Physical Education Curriculum

Every Child a Confident Learner

INTENT: We recognise the importance of health and physical activity in every child's daily life. We aim to inspire our students to understand their body's needs in a sensory regulation sense, so they know how to adapt themselves and their environment in order to learn and live a rich life outside of school.

IMPLEMENTATION: Using assessment statements from the Cherry Garden Branch Maps the long-term planning has been designed to enable pupils to learn new knowledge, skills and relevant vocabulary, whilst revisiting and revising those previously learnt. Lessons are sequenced with clear and relevant learning objectives to ensure curriculum coverage. Learning includes in and out of classroom, including in our gymnastics hall, MUGA, field and basketball court.

IMPACT: We aim for our children to have developed detailed sensory and physical knowledge and skills, working as a team as well as continuing to be confident and competitive individuals, as they prepare for the next steps in their education and for their future. The quality of Physical education across the school is monitored and reviewed termly, this ensures our pupils experience, enjoy and have the potential to excel in their health journey.

Outdoor Games

Term	Topic	Focus Question	Key Skills
Autumn A	**Moving & Travelling**	How can I move safely in different ways?	Walking, running, crawling, jumping; stop/start; changing direction and speed; moving around obstacles; spatial awareness; safe movement around others.
Autumn B	**Ball Skills & Object Control**	How can I make an object move?	Rolling, pushing, kicking, throwing, catching and carrying; exploring different balls; receiving objects; developing control through repeated practice.
Spring A	**Target Games & Accuracy**	Can I control where an object goes?	Aiming; throwing, rolling and kicking towards targets; adjusting force and distance; retrieving equipment; increasing accuracy; choosing and responding to targets.
Spring B	**Coordination & Agility**	How can I control my body while I move?	Obstacle courses; balancing; stepping over/around/between; changing direction and speed; jumping; climbing; carrying objects; combining movements.
Summer A	**Simple Games**	How can I play a game with other people?	Turn-taking; waiting; following simple rules; responding to go/stop; passing; chasing; collecting; partner activities; simple team games.
Summer B	**Applying Skills Through Games**	How can I use my physical skills independently?	Applying travelling, ball, target and agility skills; combining skills; making choices; following routines/rules; working alongside others; increasing confidence and independence.

Gymnastics

Term	Topic	Focus Question	Key Skills
Autumn A	**Travelling Through Space**	How can I move safely and confidently through space?	Travelling in different ways; spatial awareness; stop/start; changing direction; strength; balance; coordination; moving over, around and between obstacles; simple movement sequences.
Autumn B	**Body Shapes & Balances**	How can I control my body and make different shapes?	Tucked, curled, stretched and wide shapes; stillness; balance; weight-bearing; body tension; holding positions; moving between shapes; choosing and copying shapes.
Spring A	**Floor Skills & Movement**	How can I move my body with control?	Rolling; rocking; crawling; jumping; landing; travelling on different body parts; changes of level; linking two or more movements; developing coordination and control.
Spring B	**Apparatus & Pathways**	How can I use equipment safely to help me move?	Climbing; stepping on/off; travelling over, under, around and through equipment; balancing on apparatus; negotiating pathways; safe equipment use; adapting movements to different surfaces.
Summer A	**Sequences & Performance**	How can I put movements together?	Linking movements; beginning-middle-end; repeating patterns; changes of direction, level and speed; copying/modeling; choosing movements; performing a short sequence; responding to music.
Summer B	**Gymnastics Challenges**	How can I use my gymnastics skills independently?	Applying travelling, shapes, balances, floor skills and apparatus work; combining skills; making choices; completing familiar movement challenges; increasing confidence, control and independence; showing a finished sequence.