



## **PE at Catshill First School and Nursery**

*At Catshill First School and Nursery we understand the importance of keeping healthy and active. We have a progressive, skills based curriculum that is built upon year on year. Children have the opportunity to refine and further develop their skills.*

### **EYFS**

*Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout the year. Children are offered a variety of opportunities within the daily provision to develop their physical skills.*

<b>Year 1</b>	<b>Throwing and Catching</b> 	<b>Gymnastics</b> 	<b>Dance</b> 	<b>Attacking and Defending</b> 	<b>Bats and Balls</b> 	<b>Athletics</b> 
<i>Curriculum focus</i>	<i>Basic ball handling skills</i>	<i>Travelling in different ways</i>	<i>Making shapes with objects</i>	<i>Passing, dodging, marking and defending</i>	<i>Holding bats correctly. Striking at a target</i>	<i>Running, jumping and throwing skills</i>
<b>Year 2</b>	<b>Throwing and Catching</b> 	<b>Gymnastics</b> 	<b>Dance</b> 	<b>Attacking and Defending</b> 	<b>Bats and Balls</b> 	<b>Athletics</b> 
<i>Curriculum focus</i>	<i>Throwing, catching, running and jumping</i>	<i>Forward rolls and handstands</i>	<i>Dancing in pairs and groups</i>	<i>Defending and marking</i>	<i>Hitting a ball accurately</i>	<i>Running, jumping and throwing skills.</i>
<b>Year 3</b>	<b>OAA</b> 	<b>Gymnastics</b> 	<b>Dance</b> 	<b>Invasion Games</b> 	<b>Striking and Fielding</b> 	<b>Athletics</b> 
<i>Curriculum focus</i>	<i>Teamwork, problem-solving and understanding maps</i>	<i>Jumping in different ways</i>	<i>Performing a dance phrase</i>	<i>Keeping possession and teamwork. Pass, receive and travel with the ball.</i>	<i>Catching and throwing across different distances and developing tactical skills.</i>	<i>Running, jumping and throwing skills.</i>
<b>Year 4</b>	<b>OAA / Play Leader Training</b> 	<b>Gymnastics</b> 	<b>Dance</b> 	<b>Invasion Games</b> 	<b>Tag Rugby</b> 	<b>Athletics</b> 
<i>Curriculum focus</i>	<i>Problem-solving skills and basic map-reading skills.</i>	<i>Develop jumping, turning and cartwheels</i>	<i>Dancing in unison and in canon.</i>	<i>Recap universal skills needed to play a range of invasion games,</i>	<i>Making tactical decisions about when to make passes and tags.</i>	<i>Sprinting and relay races.</i>