PE

Learning Journey

The intent of the PE Scheme of Work at Grove Park is…

- To develop pupils' competence and confidence in order to excel in a wide range of physical activities.
- To enable all pupils to regularly participate in physically challenging activities for sustained periods of time, ensuring that they develop the fundamentals movement skills necessary to support their health, fitness and athletic development.
- To foster opportunities for developing pupils' individual character traits such as resilience, motivation, cooperation and communication, within a healthy and supportively competitive environment.
- To promote and embed the benefits of a healthy lifestyle for all pupils.
- Through careful consideration and design, for all pupils to develop the core skills, essential knowledge and character traits in order to successfully participate in a range of physical activities. These skills build sequentially as a pupils' progress through the school.
- For all pupils, by the time they leave Grove Park, to have developed a deep understanding of the key concepts of the subject which are necessary to successfully achieve in PE in the next stage of their education. Also, for all pupils to be able to recognise a sense of enjoyment, challenge, and personal achievement which comes with participating in physical activity.
- To enhance the cultural capital of our pupils by providing opportunities for leadership, critical evaluation, responsibility and teamwork: all essential character traits for our pupils to take forwards into their future.
- To provide an equitable and inclusive approach to physical education, whereby every child is supported and encouraged to participate and achieve their potential.

EYFS

Autumn 1	Introduction to PE & Large Ball Skills & Agility (Tag Rugby)
	Throwing & Catching (Handball)
Half Term	
Autumn 2	Object Control (Hockey)
	Attack & Control (Football)
Christmas	
Spring 1	Gymnastics – Jumping & Balancing (Gymnastics)
	Movement Patterns (Dance)
Half Term	
Spring 2	Agility & Coordination (Tennis)
	Running, Agility & Coordination (Health & Fitness)
Easter	
Summer 1	Athletics – linked to Sports Day
	Throwing & Catching (Rounders)
Half Term	
Summer 2	Throwing & Catching (Cricket)
	Multi Sports (Recap)
End of the Year	

Year 1

Autumn 1	Introduction to PE & Large Ball Skills & Agility (Tag Rugby)
	Throwing & Catching (Handball)
Half Term	
Autumn 2	Object Control (Hockey)
	Attack & Control (Football)
Christmas	
Spring 1	Gymnastics – Jumping & Balancing (Gymnastics)
	Movement Patterns (Dance)
Half Term	
Spring 2	Agility & Coordination (Tennis)
	Running, Agility & Coordination (Health & Fitness)
Easter	
Summer 1	Athletics – linked to Sports Day
	Throwing & Catching (Rounders)
Half Term	
Summer 2	Throwing & Catching (Cricket)
	Multi Sports (Recap)
End of the Year	

Year 2

Autumn 1	Large Ball Skills (Tag Rugby)
	Throwing & Catching (Handball)
Half Term	
Autumn 2	Object Control (Hockey)
	Attack & Control (Football)
Christmas	
Spring 1	Jumping & Balancing (Gymnastics)
	Movement & Pattern (Dance)
Half Term	
Spring 2	Agility & Coordination (Tennis)
	Running, Agility & Coordination (Health & Fitness)
Easter	
Summer 1	Athletics – linked to Sports Day
	Throwing & Catching (Rounders)
Half Term	
Summer 2	Throwing & Catching (Cricket)
	Multi Sports (Team Games)
End of the Year	

Year 3

Autumn 1	Running, Jumping, Throwing & Catching (Tag Rugby)
	Team Games (Handball)
Half Term	
Autumn 2	Agility & Control (Hockey)
	Agility, Control & Coordination (Football)
Christmas	
Spring 1	Flexibility, Strength & Technique (Gymnastics)
	Movement & Patterns (Dance)
Half Term	
Spring 2	Technique & Hand-Eye Coordination (Tennis)
	Health & Exercise
Easter	
Summer 1	Swimming
	Throwing & Catching (Rounders)
Half Term	
Summer 2	Swimming
	Multi Sports (Team Games)
End of the Year	

Year 4

Autumn 1	Swimming
	Team Games (Tag Rugby)
Half Term	
Autumn 2	Swimming
	Agility, Control & Coordination (Football)
Christmas	
Spring 1	Flexibility, Strength & Technique (Gymnastics)
	Developing a Range of Movements (Dance)
Half Term	
Spring 2	Technique & Hand-Eye Coordination (Tennis)
	Health & Exercise
Easter	
Summer 1	Athletics – linked to Sports Day
	Throwing & Catching (Rounders)
Half Term	
Summer 2	Attacking & Defending (Cricket)
	Multi Sports (Team Games)
End of the Year	

Year 5

Autumn 1	Running, Jumping, Catching & Throwing (Tag Rugby)
	Team Games (Handball)
Half Term	
Autumn 2	Competitive Game Play (Hockey)
	Competitive Game Play (Football)
Christmas	
Spring 1	Flexibility, Strength & Technique (Gymnastics)
	Developing a Range of Movement (Dance)
Half Term	
Spring 2	Competitive Game Play (Tennis)
	Health & Exercise
Easter	
Summer 1	Athletics – linked to Sports Day
	Throwing & Catching (Rounders)
Half Term	
Summer 2	Attacking & Defending (Cricket)
	Multi Sports (Team Games)
End of the Year	

Year 6

Autumn 1	Running, Jumping, Catching & Throwing (Tag Rugby)	
	Team Games (Handball)	
Half Term		
Autumn 2	Competitive Game Play (Hockey)	
	Competitive Game Play (Football)	
Christmas		
Spring 1	Flexibility, Strength & Technique (Gymnastics)	
	Developing a Range of Movements (Dance)	
Half Term		
Spring 2	Competitive Game Play (Tennis)	
	Health & Fitness	
Easter		
Summer 1	Athletics – linked to Sports Day	
	Throwing & Catching (Rounders)	
Half Term		
Summer 2	Attacking & Defending (Cricket)	Swimming Assessment
	Teamwork (Team Games)	
End of the Year		