to effectively work in a group and incorporate mirroring into a sequence. Handball 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.	To know what a shuttlecock is and the difference between that and a ball. To know how to anticipate where a ball/shuttlecock will arrive and receive it. To know how to keep a ball/shuttlecock in play by concentrating on its placement within the court. Netball To know what it means to shoot. (ball games) To know how to shoot with accuracy. To know how to apply evasive movements to a game situation with increasing accuracy. To know what the term, tactic means. To know how to develop an awareness of tactics. To know how to apply the awareness of tactics to a variety of game situations.	To know what it means to 'officiate' a game. To know how to play and officiate a tennis game. Basketball 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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	attacking and defending. Net and 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 how to improve racket and hand eye coordination. To know how to improve hand eye coordination when hitting a ball with a racket with control. To know how to consolidate these actions.				
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