



PE Curriculum:

Years 1 – 6: rising Stars Champions

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Reception	<p>Gross Motor Skills Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Fine Motor <i>Use a comfortable grip with good control when holding a pencil.</i></p>	<p>Fine Motor Skills Develop their small motor skills so that they can use a range of tools competently, safely, and confidently – pencil, scissors, knives, forks and spoons.</p> <p>Gross Motor Skills Revise and refine the fundamental movement skills they have already acquired – walking, running. Progress towards a more fluent style of moving, with developing control and grace. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Fine Motor Skills Develop their small motor skills so that they can use a range of tools competently, safely, and confidently – pencil, scissors, knives, forks and spoons.</p> <p>Gross Motor Skills Revise and refine the fundamental movement skills they have already acquired – rolling, crawling, jumping, skipping Combine different movements with ease and fluency.</p>	<p>Gross Motor Skills Develop overall body-strength, balance, coordination and agility. Develop and refine ball skills – throwing and catching. Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.</p>	<p>Fine Motor Skills Develop the foundations of a handwriting style which is fast, accurate and efficient.</p> <p>Gross Motor Skills Revise and refine the fundamental movement skills they have already acquired – climbing, hopping Develop overall body strength, co-ordination, balance, and agility to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p>	<p>ELG Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>ELG Fine Motor Skills Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.</p>

PARISH OF THE ASCENSION, HULME



	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year 1	Groovy Gymnastics (inside)	Bootcamp (inside)	Storytime dance (inside)	Gymfit circuits (inside)	Multiskills (inside)	Skip to the beat (inside)
	Throwing and catching (outside)	Active Athletics (outside)	Brilliant Ball skills (outside)	Fitness frenzy (outside)	Mighty Movers (running)	Sport of your choice! (Outside)
Year 2	Groovy Gymnastics (inside)	Bootcamp (inside)	Ugly bug ball dance (inside)	Gymfit circuits (inside)	Multiskills (inside)	Skip to the beat (inside)
	Throwing and catching (outside)	Active Athletics (outside)	Brilliant Ball skills (Outside)	Fitness frenzy (outside)	Mighty Movers (running)	Sport of your choice! (Outside)
Year 3	Groovy Gymnastics (inside)	Bootcamp (inside)	African (inside)	Gymfit circuits (inside)	Multiskills (inside)	Skip to the beat (inside)
	Active athletics (Sports coach)	Defending principles (sports coach)	Attacking principles (sports coach)	Skills Game (sports coach)	Nimble nets (sports coach)	Striking and Fielding (sports coach)
Year 4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Gym Sequences	Dynamic Dance	Step to the beat	Dynamic Dance	Mighty Movers (Boxercise)	Cool Core (Pilates)
Year 5	Gym Sequences (inside)	Boot camp (Inside)	Dynamic dance (inside)	Gymfit circuits (inside)	Cool core-pilates (inside)	Step to the beat (inside)
	Young Olympians (sports coach)	Defending principles (sports coach)	Attacking principles (sports coach)	Skills Game (sports coach)	Nimble nets (sports coach)	Striking and Fielding (sports coach)
Year 6	Gym sequences (inside)	Boot camp (Inside)	Dynamic dance (inside)	Gymfit circuits (inside)	Cool core- pilates (inside)	Step to the beat (inside)
	Young Olympians (sports coach)	Defending principles (sports coach)	Attacking principles (sports coach)	Skills Game (sports coach)	Nimble nets (sports coach)	Striking and Fielding (sports coach)