Ellison Primary Academy
P.E Curriculum Overview 2024-2025

Term	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS/ Reception	An Introduction to P.E: Team Building Games	Gymnastics	Ball skills	Dance	Games	Athletics linked to Fundamental Movements:
Year 1	Fundamentals	Gymnastics	Ball Skills 6	Dance	Target Games	Athletics
	Healthy Living Time4sport	Team Building	Invasion Games 6	Yoga	Sending and Receiving	Striking and Fielding
Year 2	Team-Building Games	Gymnastics	Ball Skills	Dance	Target Games	Athletics
	Fundamentals	Invasion games – SCFC	Fundamentals	Sending and Receiving	Yoga	Striking and Fielding
Year 3	Basketball (Invasion)	Gymnastics	Ball Skills	Dance	Tennis	Athletics
		OAA	Yoga	Football	Hockey	Fitness
Year 4	Invasion Games: Football	Gymnastics	Ball Skills	Dance	Net/Wall games: Tennis	Athletics
	Yoga	OAA	Basketball	Hockey	Striking/Fielding: Cricket	Fitness
Year 5	Netball	Gymnastics	Tag Rugby	Dance	Net/Wall games: Badminton	Athletics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 6	Invasion Games: Handball	Gymnastics	Netball	Dance	Striking/Fielding: Rounders	Athletics
	Fitness	Football	Hockey	Cricket	Badminton	Dodgeball

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The Physical Education Curriculum has been designed to using 'Physical, Social, Emotional and Thinking' concepts to provide children with a deeper understanding of what they have learnt during Physical Education lessons and allow children to connect their learning, through the concepts, across all areas of the Physical Education curriculum and the curriculum as a whole. The curriculum has been designed to allow children to participate in a variety of games and sports during lessons as well as extra-curricular clubs and events, whilst each year will study dance, gymnastics and athletics at the same time of year, with the intention of children being able to perform their routines, sequences and skills during gymnastics and dance performances and during sports days. This means that children's learning during P.E lessons becomes purposeful. The curriculum is subject to change during the academic year due to CPD and external providers' needs.

*Swimming: During the academic year on Thursdays, a selected year group(s) will participate in swimming and water safety lessons to ensure they meet the National Curriculum requirements. (The year group selected to attend these lessons may alter following the impact of COVID-19 on the curriculum) Each pupil is required to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

** Fitness and Healthy Living: During the academic year, each year group will participate in additional Physical Education lessons provided by Time4Sport. These lessons are focused upon improving the fitness of children whilst educating children about Healthy Living. Children are taught a range of ways to make their lives healthier including healthy eating and the 'Eat-Well' plate, how much water they should drink, how much sleep they should get, the impact of consuming too much sugar, healthier breakfast options and much more.

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Physical Concepts	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Travelling							
Balance							
Running							
Rolling							
Jumping							
Catching							
Throwing							
Passing							
Dribbling							
Kicking							
Co-ordination							
Shape							
Striking							
Fielding							
Dynamics							
Defending							
Shooting							
Social Concepts:							
Collaboration/ Co-operation							
Commutation							
Sharing/Taking Turns							
Respect							
Help/Support							
Leadership							
Working Safely							
Emotional Concepts:							
Fair Play							
Perseverance/ Determination							
Confidence							
Managing Emotions							
Independence							
Challenge							
Thinking Concepts:							
Rules							
Tactics/ Decision -Making							
Performance							
Feedback							
Creativity							
Health/Fitness							