

PE Road Map



Premier
Education



Year 1

Children in Year 1 will further develop their agility, balance and coordination by revisiting and developing the skills learned in EYFS. They will practise throwing and catching a ball with a partner using the correct techniques. They will explore attacking and defending in invasion games and become more resilient when playing in a team. When taking part in gymnastics, Year 1 children will show more control and tension as they work towards achieving their Level 2 RISE Gymnastics award. In the summer term, children in Year 1 will learn how to strike and field by taking part in cricket-style activities. As Sports Day approaches they will practise having races, showing good sportsmanship and an understanding of fairness.

Year 2

Children in Year 2 will revisit the skills learned in EYFS and Year 1 and be able to show more competence and confidence. They will be able to throw and catch with more control and accuracy. They will be more independent when using the apparatus in gymnastics and will work towards achieving their Level 3 RISE Gymnastics award. In the summer term, children in Year 2 will revisit striking and fielding and be more able to compete in a game of cricket. They will show more agility when taking part in athletics in preparation for Sports Day, and be good role models to the younger pupils. In addition to PE lessons, all Year 2 children will experience a term of swimming lessons.

Children will leave Branston C of E Infant Academy with a love of sport and an understanding of the importance of a healthy lifestyle. Children will have developed communication and teamwork skills and physical and emotional resilience. All children will have represented the school through sport and will have experienced lots of new sports through our exciting Enrichment Days. We hope this will inspire and promote an ongoing interest in sport.

EYFS

In EYFS, physical development is one of the prime areas of learning. Physical activity is vital in children's all round development. Gross and fine motor experiences develop through child-initiated play and adult-led tasks.

PE lessons will be based on fundamental skills. Alongside this, they will also practise teamwork, resilience and they will learn how to follow rules. Children in EYFS will learn how to move in different ways and develop their balance and coordination through dance and gymnastics. As the year progresses there will be further opportunity to play and work in a team, and appropriate elements of competition will be added.

