



Nacton Church of England Primary School

Subject Overview: Physical Education

Intent:

Our PE curriculum provides opportunities for all pupils to become physically confident in a range of physical activities and sports. We will inspire pupils to succeed and excel in competitive sport through; engaging lessons, opportunities to compete against local schools and sporting clubs at lunch time and after school. Pupils will develop an understanding of sporting rules including fairness and respect.

Implementation:

- Pupils will have two one hour PE lessons a week.
- Children will be taught specific skills with opportunities to practise and develop these throughout units
- Where appropriate links to previous/other sports will be made
- Pupils will be encouraged to reflect on the personal skills and build their own challenge
- Pupils will have opportunities to play competitively within lessons and against other schools.

Impact:

By the end of their time at Nacton, pupils will have experienced a wide range of physical and sporting activities. They will be confident to participate and challenge themselves as well as working co-operatively as a team.

Cycle A

	Autumn	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamentals	Dance	Fitness	Team Building	Sending and Receiving	Athletics
	Ball Skills	Gymnastics	Yoga	Target Games	Net and Wall Games	Striking and Field Games

Year 2	Team building	Yoga	Gymnastics	Ball skills	Striking and fielding games	Athletics
	Net and Wall games	Fitness	Dance	Sending and receiving	Target games	Invasion games
Year 3 and 4	Fundamentals Y3/4	Tag Rugby	Swimming	Swimming	OAA	Athletics
	Netball	Gymnastics	Dance	Hockey	Football	Rounders
Year 5 and 6	Hockey	Tag Rugby	Gymnastics	OAA	Tennis	Athletics
	Fitness	Dance	Dodgeball	Yoga	Rounders	Cricket

Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE unit 1	Ball skills unit 1	Fundamentals unit 1	Gymnastics unit 1	Dance unit 2	Games unit 2
	Introduction to PE unit 2	Dance unit 1	Games Unit 1	Ball skills unit 2	Gymnastics unit 2	Fundamentals unit 2
Year 2	Team building	Yoga	Gymnastics	Ball skills	Striking and fielding games	Athletics
	Net and Wall games	Fitness	Dance	Sending and receiving	Target games	Invasion games
Year 3 and 4	Basketball	Gymnastics	Swimming	Swimming	Rounders	Cricket

	Yoga	Fitness	Handball	OAA	Athletics	Tennis
Year 5 and 6	Football	Netball	Gymnastics	Basketball	Rounders	Volleyball Y5/6
	Dodgeball	Fitness	Handball	Dance	Athletics	Cricket