

# PE Curriculum Two Year Programme

Thrussington Primary School



# 1<sup>st</sup> Year Programme



# EYFS Programme

Year Group	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part one)	Summer Term (Part Two)
EYFS	<b>Introduction to PE</b> (Movement for Learning) <b>Area</b> (Playground)	<b>Dance Theme</b> (All About Me) <b>Area</b> (Village Hall)	<b>Gymnastics</b> (Introduction to Gymnastics: Balance, Movement and Shapes) <b>Area</b> (Village Hall)	<b>Ball Skills</b> (Catching & Throwing) <b>Area</b> (Playground)	<b>Fundamentals</b> (Developing Motor Skills) <b>Area</b> (Field)	<b>Games</b> (The Olympics) <b>Area</b> (Field)

# KS1 Programme

Terms	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part one)	Summer Term (Part Two)
<b>1<sup>st</sup> Sport</b>	<b>Ball Skills</b> (Receiving and Sending) Area (Field)	<b>Dance Theme</b> (People who Help Us) Area (Village Hall)	<b>Gymnastics</b> (Basic Principles & Movement) Area (Village Hall)	<b>Fundamentals</b> (Balance and Controlled Movement) Area (Playground)	<b>Striking &amp; Fielding</b> (Acquiring the skills of Striking and Fielding) Area (Field)	<b>OAA</b> (Teamwork Skills) Area (Playground & Field)
<b>2<sup>nd</sup> Sport</b>	<b>Target Games</b> (Aiming and Accuracy) Area (Field)	<b>Health &amp; Well-Being</b> (Learning how to stay healthy in PE) Area (Playground)	<b>Tag Games</b> (Trapping & Sending skills) Area (Playground)	<b>Ball Games</b> (Using Controlled Movement in different Sports) Area (Field)	<b>Racket skills</b> (Understanding how to use different rackets) (Area (Field)	<b>Invasion games</b> (Understanding Attacking & Defending) Area (Field)

# Class Two Programme

Terms	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part One)	Summer Term (Part Two)
<b>1<sup>st</sup> Sport</b>	<b>Football</b> Acquiring, Dribbling, Passing and Shooting skills) <b>Area</b> (Field)	<b>Dance</b> Theme: (The Water Cycle) <b>Area</b> (Village Hall)	<b>Gymnastics</b> (Developing Balance and Making Shapes) <b>Area</b> (Village Hall)	<b>Athletics</b> (Developing, Jumping, Running and Throwing) <b>Area</b> (Field)	<b>Cricket</b> (Developing Batting, Bowling & Fielding) <b>Area</b> (Field)	<b>Rounders</b> (Developing Catching, Fielding, Running & Throwing) <b>Area</b> (Field)
<b>2<sup>nd</sup> Sport</b>	<b>Tag Rugby</b> <b>Leicester Tigers Coaching</b> <b>Area</b> (Field)	<b>Dodgeball</b> (Acquiring the five skills in the game) <b>Area</b> (Playground)	<b>Fundamental Skills &amp; Movement</b> (Developing Balance, Control, Locomotion and Motor skills) <b>Area</b> (Field/Playground)	<b>Hockey</b> (Acquiring Dribbling, Passing & Shooting skills) <b>Area</b> (Playground)	<b>Netball</b> (Acquiring Passing & Shooting skills) <b>Area</b> (Playground)	<b>Volleyball</b> (Acquiring the skills of the game) <b>Area</b> (Field)

# Class Three Programme

Terms	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part One)	Summer Term (Part Two)
<b>1<sup>st</sup> Sport</b>	<b>Athletics</b> Developing Techniques in Events) Area (Field)	<b>Gymnastics</b> (Dynamic Movement and Contrasting Actions) Area (Village Hall)	<b>Dance</b> Theme (Space) Area (Village Hall)	<b>Football</b> (Acquiring Attacking and Defending Skills) Area (Field)	<b>Tennis</b> Developing Footwork and Technique) Area (Field)	<b>Cricket</b> (Refining Skills & acquiring tactics in the game) Area (Field)
<b>2<sup>nd</sup> Sport</b>	<b>Tag Rugby</b> (Developing Catching, Passing, Running & Tagging skills) Area (Field)	<b>Invasion Games</b> (Developing Receiving & Sending skills and Possession Area (Playground)	<b>Basketball</b> (Developing Dribbling, Passing & Shooting skills Area (Playground)	<b>Tri Golf</b> (Refining Skills and building challenges) Area (Field) & <b>Swimming</b> (Advanced Water Safety) Area (TBC)	<b>Rounders</b> (Developing the concepts of the game) Area (Field)	<b>OAA</b> (Problem Solving skills) Area (Playground & Field)

