



PE Curriculum

Years EYFS to 11

Curriculum Intent:

As pupils progress through PE at Seva they develop fundamental skills and techniques that are underpinned by the knowledge that an active lifestyle equals a balanced body and mind. Pupils' knowledge and understanding is tested through their responsible use of tactics and strategies and the respect they have for themselves and those around them. Through opportunities to compete with each other in school and with teams and individuals externally, the PE curriculum instils virtues of courage and standards of excellence and aspiration.

Year	Curriculum Journey
EYFS	<p>Autumn: Music and Movement – Moving confidently and freely, negotiating space. Gymnastics -Observes the effect of activity on their bodies. Moves skilfully and negotiates space successfully in a range of ways.</p> <p>Spring: Ball Skills – Developing basic techniques. Skills Development: Developing skills when moving and using equipment.</p> <p>Summer: Athletics – Basic Safety and Techniques; showing good control and coordination in large and small movements. Games – Basic skills and technique. Control body when performing a sequence of movements. Participate in simple games.</p>
1	<p>Autumn: Music and Movement – Using coordination and control. Skills Development: Developing skills when moving and using equipment. Focus on balance, co-ordination and agility.</p> <p>Spring: Ball Skills – Developing basic techniques, Gymnastics -Observes the effect of activity on their bodies. Moves skilfully and negotiates space successfully in a range of ways.</p> <p>Summer: Athletics – Basic Safety and Technique Games- Develop key skills.</p>
2	<p>Autumn: Music and Movement – Evaluate and improve performance. Skills Development – Develop basic skills; balance, co-ordination and agility.</p> <p>Spring: Ball Skills – Independent and group work. Gymnastics – Develop basic techniques. Summer:</p>

	<p>Athletics – Technique development. Games – Developing independent and collaborative techniques.</p>
3	<p>Autumn: Music and Movement – Development and basic application of concepts. Skills Development – Develop basic skills; balance, co-ordination and agility in a consistent manner.</p> <p>Spring: Ball Skills – Develop skills and techniques Independently and in group work. Gymnastics – Develop basic techniques.</p> <p>Summer: Athletics – Technique development. To compete with self. Games – Developing independent and collaborative techniques.</p>
4	<p>Autumn: Music and Movement – Create routine using basic techniques, Self/Peer Analysis Ball Skill Development – Basic Skills and Techniques</p> <p>Spring: Gymnastics – Balances, Stretches, Rolls. Skill Development - Basic Skills and Techniques.</p> <p>Summer: Athletics – Basic Safety and Techniques. To compete with self and others. Striking and Fielding Games – Developing basic techniques, working collaboratively.</p>
5	<p>Autumn: Music and Movement – Repetition, Unison, Self/Peer Analysis Ball Skill Development – Basic Skills and Techniques</p> <p>Spring: Gymnastics – Balances, Stretches, Rolls. Devise routines. Skill Development - Basic Skills and Techniques.</p> <p>Summer: Athletics – Basic Safety and Techniques. To compete with self and others. Striking and Fielding Games – Developing basic techniques, working collaboratively and following basic rules consistently and fairly.</p>
6	<p>Autumn: Music and Movement – Repetition, Unison, Self/Peer Analysis. Ball Skill Development – Basic Skills and Techniques.</p> <p>Spring: Gymnastics – Balances, Stretches, Rolls. Self/Peer Analysis. Skill Development - Basic Skills and Techniques.</p> <p>Summer: Athletics – Basic Safety and Techniques. To compete with self and others. Striking and Fielding Games – Developing basic techniques, working collaboratively, following rules.</p>
7	<p>Autumn: Music and Movement – Repetition, Unison, Self/Peer Analysis Ball Skill Development – Basic Skills and Techniques</p> <p>Spring: Gymnastics – Balances, Stretches, Rolls Health and Fitness – Changes in the Body</p>

	<p>Summer: Athletics – Basic Safety and Techniques Athletics – Basic Safety and Techniques</p>
8	<p>Autumn: Music and Movement – Development and Basic Application of Concepts Ball Skill Development – Skills and Techniques within Conditioned Games</p> <p>Spring: Gymnastics – Development and Basic Application of Concepts Health and Fitness – Fitness Components</p> <p>Summer: Athletics – Safety Precaution and Technique Enhancement Striking and Fielding – Basic Skills and Techniques</p>
9	<p>Autumn: Music and Movement – Application and Self/Peer Analysis of Concepts within a Performance Ball Skill Development – Skills and Techniques within Competitive Games</p> <p>Spring: Gymnastics – Application and Self/Peer Analysis of Concepts within a Routine Health and Fitness – Basic Fitness Testing</p> <p>Summer: Athletics – Technique Development Striking and Fielding – Advanced Skills and Techniques</p>
10	<p>Core PE Autumn: Music and Movement/Gymnastics – Developed Application and Basic Analysis of Independent and Group Performances/Routines Ball Skills – Attacking and Defensive Principles through Game-Like Scenarios</p> <p>Spring: Health and Fitness – Setting Up Fitness Tests Skill Development – Creation of Net/Wall Drills or Games</p> <p>Summer: Athletics – Basic Understanding of Fitness Components within Events Striking and Fielding – Experimentation and Development of Knowledge, Skills and Reasoning</p> <p>OCR Cambridge Nationals Sports Studies R184: Contemporary Issues in Sport R185: Performance and Leadership in Sports Activities R186: Sport and the Media</p>
11	<p>Core PE Autumn: Music and Movement/Gymnastics –Performance Analysis Informing Creation of Drills Ball Skills – Understanding and Development of Other Roles</p> <p>Spring: Health and Fitness – Development Analysis of Fitness Tests Skill Development – Knowledge and Reasoning Development of Concepts</p> <p>Summer: Athletics – Advanced Techniques, Safety and Analysis of Events</p>

Striking and Fielding – Understanding and Development of Other Roles

OCR Cambridge Nationals Sports Science

R184: Contemporary Issues in Sport

R185: Performance and Leadership in Sports Activities

R186: Sport and the Media