



PE (EYFS)

Overview	<p>The PE curriculum at William Hulme's Grammar School provides children with the opportunity to develop skills in four key areas: games, athletics, dance and gymnastics. This curriculum has been developed with the ambition of children achieving the Key Stage expectations, set out in the National Curriculum, by providing a year-on-year development of skills in each of the four key areas of PE. The curriculum also aims to develop each child in two ways: through physical outcomes and emotional outcomes.</p> <p>Our intent is to deliver high-quality lessons that inspire all pupils to succeed and excel in physical activities, including competitive sport, through the teaching of fundamental movement skills in the Early Years. We aim to provide opportunities for pupils to become physically confident in order for them to lead healthy, active lifestyles.</p> <p>We provide opportunities to compete in sport in order to build character and help to embed values, such as fairness and respect. Children will begin to develop these skills when taking part in simple games and developing their understanding of playing with others, learning to demonstrate honesty and playing with gratitude, empathy and fairness.</p>
-----------------	---

	Nursery	Reception	Assessment
Autumn Term 1	<p>Unit: Locomotion 1</p> <p>Area of Learning: introduce children to moving in different ways whilst learning about their own space and negotiating space with others.</p> <p>Overview:</p> <ul style="list-style-type: none"> Find a space, run skilfully and negotiate space. Sliding to left and right (Dodge) and hopping, jumping and gallop with either leg. 	<p>Unit: Locomotion 1</p> <p>Area of Learning: introduce children to moving in different ways whilst learning about their own space and negotiating space with others.</p> <p>Overview:</p> <ul style="list-style-type: none"> Moving forwards and backwards, running and hopping skilfully and negotiate space. Move freely with confidence in a range of ways while dodging with sliding to left and right. Be able to manipulate objects whilst galloping. 	Individual and group observations
Autumn Term 2	<p>Unit: Fine Motor Skills</p> <p>Area of Learning: build on children's gross motor skills and combine locomotion skills with fine motor activities.</p> <p>Overview:</p> <ul style="list-style-type: none"> Show running technique to negotiate space. Use hand strength to manipulate objects and to pick up, carry and put down with care to build carefully using small objects. Be able to thread with control. 	<p>Unit: An Encounter with Pirates (Pippa & Eddie)</p> <p>Area of Learning: a story-based activity to introduce games in a fun manner.</p> <p>Overview:</p> <ul style="list-style-type: none"> Develop the skills of running, bending, stretching, balancing, bouncing, jumping, throwing, twisting and turning. 	Individual and group observations

	Nursery	Reception	Assessment
Spring Term 1	<p>Unit:: Dance- Circus</p> <p>Area of Learning: Develop a motif demonstrating some agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Use their body to create simple theme related shapes, movements and actions. • Work individually to music to travel safely and creatively in space. • Be able to remember and perform a basic sequence of movement. 	<p>Unit: Gymnastics – Flight</p> <p>Area of Learning: Flight</p> <p>Overview:</p> <ul style="list-style-type: none"> • Jump in a variety of ways while showing good technique throughout take-off and landing. • Be able to turn with control while jumping and show tucked body shapes and changes in leg position while in the air. • Finally, execute a variety of jumps and leaps with control. 	Individual and group observations
Spring Term 2	<p>Unit: Gymnastics – Travelling, stopping, making shapes</p> <p>Area of Learning: Travelling in different ways while incorporating then key elements of gymnastics such as balance and control.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Understand mirroring and travel in different ways along the floor. • Balance on different body parts and jump in different ways. • To move with confidence and skill around, under, over and through. 	<p>Unit:: Dance- Jungle</p> <p>Area of Learning: Develop a dance demonstrating agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Use my body to create and express simple theme related shapes, movements and actions. • Show different levels when travelling and working with a partner. 	Individual and group observations

	Nursery	Reception	Assessment
Summer Term 1	<p>Unit: Dance – Seasons</p> <p>Area of Learning: Develop a motif showing agility, balance, coordination and precision.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Use their body to create simple theme related shapes, movements, feelings and actions. • Work independently to show different levels. In performance week, identify what good looks like. 	<p>Unit: Athletics</p> <p>Area of Learning: Learn basic techniques athletic skills for track and field events.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Understand about starting activities and coordinate a run and a jump to time take offs. • Be able to race to sustain over time and throw a variety of equipment. 	Individual and group observations

Summer Term 2	<p>Unit: Athletics 1</p> <p>Area of Learning: Learn techniques for track and field events within athletics.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Be able to run with their head up to stay within a lane/area. • Throw different equipment for accuracy and/or distance and understand the difference to jump for height. 	<p>Unit: Invasion Games 1</p> <p>Area of Learning: How to send, receive, bounce, dribble, dodge and evade.</p> <p>Overview:</p> <ul style="list-style-type: none"> • Use a variety of methods from sports to send and receive (pass and control). • Change direction confidently and competently in a limited space. • Move with a ball in a chosen sport safely and under control. 	Individual and group observations

Useful Resources for Supporting Your Child at Home:

- Support your child in attending Extra-Curricular sport in school
- Support your child in joining a local sports club
- Look at TeamMCR website for more opportunities for your child - <https://teammcr.co.uk/>