

PE Intent

At North Baddesley Infant School, we believe that all children should understand and be able to use their bodies confidently in everyday activities, preparing them for a physical challenges of the future. Through a practical, personalised and theoretical curriculum, we ensure all children develop and master control and understanding of how their bodies work, physical changes of exercise and benefits of a healthy lifestyle. Using a curriculum of a variety of sports that challenges each individual's resilience, it will also push them towards mastery of controlling their bodies and KS1 targets whilst helping them grow from their individual starting points.

Content – YR

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Content – KS1

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.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

North Baddesley Infant School

PE Curriculum – School Overview

	Curriculum Aspect	Term Covered
Year R	Gross and fine motor skills. (Physical Development, Expressive Art and Design)	Autumn 1
	Health and Self-Care (Personal, Social and Emotional, Physical development)	Autumn 2
	Gymnastics (Physical Development and Expressive Art and Design)	Spring 1
	Multi-skills (Personal Social and Emotional, Physical Development)	Spring 2
	Athletics (Personal Social and Emotional, Physical development)	Summer 1
	Dance (Physical Development and Expressive Art and Design)	Summer 2
Year 1	Team Games	Autumn 1
	Dance	Autumn 2
	Gymnastics	Spring 1
	Multi-skills	Spring 2
	Athletics	Summer 1
	Invasion games	Summer 2
Year 2	Team Games	Autumn 1
	Dance	Autumn 2
	Gymnastics	Spring 1
	Multi-skills	Spring 2
	Athletics	Summer 1
	Invasion Games	Summer 2