







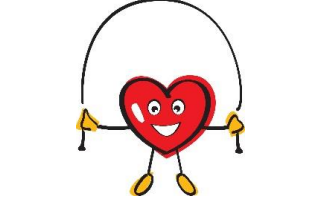




# Haresfield PE Curriculum EYFS +KS1

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PE 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						
	<b>Outdoor education</b> Rules of the woodland classroom Moving around the space safely Understanding risks and when to take them Supporting your body weight with your arms	<b>Multi sports</b> Passing the ball to your team mate Control and co-ordination Dribbling and kicking with control Co-ordination Striking the ball	<b>Fundamentals of Movement</b> Use one-foot side step Balance and co-ordination 5 points of catching Throw and catch during a game.	<b>Dance</b> Travelling using different body parts Awareness of space Move imaginatively to express emotion Understand how different body parts move in different ways.	<b>Swimming</b> Pool safety Floating using different apparatus Splashing / getting your face wet Kicking legs on the side of the pool	<b>Swimming</b> Developing water confidence Basic strokes on front with a float Going underwater
PE 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
						
	<b>Multi – skills</b> Begin to bounce and chest pass the ball Roll the ball using correct technique Dribble a ball under control Kick and strike a ball	<b>Principles of Play</b> Throw using 4 key points Catch when under pressure Use tactics in a game Play competitive games as part of a team.	<b>Gymnastics</b> Move with control and balance Create shapes with the body Balance and roll using a range of body parts Jump and land with control	<b>Healthy, happy heart</b> Use kicking skills to increase fitness Use bouncing skills Develop throwing skills Develop co-ordination	<b>Dodgeball</b> Move feet quickly to dodge the ball Throw overarm using correct technique Catch a ball whilst it is in the air	<b>Athletics</b> Run with control and balance Use arms to generate power when jumping Throw under arm and over arm