



St Giles Physical Education Overview

	7 Week Block	7 Week Block	7 Week Block	7 Week Block	7 Week Block
EYFS	Balance and Strength Exploring gross motor skills using a variety of activities.	Control and Co-ordination Exploring fine motor skills using a variety of activities.	Balance and Strength Exploring gross motor skills using a variety of activities.	Hand Eye Co-Ordination Combining fine and gross motor skills to react to movements.	Control and Co-ordination Combining fine motor skills using a variety of activities.
KS1	Dance Developing fundamental movement to music. Learning about rhythm, tempo and movement patters. Football FUNdamentals Developing fundamental techniques such as: dribbling, passing, shooting and small sided games.	Gymnastics Developing agility, balance and co-ordination using apparatus. Ball Games Developing fundamental techniques such as: catching, passing, shooting and small sided games.	Fitness Developing fundamental fitness principles such as: agility, balance and co-ordination. Yoga Developing an ability to engage with the benefits of yoga. Flexibility, breathing and self-regulation.	Gymnastics Developing agility, balance and co-ordination using balances and simple routines. Rugby FUNdamentals Developing fundamental techniques such as: catching, passing, tackling and small sided games.	Striking and Fielding Developing fundamental catching, throwing and striking skills. Athletics Develop existing athletic qualities such as: speed, endurance and pacing. Children will jump, throw and run.
LKS2	Football Secure fundamental techniques such as: dribbling, passing, shooting and small sided games. Dance Secure fundamental movement to music. Learning about rhythm, tempo and movement patters.	Netball Secure fundamental techniques such as: catching, passing, shooting and small sided games. Yoga Secure an ability to engage with the benefits of yoga. Flexibility, breathing and self-regulation.	Basketball Secure fundamental techniques such as: dribbling, passing and small sided games. Gymnastics Secure agility, balance and co-ordination using apparatus. Including routines where appropriate.	Tag Ruby Secure fundamental techniques such as: catching, passing, tackling and small sided games. Tennis Secure fundamental striking and timing. Playing rallies where appropriate.	Athletics Secure existing athletic qualities such as: speed, endurance and pacing. Children will jump, throw and run Striking and Fielding Secure fundamental catching, throwing and striking skills. As well as take part in engaging, small-sided games.



UKS2	Football Further secure and analyse fundamental techniques such as: dribbling, passing, shooting and small sided games.	Basketball Further secure and analyse fundamental techniques such as: catching, passing, shooting and small sided games.	Netball Further secure and analyse fundamental techniques such as: dribbling, passing and small sided games.	Tag Rugby Further secure and analyse fundamental techniques such as: catching, passing, tackling and small sided games.	Athletics Further secure and analyse fundamental techniques such as: speed, endurance and pacing. Children will jump, throw and run
	Dance Further secure and analyse fundamental techniques such as: rhythm, tempo and movement patters.	Yoga Further secure and analyse fundamental techniques such as: flexibility, breathing and self-regulation.	Gymnastics Further secure and analyse fundamental techniques such as: agility, balance and co-ordination. Using apparatus. Including routines where appropriate.	Tennis Further secure and analyse fundamental techniques such as: striking and timing. Playing rallies where appropriate.	Striking and Fielding Further secure and analyse fundamental techniques such as: Bowling, catching, throwing and striking skills. As well as take part in engaging, small-sided games.
Swimming					
In the Summer Term, St Giles will have a free standing pool installed on our school grounds. This is a new initiative where the pool comes to us. Children who do not achieve their 25m award are provided with extra ‘catch up’ sessions through our School Sports Funding.					
OAA					
At St Giles our OAA curriculum is covered by Robinwood Todmorden. More information can be found at: https://www.robinwood.co.uk/ Children will experience a multitude of activities such as canoeing, rock climbing and raft building. They also stay away from home for two nights and develop their independence. We also provide designated weeks focussing on OAA activities. Children learn about wilderness survival, compass points, map reading as well as developing teamwork and communication. We also support basic life skills such as tying shoe laces and knowing what to do in an emergency.					