



**Cornwood C of E Primary School**  
**Physical Education CURRICULUM OVERVIEW**



“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.” John F. Kennedy

At Moorsway Federation we believe every child has the right to access a broad and varied curriculum which is delivered in an enthusiastic and stimulating way. Our ambition is that every child leaves school with a positive impression of Physical Education and Sport leading to a healthy and active lifestyle.

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| <b>EYFS<br/>R</b>   | Intricately interwoven with emotional, social, cognitive and language development, physical development underpins all other areas of a child’s learning and development. Extensive physical experience in early childhood puts in place the neurological, sensory and motor foundations necessary for feeling good in your body and comfortable in the world. The intimate connection between brain, body and mind must be understood; when they are viewed as one system, the impacts of active physical play, health and self-care are observed and the effects on a child’s early brain development and mental health of adverse childhood experience, including malnutrition, illness or neglect, is recognised. Health, wellbeing and self-care are integral to physical development. Prioritising care opportunities and a collaborative approach with young children supports development of lifelong positive attitudes to self-care and healthy decision-making. Each child’s journey relies on whole-body physical experiences. While biologically programmed, the unfolding of this complex, interconnected system requires repeated movement experiences that are selfinitiated and wide-ranging. Fine and gross motor control must develop together in an integrated way, so that the child can achieve what they set out to do. We must ensure that children have movement-rich lives indoors and outdoors from birth. This includes the role of the adult’s body as an enabling environment itself, embedding movement into everything, and encouraging each child’s own motivations for being active and interactive with others. |
| <b>EYFS<br/>ELG</b> | <p><b>Gross Motor Skills</b></p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p><b>Fine Motor Skills</b></p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paint brushes and cutlery.</p> <p>Begin to show accuracy and care when drawing.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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*These units are from the Twinkl Mastery PE Curriculum.*

| Early Years Foundation Stage and Y1 |                             |                             |                       |                                         |                         |          |
|-------------------------------------|-----------------------------|-----------------------------|-----------------------|-----------------------------------------|-------------------------|----------|
|                                     | Autumn 1                    | Autumn 2                    | Spring 1              | Spring 2                                | Summer 1                | Summer 2 |
| EYFS/ Y1                            | Move It                     | Fantastic Gymnastics        | Dance, Dance, Dance   | Ball Skills: Roll it: Catch it, Kick it | Ball Skills: Kicking    | Swimming |
|                                     | Running and Jumping         | Balance, Shape and Rotation | Dance Fundamentals    | Ball Skills: Hands                      | Attacking and Defending |          |
| KS1 and LKS2                        |                             |                             |                       |                                         |                         |          |
| Year 2/3/4                          | Fundamental Movement Skills | Traveling and Jumping       | Health and Fitness    | Attacking and Defending                 | Dance Fundamentals      | Swimming |
|                                     | OOA                         | Fundamental Movement Skills | Intro to Net and Wall | Teamwork and Communication              | Athletics               |          |
| UKS2                                |                             |                             |                       |                                         |                         |          |
| Year 4/5/6                          | Fundamental Movement Skills | Traveling and Jumping       | Health and Fitness    | Attacking and Defending                 | Dance fundamentals      | Swimming |
|                                     |                             | Balance/ shape/ Rotation    | Select Invasion Game  | Orienteering                            | Athletics               |          |

