



Oakfield Primary School Summer 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 Ball Skills: Unit 1 To begin to know what it means to roll a ball. To begin to know how to roll a ball. To begin to know how to roll and object with some control. To begin to know how to stop a moving ball. To begin to know what it means to throw. To begin to know how to use body parts to throw. To begin to know what it means to catch a ball. To begin to know how to catch a ball. 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. Games: Unit 1 To begin to know and understand hand-eye coordination. To begin to know how to develop hand eye coordination skills in order to throw and catch. To begin to develop an awareness of how to stop a ball. To begin to know and understand how to throw towards a large target.	Reception Ball Skills: Unit 2 To know how to roll an object with some control. To know how to stop a moving ball. To know how to throw with some accuracy. To know how to catch a ball. To begin to know how to apply catching and throwing skills to a game. Games: Unit 2 To begin to have an awareness of using hand eye coordination. To know how a few ways to stop a ball from moving. To know how to stop a ball moving. To begin to know how to stop a ball from moving. To begin to throw to a partner with some accuracy. To begin to know how to throw to a large target with some accuracy.



Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Sports Day Practice/Athletics To know how to jump for height. To know how to jump for height in a variety of different ways. To know how to run. To know how to run varying speed. To know how to run in a straight line. To know and have an awareness of speed when running in a straight line. To begin to know how to throw underarm. To begin to know how to use an appropriate amount of underarm power/strength to throw a range of equipment. To begin to know how to develop agility when completing running, throwing and jumping tasks. Ball Skills 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.	Sports Day Practice/Athletics To know how to refine a jump for height. To know what it means to jump for distance. To know how to jump for distance. To know what effective and correct running is. To know how to run effectively and correctly. To know how to apply this running to a race. To know how to use an appropriate amount of underarm strength/power to throw a range of equipment. To know how to develop agility when completing running, throwing and jumping tasks. Ball Skills 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.	Sports Day Practice/Golf To begin to explore technique when aiming towards a target. To know how to develop accuracy when aiming towards a target. To begin to know how to explore technique when aiming at a target over a short distance. To begin to know how to explore technique when aiming at a target over a long distance. To begin to know how to apply skills and knowledge to compete in a tournament. Cricket To know how to throw with accuracy. To begin to know how to stop a moving ball. To know how to strike a static or moving ball. To know the principles of how to play a given game. Athletics To know how to hop for distance. To know what it means to link movements. To know how to link movements together using hopping, jumping for distance.	Sports Day Practice/Golf To know how to explore hitting technique and aiming towards a target. To know how to develop hitting accuracy. To know how to explore technique for hitting over a short distance. To know how to explore technique for hitting over a long distance. To know how to apply skills and knowledge to compete in a tournament. Rounders To know how to throw accurately. To know what it means to 'field' To know the fielding techniques required to catch consistently. To begin to apply throwing and catching skills to a game. Athletics To know what a standing long jump is. To know how to complete a standing long jump with accuracy. To know how to evaluate their jump. To know what will make their jump higher or further. To know how to improve their jump in order to jump further and higher.	Sports Day Practice/Golf To know how to explore techniques for hitting accurately over a short distance. To begin to know how to select and apply the correct technique for the situation. To know how to explore the technique for a long game. To know how to select the appropriate shot for a situation. To know how to apply knowledge of rules and skills to design and compete in a tournament. Rounders To know how to throw accurately in different ways with control and accuracy. To know the basics of different techniques in a game. (eg: bowling in cricket, rounders) To know the techniques of fielding required and apply with accuracy and consistency. Athletics To know how to increase power of a jump. To know how to increase power and accuracy of a jump. To know how to speed bounce. To know how to jump to catch something. To know how to bench jump. To know how to sprint. To know how to apply the principles of sprinting to a team race. To begin to know what pace is.	Sports Day Practice/Golf To know how to explore techniques for hitting accurately over a short distance. To know how to develop technique for hitting over a short distance. To know how to select and apply skills for a short game. To know how to develop the technique for a long game. To know how to select the appropriate shot for the situation. To know how to design a course and select the appropriate shot for the situation. Cricket To know how striking and fielding techniques apply to various games and know how to apply these. To know how to develop striking and fielding techniques in order to improve their play. Athletics To know how to select the most appropriate running and jumping technique for the desired outcome. To know how to use evaluation and improve a performance effectively. To know how pace and endurance effects running for distance and apply to own running. To know how to improve and refine jumping technique. To know what a triple jump is. To know how to improve an refine a triple jump.



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. Striking and Fielding To begin to know how to throw with accuracy. To begin to know how to stop a moving ball. To begin to know how to strike a static or moving ball. To begin to know the principles of how to play a given game. Sending and Receiving To know how to roll a given object and how to stop it. To know how to throw a ball with control. To know how to throw a ball to a partner and receive it.	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. Striking and Fielding To begin to know and apply how to throw with accuracy. To begin to know and apply how to stop a moving ball. To begin to know and apply how to strike a static or moving ball. To begin to know and apply the principles of how to play a given game. Sending and Receiving To know what the basic principles are of sending and receiving. To know the terms; looking, power and control. To know how what an effective striking technique is.	To know what an obstacle and relay race is. To know how to vary speed to complete an obstacle and relay race. To know how to choose the correct technique for running at speed. To know how to refine jumping for height. 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 health and fitness. To know the different techniques for throwing for distance. To know how to throw for distance using different techniques. Football To know how to use the basic principles of sending and receiving. (looking, power, control) To know what the term, evasion means. To know the need for evasion. To know a range of evasive movements. To know how to use evasive movements. To know the terms, defence and attack. To know the principles of defence and attack and	To know which technique to apply when running a selection of races. To know what a sling throw is. To begin to select appropriate techniques for a sling throw using a range of equipment. To know how to jump with power and balance in a range of tasks. To know how to run for an extended period of time. To know how to explore starting positions for running. To know how to throw for distance with power. Tag Rugby 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 begin to know what endurance is. To begin to know how pace and endurance affects running for distance. To know and refine throwing techniques. To know how to select an appropriate throwing technique for a sling-throw using quoits. To know how to develop a 3 part sequence jump. To know how to apply starting positions for running. To know how to perform an overarm throw with increasing accuracy. Football 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 how to refine sprinting technique. To know how to run using appropriate pace and tactics. To know how to throw using a variety of techniques. Tag Rugby 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 apply effective striking technique. To know how to roll with accuracy. To know how to bounce a ball. To know how to bounce and catch a ball accurately to self.	begin to apply these to game situations.			
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