

Hayton Cof E School – Whole School Physical Education Overview

At Hayton we use the Val Sabin Programmes of Study to assist teacher planning. Below is an overview of the learning focus for each half term in each class. We also have Sports coaches who come in and teach following our progression of skills and providing CPD for teachers.

Class teachers may choose to adapt the learning focus to suit their class but must ensure full coverage throughout the two-yearly cycle.

Year A (2022-2023)						
Nursery	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Family and Friends	Stars & Space	Superheroes	Traditional Tales	Growing	Seaside
Physical Development	Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene. Negotiate space	Go up steps and stairs, or climb up apparatus, using alternate feet. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.	Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.	skip, hop, stand on one leg and hold a pose for a game like musical statues. Use one-handed tools and equipment, for example, making snips in paper with scissors.	Use a comfortable grip with good control when holding pens and pencils. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.	Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Show a preference for a dominant hand Start taking part in some group activities which they make up for themselves, or in teams

Physical Education	<p>Gymnastics Perform simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these.</p>	<p>Gymnastics Perform simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these.</p>	<p>Dance Perform dances using simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these.</p>	<p>Dance Perform dances using simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these.</p>	<p>Athletics Master basic movements including running, jumping and throwing, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p>	<p>Games Participate in team games, developing simple tactics for attacking and defending. Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</p>
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Acorns (Rec & Yr1)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Family and Friends	Stars & Space	Superheroes	Traditional Tales	Growing	Seaside
Physical Development	<p>Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene. Negotiate space</p>	<p>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Combine different movements with ease and fluency.</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian.</p>	<p>Combine different movements with ease and fluency</p> <p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>	<p>Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p>

PD- Ongoing learning	<p>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.</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely, and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks, and spoon.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Develop overall body-strength, balance, co-ordination, and agility</p> <p>Watch and talk about dance and performance art, expressing their feelings and responses. (EAD)</p>					
Physical Education	Gymnastics Perform simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these	Gymnastics Perform simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these	Dance Perform dances using simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these.	Dance Perform dances using simple movement patterns. Master basic movements including running and jumping, as well as developing balance, agility and coordination, and begin to apply these.	Athletics Master basic movements including running, jumping and throwing, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.	Games Participate in team games, developing simple tactics for attacking and defending. ☑ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.
Otters (Y2/3)	Fundamentals: Throwing and Catching	Fundamentals: Agility, Balance and Co-ordination (gymnastics/yoga)	Fundamentals: Agility, Balance and Co-ordination (gymnastics/yoga) Swimming	Fundamentals: Agility, Balance and Co-ordination (gymnastics/yoga) Dance <i>Traditional English Country Dances (Unit 4)</i>	Fundamentals: Running and Jumping	Fundamentals: Throwing and Catching Attacking and Defending through team games

Badgers (Y4/5) <ul style="list-style-type: none"> • Football • Hockey • Tennis • Athletics • Rounders/cricket 	Fundamentals: Throwing and Catching	Attacking and Defending through team games Fundamentals: Throwing and Catching	Strength, Flexibility, Control and Balance (gymnastics/yoga)	Dance To tie in with the curriculum learning journey.	Fundamentals: Running and Jumping OAA Residential Patterdale Hall	OAA-orienteeing
Foxes (Y5/6) Fundamentals to be taught through: <ul style="list-style-type: none"> • Football • Hockey • Tennis • Athletics • Rounders/cricket 	Fundamentals: Throwing and Catching Swimming	Dance Collaborative work on Street Dance Swimming	Strength, Flexibility, Control and Balance (gymnastics/yoga)	Attacking and Defending through team games Fundamentals: Throwing and Catching	Fundamentals: Running and Jumping	OAA-orienteeing
Year B (2023-2024)						
Acorns (EYFS)	Big moves, spatial awareness games. Develop the skills needed to get through the school day e.g. lining up Revise and use fundamental movement skills e.g. run, jump hop	Gymnastics, rolls/jumps, Dance. Develop dominant hand for pencil control Use core muscle strength to achieve good posture (start to develop handwriting posture)	Ball games, sending and receiving skills. Negotiate space and obstacles safely Use different movement styles to match situations e.g. crawling through tunnels etc. Use a range of tools effectively including pencils and scissors	Gymnastics, using equipment, jumping, climbing. Demonstrate strength, balance and co-ordination and experiment and use different ways of moving- bikes/ scooters etc.	Athletics and outdoor games. Demonstrate different ways of moving Use of large-scale movements and balancing	Athletics and outdoor games. Use a range of small tools effectively- drawing with accuracy Using one handed tools and equipment Developing a comfortable pencil grip (N)

Hedgehogs (Y1/2) Fundamentals to be taught through: Gymnastics Dance Invasion Games Striking & Fielding games	Fundamentals: Throwing and Catching	Dance To tie in with the curriculum learning journey.	Fundamentals: Agility, Balance and Co-ordination (gymnastics/yoga)	Fundamentals: Agility, Balance and Co-ordination (gymnastics/yoga)	Fundamentals: Running and Jumping	Fundamentals: Throwing and Catching Attacking and Defending through team games
Otters (Y3/4) Fundamentals to be taught through: <ul style="list-style-type: none"> • Netball/basketball • Tag Rugby • Badminton • Rounders/cricket 	Fundamentals: Throwing and Catching	Dance To tie in with the curriculum learning journey.	Strength, Flexibility, Control and Balance (gymnastics/yoga) Swimming	Attacking and Defending through team games Fundamentals: Throwing and Catching	Fundamentals: Running and Jumping	OAA-orienteeering
Foxes (Y5/6) Fundamentals to be taught through: <ul style="list-style-type: none"> • Netball/basketball • Tag Rugby • Badminton • Rounders/cricket 	Fundamentals: Throwing and Catching	Dance To tie in with the curriculum learning journey.	Strength, Flexibility, Control and Balance (gymnastics/yoga)	Attacking and Defending through team games	Fundamentals: Running and Jumping	OAA-orienteeering