

Physical Education: Our Curriculum

Our vision is to provide high quality PE experiences which motivate and inspire our pupils, cultivating ‘physically literate students’ who choose to engage and enjoy regular physical activity, knowing it to be one essential element of a healthy lifestyle. Message delivered - “We do PE because we [Manor Primary] want you to have the skills, knowledge and confidence that ensure you can participate in any ADVENTURE you choose throughout your life!”

| | Autumn | | Spring | | Summer | |
|-----------|--|---|--|---|---|--------------------|
| Nursery | Fundamental Movements Skills (Travelling & Balancing) (All about me) | | Fundamental Movements Skills (Handling & Manipulating) (Places and Spaces) | | Fundamental Movements Skills (Sequencing) (Traditional Tales) | |
| | Daily, exploratory and teacher led play with focus on primary gross motor skill foundations: core strength, balance, body awareness, coordination and crossing midline. | | | | | |
| Reception | R.1 Gymnastics (8) | R.1 Games (8) | R.2 Dance (8) | R.2 Dance (8) | R.2 Games (8) | R.2 Gymnastics (8) |
| | Daily, exploratory and teacher led play with focus on primary gross motor skill foundations: core strength, balance, body awareness, coordination and crossing midline. | | | | | |
| Year 1 | 1.1 Gymnastics (8) | 1.1 Games (8) (primary focus – fundamentals) | 1.1 Dance (8) | 1.2 Games (8) (primary focus - invasion) | 1.2 Dance (4) 1.2 Gymnastics (4) | 1.1 Athletics (8) |
| Year 2 | 2.1 Gymnastics (8) | 2.1 Games (8) (primary focus – strike & field) | 2.1 Dance (8) | 2.2 Games (8) (primary focus – net & wall) | 2.2 Dance (4) 2.2 Gymnastics (4) | 2.1 Athletics (8) |
| Year 3 | 3.1 Dance (4) 3.1 Gymnastics (4) | 3.1 Games (8) (handball/rugby) | T.1 Outdoor adventurous activities | 3.2 Games (8) (wallball/kickball) | 3.2 Dance (4) 3.2 Gymnastics (4) | 3.1 Athletics (8) |
| Year 4 | 4.1 Dance (4) 4.2 Gymnastics (4) | 4.1 Games (8) (rugby/handball) | T.2 Outdoor adventurous activities | 4.2 Games (8) (kickball/T-ball) | 4.2 Dance (4) 4.2 Gymnastics (4) | 4.1 Athletics (8) |
| | SEC. Swimming & Water Safety (10) | | | | | |
| Year 5 | 5.1 Dance (4) 5.1 Gymnastics (4) | 5.1 Games (8) (basketball/volleyball) | T.3 Outdoor adventurous activities | 5.2 Games (8) (T-ball/ floorball) | 5.2 Dance (4) 5.2 Gymnastics (4) | 5.1 Athletics (8) |
| | ** Bikeability (6) | | | | | |
| Year 6 | Gymnastics and dance fusion (8) | 6.1 Games (8) (football/hockey) | T.4 Outdoor adventurous activities | 6.2 Games (8) (volleyball/tennis) | Gymnastics and dance fusion (8) | 6.1 Athletics (8) |

Impact

Our children:

- Make at least good or better progress consistently year on year. This is evident through Target Tracker data, lesson observations and student focus group evidence.
- Know that engaging in physical activities contributes to having a healthy lifestyle.
- Gain many skills, which are taught sequentially, that they are able to utilise across the range of physical education.
- Learn the skills required to play specific sports including tennis, tag rugby as well as those relating to gymnastics and athletics.
- Enjoy being engaged in physical activities which have an element of competition and know how to react as winners and losers.
- Have the opportunity to take part in a variety of intra and inter-school sporting activities, PA challenges and morning and after-school clubs.