



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.

Year 1

Throwing and Catching



Gymnastics



Dance



Attacking and Defending



Bats and Balls



Athletics



Curriculum focus

Basic ball handling skills

Travelling in different ways

Making shapes with objects

Passing, dodging, marking and defending

Holding bats correctly. Striking at a target

Running, jumping and throwing skills

Year 2

Throwing and Catching



Gymnastics



Dance



Attacking and Defending



Bats and Balls



Athletics



Curriculum focus

Throwing, catching, running and jumping

Forward rolls and handstands

Dancing in pairs and groups

Defending and marking

Hitting a ball accurately

Running, jumping and throwing skills.

Year 3

OAA



Gymnastics



Dance



Invasion Games



Striking and Fielding



Athletics



Curriculum focus

Teamwork, problem-solving and understanding maps

Jumping in different ways

Performing a dance phrase

Keeping possession and teamwork. Pass, receive and travel with the ball.

Catching and throwing across different distances and developing tactical skills.

Running, jumping and throwing skills.

Year 4

OAA / Play Leader Training



Gymnastics



Dance



Invasion Games



Tag Rugby



Athletics



Curriculum focus

Problem-solving skills and basic map-reading skills.

Develop jumping, turning and cartwheels

Dancing in unison and in canon.

Recap universal skills needed to play a range of invasion games,

Making tactical decisions about when to make passes and tags.

Sprinting and relay races.