|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Elements of our PE Curriculum** | | | | | |
| **Knowledge and Understanding**  - a knowledge and understanding of how to stay fit and healthy and the effect of activity on the body  - a knowledge and understanding of how to perform movements and skills in successful way  - a knowledge and understanding of the rules and tactics of specific sports and games  - a knowledge and understanding of the vocabulary related to physical activity and specific sports and games | | | | | |
| **Strands of PE in alignment with EYFS** | | | | | |
| **Communication and Language**  Listen, respond and understand verbal instruction. | | | **Personal, Social and Emotional**  Self-regulation, managing self and relationships in a PE setting. | | |
| **Physical Development**  Gross and fine motor skills. | | | **Expression and imaginative design**  Imagination using a range of movements, beats, Rhythm and stories. | | |
| Fundamentals | Dance | | Gymnastics | | Ball Skills and Games |
| **Strands of our PE curriculum** | | | | | |
| *EYFS and KS1 only* | | | | | |
| Fundamentals | | Basic Games | | Ball Skills/ Sending & Receiving | |
| *EYFS- KS2* | | | | | |
| Dance | | Gymnastic | | Athletics | |
| *KS1-KS2 only (progression from Fundamentals, Basic Games and Ball Skills/Sending & Receiving)*  *Note some basic skills and games taught before moving to sport specific.* | | | | | |
| **Invasion Games**  Netball  Football  TAG Rugby  Basketball  Hockey | **Striking and Fielding**  Cricket  Rounders | | **Net and Wall**  Tennis | | **Outdoor and Adventurous Activities** |