



PE CURRICULUM OVERVIEW

PE STATEMENT OF INTENT

At St William's we recognise the value that a high-quality PE curriculum and a healthy, active lifestyle can offer to our pupils. As a school, we aim to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. From starting points in EYFS, all children are encouraged to be outdoors and physically active.

We aim to ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad & balanced curriculum with opportunities for all. In addition to our own teaching team, we employ highly skilled and qualified sports coaches. We encourage all our pupils to be active and engaged in our PE lessons to enable them to get the most out of their lessons and to inspire them to reach their potential.

We aim to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We want all our children to feel they belong as part of a team, believe in their healthy potential and become as physically, socially and emotionally well as they can be. We offer a wealth of enrichment and leadership opportunities for our pupils and being physically active is promoted daily through 'The Daily Mile'.

THE GOLDEN THREADS OF EYFS

- Children negotiate space and obstacles safely, with consideration for themselves and others;
- They develop the overall body strength, co-ordination, balance, and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport, and swimming.
- They are encouraged to confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- They move energetically running, jumping, dancing, hopping, skipping, and climbing;
- They explore and discuss the effect of exercise on the body.

YEAR 1					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
FUNDAMENTALS	DANCE	FUNDAMENTALS	GYMNASTICS	FUNDAMENTALS	TEAM GAMES
YEAR 2					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
FUNDAMENTALS	DANCE	FUNDAMENTALS	GYMNASTICS	FUNDAMENTALS	TEAM GAMES
YEAR 3					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
GAMES - DODGEBALL	DANCE	GYMNASTICS	GAMES - BASKETBALL	ATHLETICS	GAMES - CRICKET & ROUNDERS
WIDER OPPS		GAMES - FOOTBALL	ORIENTEERING		
YEAR 4					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
GAMES - HOCKEY	DANCE	GAMES – BASKETBALL	GYMNASTICS	ATHLETICS	GAMES - CRICKET & ROUNDERS
WIDER OPPS		SWIMMING	GAMES – TAG RUGBY ORIENTEERING		
YEAR 5					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
GAMES – DODGEBALL	DANCE	GAMES - FOOTBALL	GAMES – BASKETBALL	GYMNASTICS	GAMES - CRICKET & ROUNDERS
	WIDER OPPS			ATHLETICS	
YEAR 6					
AUTUMN TERM		SPRING TERM		SUMMER TERM	
GAMES - HOCKEY	DANCE	GAMES - BASKETBALL	GAMES - TAG RUGBY	ATHLETICS	GYMNASTICS
ORIENTEERING	WIDER OPPS				GAMES - CRICKET & ROUNDERS