

Eastover School PE Curriculum

Foundation Stage Curriculum

| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------------|------------|------------|--------------|------------------------|-----------|
| Multi-Skills | Gymnastics | Gymnastics | Multi-Skills | Striking + Fielding | Athletics |

Eastover's aim for foundation stage PE is to develop a child's gross motor and movement skills through running, jumping, hopping, skipping and side stepping and improving a child's spatial awareness. Children will have the chance to develop co-ordination skills in multi-skills lessons by using small and large balls, begin to play simple games in pairs practicing turn taking and sharing. Where possible cross curricular links will be made to encourage the child to count points and reference colours.

In gymnastics children will learn the 5 key shapes, practice gymnastic rolls and jumps and will use low and high apparatus. This will improve a child's balance, flexibility, enhance and maintain muscular strength.

In the summer term children will start to throw/kick towards a target, throw and catch different sized balls, striking a moving object with a bat or stick. Children will also start working towards foundation stage sports day where they will become part of a team in a series of running and relay races. In the build up to sports day children practice all the races and take part in athletic events.

Eastover PE Curriculum Key stages one & two

Two year rolling curriculum

Year 1

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer2 |
|--------|--------------|------------|--------------------------|--------------------------|-----------------------|-----------|
| Year 1 | Multi-Skills | gymnastics | gymnastics | Sports Hall Athletics | Striking &Fielding | Athletics |
| Year 2 | Multi-Skills | gymnastics | gymnastics | Sports Hall Athletics | Striking &Fielding | Athletics |
| Year 3 | Multi-Skills | gymnastics | Sports Hall Athletics | OAA | Striking &Fielding | Athletics |
| Year 4 | Multi-Skills | gymnastics | Sports Hall Athletics | OAA | Striking &Fielding | Athletics |
| Year 5 | Multi-Skills | gymnastics | Sports Hall Athletics | OAA | Striking &Fielding | Athletics |
| Year 6 | Multi-Skills | gymnastics | Sports Hall Athletics | OAA | Striking &Fielding | Athletics |

Year 2

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer2 |
|--------|--------------|------------|----------|--------------------|--------------------|-----------|
| Year 1 | Multi-Skills | gymnastics | Dance | Health and Fitness | Striking &Fielding | Athletics |
| Year 2 | Multi-Skills | gymnastics | Dance | Health and Fitness | Striking &Fielding | Athletics |
| Year 3 | Multi-Skills | gymnastics | Dance | Health and Fitness | Striking &Fielding | Athletics |
| Year 4 | Multi-Skills | gymnastics | Dance | Health and Fitness | Striking &Fielding | Athletics |
| Year 5 | Multi-Skills | gymnastics | Dance | Health and Fitness | Striking &Fielding | Athletics |
| Year 6 | Multi-Skills | gymnastics | Dance | Health and Fitness | Striking &Fielding | Athletics |

In key stage one children will reinforce the fundamental movement skills and learn how these movements improve performance. In multi skills children will improve skills such as throwing and catching, shooting towards a target in basketball and hockey. Children will participate in team games, developing simple tactics.

Children will extend their agility, balance and co-ordination through gymnastics and will perform routines using the key steps gymnastics routines.

In athletics children will learn to throw, jump and run different distances recording times and distances against each other and will aim to improve their own performance. Children will use sports day to show these skills and compete in house competitions.

In key stage two children will apply and develop a broader range of skills. They will be given the opportunity to compete and play competitive games within and outside of school in basketball, cricket, rounders, football, athletics and netball.

Children will develop flexibility, strength, technique, control and balance through athletics, dance and gymnastics. In gym and dance children will perform routines using a range of movements.

Children will take part in OAA activities such as orienteering to improve communication and problem-solving skills as part of a team.

Children will compare and evaluate performances to achieve their personal best.

Swimming

Children from years foundation to year 4 have a 10-week swimming programme at 1610 sports centre, Bridgwater. Children will become water confident and aim to swim 25 metres using a range of strokes and perform self-rescue.

PE Festivals

| | | | | | |
|------------|-----------|--------------------------|-----------|----------|-----------|
| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Basketball | Dodgeball | Sports Hall Athletics | Triathlon | Rounders | Athletics |

In line with the school games programme children across all year groups will participate in competitive house competitions in our PE Festivals. The activities/sessions will be adapted to suit the year group but the primary aim is to allow the children to compete and represent their house.

After School Clubs

Eastover offers a wide range of sports clubs throughout the whole year, on a daily basis across and key stages. All clubs are free to the children to engage as many children as possible.

This year Eastover will offer clubs in football, basketball, athletics, netball, cross country, rounders and table tennis. As well as clubs that target SEND children and the less active.

Bikeability

Eastover has over the last two years invested in a bank of bikes and helmets to promote the benefits of cycling and cycling safely. Our PE coach has been accredited as a deliverer of cycle training and Eastover children receive regular cycle training.

Our aim is that of the end of key one children will be pedal ready and by the end of key stage two children will be road safe and as per the national standards for cycling.

School Games

Eastover actively access the school games to promote competition and give the children the opportunity to represent the school. As well as the delivery of intra sports (level 1) through PE festivals Eastover regularly takes parts in local inter school competition (level 2). In recent years we taken part in gymnastic, cross country, boccia, athletics, football, cricket, rounders competitions. This year our sportshall athletics team progressed to the county finals (level 3).