



Riverside Primary Academy



Physical Education Curriculum Overview - EYFS

Year group Subject	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<u>EYFS</u> <u>PD</u> <u>Physical</u> <u>Development</u> <u>Prime Area</u>	EYFS 1 - Rolling hoops on the yard. Travel with & receive a ball (any form) Basic sideways rolls. Play listening games in large group spaces - start & stop, fast & slow, quiet & noisy. Outside building with large crates and equipment Pre-writing skills and handwriting encouraging pupils to partake in finger gym and dough dancing	EYFS 1 - Play listening games in large group spaces - start & stop, fast & slow, quiet & noisy. Respond to music by dancing Pre writing skills and handwriting practise encouraging pupils to partake in finger gym and dough dancing	EYFS 1 - To be able to stop & find a space in the large group space / soft play room. To learn a dance to perform for parents & school in our Dance Festival (March). Pre writing skills and handwriting practise encouraging pupils to partake in finger gym and dough dancing	EYFS 1 - To develop awareness of own body potential - different jumps, running fast & slow, negotiate space available, simple balances on one foot etc. Try new things on soft play. Copy what others can do. Dance festival performance. Pre writing skills and handwriting practise encouraging pupils to partake in finger gym and dough dancing, overwrite letters and copy letters. Encouragement of triangulation grip for pencil hold.	EYFS 1 - To throw, kick, push, pat and catch a ball. Use large group space / soft play room - run then change speed. Try writing name for those who are ready. Encouragement of triangulation grip for pencils.	EYFS 1 - To use a range of PE equipment e.g. bats & balls, hoops, bean bags etc. Very simple rolling ball games & bouncing ball games (paired work). Prepare for sports day. Learn to write their first name
	EYFS 2 - Moving around the hall, Learning how to play games and follow rules. Warming up and cooling down, Listen to and follow instructions, To travel (very simply) with a ball around the hall or yard. To pass and receive a ball, bean bag, hoops etc. between a pair of children (gently) - change type of ball.	EYFS 2 - Large equipment - climbing frame, horse, benches, balancing beams (activities with an element of challenge and progressive skill)	EYFS 2 - Travel with & receive a ball. Travel and movement linked to topic e.g. animal movements - slithering, crawling, jumping, moving in groups, rolling and hopping. Dance festival. Large equipment - climbing frame, horse, benches, balancing beams (activities with an element of challenge to progress pupils' skills) .	EYFS 2 - Develop awareness of own body potential - try to extend your experiences on apparatus & copy what others have done. Large equipment - climbing frame, horse, benches, balancing beams (activities with an element of challenge and progressive skills). Dance festival performance.	EYFS 2 - To send and receive a ball to & from a partner. To play games in which the children change speed, direction and mode of movement e.g. cat and mouse. Consolidating and progressing skills from previous topics.	EYFS 2 - Playing a range of paired and team games in the hall or on yard . To run & change direction & speed. Preparation for sports day activities e.g. sack race, skipping, running on a track. Use range of PE equipment e.g. bat & ball, bean bag & hoop, skipping rope.



Riverside Primary Academy



Physical Education Curriculum Overview - Key Stage One and Key Stage Two

Year group Subject		Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Year 1	All classes to participate in the daily mile activities	Football Handball	Gymnastics Floor Work	Dance festival Hockey		Athletics Skills for Sports Day	Cricket / Striking Tennis
Year 2		Basketball Hockey	Gymnastics Apparatus	Dance Festival Tag Rugby		Athletics Skills for Sports Day	Rounders Tennis
Year 3		Football Hockey	Gymnastics Floor Work	Dance festival Netball		Athletics Skills for Sports Day	Tennis Cricket
Year 4		Swimming Basketball	Swimming Gymnastics - Apparatus	Swimming Dance Festival		Swimming Athletics Skills for Sports Day	Swimming Rounders
Year 5		Football Tag Rugby	Gymnastics - Floor Work	Dance Festival Netball		Athletics Skills for Sports Day	Cricket Tennis
Year 6		Basketball Hockey	Gymnastics - apparatus	Dance Festival Tag Rugby		Athletics Skills for Sports Day	Rounders Tennis

PSHE Link - Physical Health and Well being - Physical Health and Fitness

The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity).