

Magdalen Gates Primary School

PE

2022/2023



Magdalen Gates Primary School PE Curriculum

	Autumn 1- Personal	Autumn 2- Social	Spring 1- Cognitive	Spring 2- Creative	Summer 1- Physical	Summer 2- Health and fitness
EYFS	<p>Coordination Footwork I can side-step I can gallop I can hop I can skip.</p> <p>Static Balance One Leg I can stand still for 10 seconds.</p>	<p>Dynamic Balance to Agility Jumping and Landing Jump from 2 feet to 2 feet forwards.</p> <p>Static Balance Seated Balance with both hands/ feet down. Balance with 1 hand/ 2 feet down. Balance with 2 hands/ 1 foot down.</p>	<p>Dynamic Balance On a Line Walk forwards with minimum wobble. Walk backwards with minimum wobble.</p> <p>Static Balance Stance Stand on line with good stance for 5 seconds</p>	<p>Coordination Ball Skills Sit and roll a ball along the floor around body using 2 hands. Sit and roll a ball down legs and around upper body using 2 hands.</p> <p>Counter Balance With a Partner Sit holding hands with toes touching, lean in together then apart.</p>	<p>Coordination Sending and Receiving Roll large ball and collect the rebound.</p> <p>Agility Reaction / Response From 1 metres: React and catch large ball dropped from shoulder height after 2 bounces. React and catch large ball dropped from shoulder height after 1 bounce</p>	<p>Athletics</p> <p>Agility Ball Chasing Roll a ball, chase and collect it in balanced position.</p> <p>Chase a ball rolled by a partner and collect it in balanced position.</p> <p>Static Balance Floor Work Hold mini-front support position.</p>
Year 1	<p>Gymnastics</p> <p>Coordination Footwork I can side-step in both directions. I can gallop, leading with either foot. I can hop on either foot. I can skip</p> <p>Static Balance Maintaining balance and on both legs: I can stand still for 10 seconds.</p>	<p>Dance</p> <p>Dynamic Balance to Agility Jumping and Landing Jump from 2 feet to 2 feet forwards, backwards and side to-side.</p> <p>Static Balance Seated Balance with 1 hand/ 1 foot down. Balance with no hands or feet down.</p>	<p>Gymnastics</p> <p>Dynamic Balance On a Line Walk forwards with fluidity and minimum wobble. Walk backwards with fluidity and minimum wobble.</p> <p>Static Balance Stance Stand on line with good stance for 10 seconds</p>	<p>Coordination Ball Skills Sit and roll a ball along the floor around body using 1 hand (right and left). Stand and roll a ball up and down legs and round upper body using 2 hands.</p> <p>Counter Balance With a Partner Sit holding 1 hand with toes touching, lean in together then apart. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</p>	<p>Coordination Sending and Receiving Roll small ball and collect the rebound. Throw large ball and catch the rebound with 2 hands</p> <p>Agility Reaction / Response From 1, 2 and 3 metres: 1. React and catch large ball dropped from shoulder height after 2 bounces. 2. React and catch large ball dropped from shoulder height after 1 bounce</p>	<p>Athletics</p> <p>Agility Ball Chasing Roll a ball, chase and collect it in balanced position facing opposite direction. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</p> <p>Static Balance Floor Work Reach round and point to ceiling with either hand in mini-front support.</p>

<p>Year 2</p>	<p>Swimming</p> <p>Yoga</p> <p>Coordination Footwork Combine side-steps with 180° front pivots off either foot. 2. Combine side-steps with 180° reverse pivots off either foot. 3. Skip with knee and opposite elbow at 90° angle. 4. Hopscotch forwards and backwards, hopping on the same leg (right and left).</p>	<p>Swimming</p> <p>Gymnastics</p> <p>Static Balance One Leg Stand still for 30 seconds. Complete 5 mini-squats.</p>	<p>Swimming</p> <p>Dance</p> <p>Dynamic Balance to Agility Jumping and Landing Jump from 2 feet to 2 feet with quarter turn in both directions. 2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).</p>	<p>Swimming</p> <p>Gymnastics</p> <p>Static Balance Seated -Pick up a cone from one side, swap hands and place it on the other side. -Return the cone to the opposite side.</p>	<p>Swimming</p> <p>Dynamic Balance On a Line Walk fluidly, lifting knees to 90°. Walk fluidly, lifting heels to bottom.</p> <p>Coordination Ball Skills Sit and roll a ball up and down legs and round upper body using 1 hand. 2. Stand and roll a ball up and down legs and round upper body using 1 hand</p> <p>Counter Balance With a Partner Hold on and, with a long base, lean back, hold balance and then move back together. 2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</p>	<p>Swimming</p> <p>Athletics</p> <p>Static Balance Stance Stand on low beam with good stance for 10 seconds.</p>
<p>Year 3</p>	<p>Gymnastics</p> <p>Coordination Footwork Hopscotch forwards, alternating hopping leg each time. Move in a 3-step zigzag pattern forwards.</p> <p>Static Balance On both legs Stand still for 30 seconds with eyes closed.</p>	<p>Dance</p> <p>Dynamic Balance to Agility Jumping and Landing Jump from 2 feet to 2 feet with 180° turn in either direction. Complete a tucked jump.</p> <p>Static Balance Seated Pick up a cone from one side and place it on the other side with same hand.</p>	<p>Gymnastics</p> <p>Dynamic Balance On a Line March, lifting knees and elbows up to a 90° angle. Walk fluidly with heel to toe landing.</p> <p>Coordination: Ball Skills Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). Move a ball round waist 17 times.</p>	<p>Coordination: Sending and Receiving Strike a ball with alternate hands in a rally. Kick a ball with the same foot.</p> <p>Counter Balance: With a Partner Hold on and, with a short base, lean back, hold balance and then move back together. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</p>	<p>Agility: Reaction/Response From 1 metres React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg</p> <p>Static Balance: Floor Work Hold full front support position. Lift 1 arm and point to the ceiling with either hand in front support.</p>	<p>Athletics</p> <p>Agility: Ball Chasing Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>Static Balance: Stance Receive a small force from various angles. Raise alternate feet 5 times.</p>

Year 4	<p>Gymnastics</p> <p>Coordination Footwork</p> <p>Hopscotch forwards and backwards, alternating hopping leg each time. Move in a 3-step zigzag pattern forwards and backwards.</p> <p>Static Balance On both legs</p> <p>Stand still for 30 seconds with eyes closed. Complete 5 squats. Complete 5 ankle extensions.</p>	<p>Dance</p> <p>Dynamic Balance to Agility Jumping and Landing</p> <p>As Year 3 plus: Complete a tucked jump with 180° turn in either direction</p> <p>Static Balance Seated</p> <p>Pick up a cone from one side and place it on the other side with same hand. Return it to the opposite side using the other hand. Sit in a dish shape and hold it for 5 seconds.</p>	<p>Tennis</p> <p>Dynamic Balance On a Line</p> <p>As Year 3 plus: Walk fluidly, lifting knees and using heel to toe landing Walk fluidly, lifting heels to bottom and using heel to toe landing</p> <p>Coordination: Ball Skills</p> <p>As Year 3 plus: Stand with legs apart and move a ball around alternate legs 16 times</p>	<p>Gymnastics</p> <p>Coordination: Sending and Receiving</p> <p>Kick a ball with alternate feet</p> <p>Roll 2 balls alternately using both hands, sending 1 as the other is returning</p> <p>Counter Balance: With a Partner</p> <p>With eyes closed: Hold on and, with a short base, lean back, hold balance and then move back together. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.</p>	<p>Agility: Reaction/Response</p> <p>From 1, and 3 metres React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg</p> <p>Static Balance: Floor Work</p> <p>As Year 3 plus: Transfer cone on and off back in front support</p>	<p>Athletics</p> <p>Agility: Ball Chasing</p> <p>Chase a tennis ball, let it roll through legs and then collect it in balanced position facing the opposite direction. Chase a tennis ball, let it roll through legs and then collect it in balanced position facing the opposite direction.</p> <p>Static Balance: Stance</p> <p>As Year 3 plus: Raise alternate knees 5 times. 4. Catch ball at chest height and throw it back</p>
Year 5	<p>Swimming</p> <p>Gymnastics</p> <p>Coordination Ball Skills</p> <p>In 20 seconds or less: Stand with legs apart and move ball in figure of 8 around both legs 12 times Move ball around waist into figure of 8 around both legs 10 times.</p> <p>Agility Reaction / Response</p> <p>From 1 metre: React and step across body,</p>	<p>Swimming</p> <p>Dance</p> <p>Dynamic Balance On a Line</p> <p>Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing).</p> <p>Counter Balance</p> <p>With a Partner Stand on 1 leg holding with 1 hand, lean</p>	<p>Swimming</p> <p>Gymnastics</p> <p>Static Balance Stance</p> <p>Raise alternate knees to opposite elbow 5 times. Catch large ball thrown at knee height and above head.</p> <p>Coordination Footwork</p> <p>Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.</p>	<p>Swimming</p> <p>Static Balance Seated</p> <p>Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions).</p> <p>Static Balance Floor Work</p> <p>Transfer tennis ball on and off back in a front support. Transfer cone on and off tummy in back support.</p>	<p>Swimming</p> <p>Dynamic Balance to Agility</p> <p>Jumping and Landing Jump 2 feet to 2 feet forwards, backwards and side-to-side. Hop forward and backwards, freezing on landing. Jump 1 foot to other forwards and backwards, freezing on landing.</p> <p>Static Balance</p> <p>One Leg On both legs: 1. Stand still on uneven surface for 30 seconds. Complete 10</p>	<p>Swimming</p> <p>Athletics</p> <p>Coordination Sending and Receiving</p> <p>Alternately throw and catch 2 tennis balls against a wall.</p> <p>Agility Ball Chasing</p> <p>Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.</p>

	bring hand across body and catch tennis ball after 1 bounce.	back, hold balance and then move back together.			squats into ankle extensions.	
Year 6	<p>Gymnastics</p> <p>Coordination Ball Skills As Year 5 plus: Move ball around waist and then around alternate legs 12 times. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce</p> <p>Agility Reaction / Response From 1, 2 and 3 metres: React and step across body, bring hand across body and catch tennis ball after 1 bounce.</p>	<p>Dance</p> <p>Dynamic Balance On a Line As Year 4 with eyes closed As Year 5 plus: Lunge walk forwards, bringing opposite elbow up to a 90° angle.</p> <p>Counter Balance With a Partner As Year 5 plus: Stand on 1 leg while holding on to partner's opposite foot.</p>	<p>Gymnastics</p> <p>Static Balance Stance As Year 5 plus: Catch large ball thrown away from body. Catch small ball thrown close to and away from body.</p> <p>Coordination Footwork As Year 5 plus: Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction</p>	<p>Static Balance Seated As Year 5 plus: Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). Hold a V-shape with straight arms and legs for 10 seconds.</p> <p>Static Balance Floor Work As Year 5 plus: Transfer tennis ball on and off tummy in back support.</p>	<p>Dynamic Balance to Agility Jumping and Landing As Year 5 plus: Hop sideways, raising knee and freezing on landing. Jump 1 foot to other sideways, raising knee and freeze on landing</p> <p>Static Balance On both legs: Stand still on uneven surface for 30 seconds with eyes closed. Complete 5 squats with eyes closed.</p>	<p>Athletics</p> <p>Coordination Sending and Receiving As Year 5 plus: Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). 3. Throw 2 tennis balls against a wall in a circuit, in both directions</p> <p>Agility Ball Chasing Roll and chase tennis ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. Roll and chase large ball, stopping it with head in front support position facing opposite direction.</p>