

Physical Education at Goffs Oak Primary

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<p>Development Matters – Physical Development</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>					
Reception	Walking 1 - Locomotion	Hands 1 – Ball skills	Nursery rhymes - Dance	High, Low, Over, Under - Gymnastics	Feet 1 – Ball skills	Games for Understanding – Attack v Defence
Year 1	Heroes – Dance Health and Wellbeing	Wide, Narrow, Curled – Gymnastics Hands 1 – Ball skills	Feet 1 – Ball skills Body Parts - Gymnastics	Growing – Dance Games for Understanding – Attack v Defence	Rackets, Bats and Balls – Ball skills Jumping 1 - Locomotion	Running 1 – Locomotion Team Building
Year 2	Linking – Gymnastics Dodging 1 – Locomotion	Pathways - Gymnastics Hands 1 – Ball skills	Feet 1 – Ball skills Explorers – Dance	Health and Wellbeing Hands 2 – Ball skills	Jumping 1 – Locomotion Rackets, Bats and Balls – ball skills	Team Building Games for Understanding – Attack v Defence
Year 3	Netball – Invasion games Communication and Tactics - OAA	Wild Animals – Dance Health and Wellbeing	Swimming Symmetry and Asymmetry – Gymnastics	Swimming Tag Rugby – Invasion games	Tennis – Net/Wall Running - Athletics	Rounders – Striking and Fielding Throwing and Jumping - Athletics
Year 4	Netball – Invasion games Space - Dance	Mindfulness Problem Solving - OAA	Swimming Bridges - Gymnastics	Swimming Tag Rugby – Invasion games	Athletics Tennis – Net/Wall	Running – Athletics Rounders – Striking and Fielding
Year 5	Basketball – Invasion games Problem Solving - OAA	Greeks – Dance Badminton – Net/Wall	Swimming Counter Balance and Tension – Gymnastics	Swimming Health Related Exercise	Handball – Invasion Games Running – Athletics	Cricket – Striking/Fielding Throwing and Jumping - Athletics
Year 6	Basketball – Invasion games Matching and Mirroring - Gymnastics	Titanic – Dance Basketball – Invasion games	Leadership - OAA Boccia - Inclusion	Health Related Exercise Hockey – Invasion games	Athletics Carnival - Dance	Cricket – Striking/Fielding Throwing and Jumping - Athletics