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| **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**NetballFootballTAG RugbyBasketball Hockey  | **Striking and Fielding**Cricket Rounders   | **Net and Wall** Tennis  | **Outdoor and Adventurous Activities**   |