



## P.E. (Physical Education) at Cheapside School

### Overview

At Cheapside the Physical Education curriculum is designed to support the aims of the National Curriculum of ensuring that all pupils:

- develop competence in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### Teaching Scheme

At Cheapside we ensure that the children have one formal PE lesson a week for EYFS and KS1 and two formal lessons for KS2. Each year group has one session a week with a PE specialist teacher.

The curriculum is divided into half-term units with the overarching theme for each half-term being consistent throughout the school. This ensures that the key fundamental skills for each unit are taught at the same time of year, allowing a clear progression to be seen across the school. This allows an easy re-cap of previous skills and understanding of the next steps for progression.

The skills progression develops from the learning of fundamental skills through application, review and evaluation of performance to strategies and their application in games scenarios.

Year / Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Movement Games	Rolling Games	Gymnastics	Cycling	Throwing Games	Athletic Games
Year 1	Rugby	Football	Gymnastics	Tennis	Cricket	Athletics
Year 2	Rugby	Football	Gymnastics	Tennis	Cricket	Athletics
Year 3	Rugby	Netball	Indoor Athletics	Tennis	Cricket	Athletics
	Football	Hockey	Gymnastics	Swimming	Dance	OAA
Year 4	Rugby	Netball	Indoor Athletics	Tennis	Cricket	Athletics
	Football	Hockey	Swimming	Gymnastics	Dance	OAA

Year 5	Rugby	Football	Indoor Athletics	Tennis	Cricket	Athletics
	Swimming	Hockey	Gymnastics	Dance	OAA	Rounders
Year 6	Rugby	Football	Indoor Athletics	Tennis	Cricket	Athletics
	Hockey	Swimming	Gymnastics	Dance	OAA	Rounders

Additional opportunities for physical activities are made available through Forest School, Outdoor Adventurous Activities and Residential Trips.