# 2<sup>nd</sup> Year Programme



# EYFS Programme

Year Group	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part One)	Summer Term (Part Two)
EYFS	<b>Introduction To PE</b> (Exploring Movement Skills) Area (Field)	<b>Dance Theme</b> (TBC) Area (Village Hall)	<b>Gymnastics</b> (Introduction to PE: Balance Movement & Shapes) Area (Village Hall)	<b>Fundamentals</b> (Developing Gross Motor Skills) Area (Playground)	<b>Ball Skills</b> (Catching & Throwing) Area (Field)	<b>Games</b> (Best of Ball Games) Area (Field)



# KS1 Programme

Terms	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part One)	Summer Term (Part Two)
<b>1<sup>st</sup> Sport</b>	<b>Fundamentals</b> (Developing Agility Balance & Co-Ordination) Area (Field)	<b>Gymnastics</b> (High & Low Movement) Area (Village Hall)	<b>Dance Theme</b> (TBC) Area (Village Hall)	<b>Ball Skills</b> (Developing Catching & Throwing) Area (Playground)	<b>Athletics</b> (Running & Jumping) Area (Field)	<b>Tennis</b> (Learning Racket Skills with the Ball) Area (Field)
<b>2<sup>nd</sup> Sport</b>	<b>Fundamentals Of Sports</b> (Movement Skills Applied to a Sport Situation) Area (Field)	<b>Indoor Activities</b> (Applying High & Low Movement In different Situations) Area (Village Hall)	<b>Traditional Playground Games</b> (Focusing on Movement, Teamwork & Co-Operation) Area (Playground)	<b>Ball Sports</b> (Developing Co-Ordination Skills In different Sports) Area (Playground)	<b>Athletic Games</b> (Applying Running & Jumping skills Into games) Area (Field)	<b>Racket Sports</b> (Applying Racket Skills Into different Sports) Area (Field)

# Class Two Programme

Terms	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part One)	Summer Term (Part Two)
<b>1<sup>st</sup> Sport</b>	<b>Athletics</b> (Track & Field) Area (Field)	<b>Gymnastics</b> (Dynamics & Principles) Area (Village Hall)	<b>Dance</b> Theme (TBC) Area (Village Hall)	<b>Tennis</b> (Developing Racket Skills) Area (Field)	<b>Football</b> (Developing Dribbling, Passing & Shooting Skills) Area (Field)	<b>Cricket</b> (Learning the Logistics of the Game) Area (Field)
<b>2<sup>nd</sup> Sport</b>	<b>Invasion Games</b> (Developing Receiving & Sending Skills & Understanding Possession) Area (Field)	<b>Basketball</b> (Acquiring Dribbling, Passing, and Shooting Skills) Area (Playground)	<b>Tri-Golf</b> (Acquiring Putting & Swinging Skills) Area (Playground)	<b>Tag Rugby</b> (Acquiring Catching, Passing, Running & Tagging Skills) Area (Field)	<b>OAA</b> (Map Skills) Area (Playground & Field)	<b>Rounders</b> (Refining Skills & Gameplay) Area (Field)

# Class Three Programme

Terms	Autumn Term	Christmas Term	Spring Term	Easter Term	Summer Term (Part One)	Summer Term (Part Two)
<b>1<sup>st</sup> Sport</b>	<b>Football</b> (Refining Skills & Using Tactics In Gameplay) Area (Field)	<b>Dance</b> Theme (TBC) Area (Village Hall)	<b>Gymnastics</b> (Acquiring & Developing Sequences) (Village Hall)	<b>Athletics</b> (Track & Field) Area (Field)	<b>Cricket</b> (Refining Skills & Developing Tactics in Gameplay) Area (Field)	<b>Rounders</b> (Refining Principles & using Tactics in Gameplay) Area (Field)
<b>2<sup>nd</sup> sport</b>	<b>Hockey</b> (Acquiring Attacking & Defending Skills) Area (Playground)	<b>Dodgeball</b> (Developing the five skills in the Game) Area (Playground)	<b>Health and Well-Being</b> (Circuit Training) Area (Playground)	<b>Netball</b> (Developing Passing & Shooting Skills) Area (Playground)	<b>Handball</b> (Developing the skills of the game) Area (Field)	<b>Volleyball</b> (Developing The skills Of the game) Area (Field)