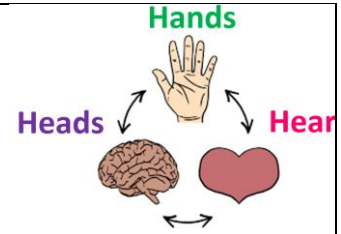
PE at Eversley

"Sport is friendship. Sport is health. Sport is education. Sport is life. Sport brings the world together".
Juan Antonio Samaranch (Former President of the IOC)



"High-quality PE is an entitlement for all pupils, regardless of their starting points or their prior experiences of sport and physical activity." Ofsted, March 2022.

At Eversley Primary School we encourage our children to appreciate the importance of having a healthy body and understand the factors that affect health and well-being. Our aim is for all children to leave Eversley Primary School with the skills, confidence, knowledge and enthusiasm for a lifelong participation in physical activity and sport.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS - Physical Development **Gross Motor Skills Early Learning Goals** Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. **Fine Motor Skills Early Learning Goals** Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; Use a range of small tools, including scissors, paint brushes and cutlery; Begin to show accuracy and care when drawing.						
EYFS	**Follow instruction Games**	**Dance** Digital – Telling a story through Dance	**Gymnastics** Jumping Jacks Rock 'n' Roll'	**Dance** Dance til you drop	**Games** Best of ball skills	**Games** Shooting Stars – sports through story telling
KS1 National Curriculum Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.						
Year 1	**Gymnastics** *Travelling (Safe and Healthy)* **Games** *Bouncing and catching*	**Dance** *Digital – Toys* **Games** *Travelling with the ball*	**Gymnastics** *Taking weight on different parts* **Dance** *DDMIX - Unit 1 - Shapes*	**Games** *Sending and receiving* **Dance** *DDMIX – Unit 2 – African Animals)*	**Gymnastics** *Transferring weight* **Games** *Developing hand-eye co-ordination*	**Games** *Healthy ABCs (Being Active Being Healthy Being Safe)* **Dance** *DDMIX – Unit 3 – Aboriginal*

Year 2	**Gymnastics** *Balance* (Learning About Energy) **Games** *Dribbling*	**Gymnastics** *Spinning and turning* **Games** *Throwing and catching*	**Gymnastics** *Parts high and low* **Dance** *Digital - London*	**Gymnastics** *Jumping and landing* **Dance** *DDMIX – Unit 1 - Feelings*	**Games** *Sending and receiving* **Games** *Hitting and striking*	**Games** *Running, jumping and hopping* **Dance** *DDMIX – Unit 3 – Lumberjack Hoedown*
KS2 National Curriculum Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.						
Year 3	**Games (Invasion)** *Passing* **Dance** *Digital – Lindy Hop*	**Games (Invasion)** *Creating space* **Gymnastics** *Travelling with a change of direction*	**Gymnastics** *Stretching and Curling* **Dance** *DDMIX – Unit 1 – African Dance*	**Dance** *DDMIX – Unit 2 – Japanese Dance* **Games (Net/Wall)** *Directing the ball*	**Games (Striking and fielding)** *Spaces and Tactics* **Athletics** *Running and Jumping*	**OAA** *Using simple trails/diagrams* **Athletics** *Jumping and Throwing*
Year 4	**Games (Invasion)** *Keeping possession* **Gymnastics** *Balance*	**Games (Invasion)** *Controlling and receiving* **Dance** *Digital – Welcome to the 60s*	**Gymnastics** *Receiving body weight* **Dance** *DDMIX – Unit 1 – 1980s*	**Games (Invasion)** *Marking and tackling* **Games (Net & Wall)** *Applying tactics - Defending the court*	**Games (Striking and fielding)** *Fielding as a team* **Athletics** *Competitive Games*	**OAA** *Following plans/solving problems* **Athletics** *Jumping and Throwing*
Year 5	**Games (Net & Wall)** *Develop individual shots* **Games (Invasion)** *Support play and positioning*	**Games (Invasion)** *Shooting and Keeping* **Gymnastics** *Flight*	**Gymnastics** *Bridges* **Dance** *Digital – Mambo to Tango*	**Dance** *DDMIX – Unit 1 – Line Dance & Hand jive* **OAA** *Responding to challenges*	**Swimming** *Including water safety* **Athletics** *Running including relay / Jumping*	**Swimming** *Including water safety* **Games (Striking and fielding)** *Fielding as a team*
Year 6	**Games (Invasion)** *Tactics* **Gymnastics** *Matching and mirroring*	**Games (Invasion)** *Attacking & defending* **Dance** *Digital – Page to Stage*	**Gymnastics** *Counterbalance* **Dance** *DDMIX – Unit 1 – Charleston and 1960s*	**Games (Invasion)** *Teamwork and formations* **Games (Net & Wall)** *Developing Game Play*	**Games (Striking and fielding)** *Tactical play* **Athletics** *Running including obstacles – competitive games*	**OAA** *Navigation* **Athletics** *Jumping and throwing & competitive games*