

Teacher Led PE Overview – EYFS and KS1

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PE National Curriculum Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

PE Equipment

Kit bags are provided with the fundamental equipment required for PE lessons. There is one kit bag for Year 1 and another for Year 2.

There is also an additional trolley of equipment in the indoor PE cupboard located in the hall which is available to complement PE lessons for any year group. Also in this cupboard is equipment required for gymnastics lessons including mats, vaults, spring boards, benches and a balance beam.

Teachers also have access to any equipment in the shed which is predominately used by NSSport, but can be borrowed by teachers if needed.

Teachers are asked to help look after equipment and tidy it away safely after lessons have been completed.

Sports captains are available to help with setting up/sourcing equipment as well as any other sporting business.

PE Kit

The expectation is the same as that of KS2. Children must wear the full and correct PE kit for lessons. This includes black/navy trousers or shorts, ESPS t-shirt, ESPS jumper, suitable trainers (outside), plimsoles (inside). If children consistently forget or do not have their PE kit then correspondence is sent home to parents. A change of clothes for physical activity is important for both safety and hygiene reasons.

PE Resources

All teachers must use the resources supplied via the Complete PE platform. See website www.completeperesource.com

Other resources available to complement lessons are;

- Play for Life Activity Cards
- Games Log (on Sharepoint)
- Phoenix Mile

School PE coordinators Miss Swift and Miss Fuller are always available on hand for support with lessons or advice if required.

Whole School Teacher Led PE Overview – EYFS / KS1 – (In line with Complete PE Curriculum Map)

Reception	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Dance	Ball Skills - hands	Gymnastics	Ball Skills - feet	Athletics – Sports Day Activities	Games for Understanding – Attack v Defence
Core Values	Curiosity, empathy, self-belief	Concentration, fairness, self-belief	Curiosity, empathy, courage	Concentration, fairness, honesty	Team-work, determination, respect	Concentration, fairness, integrity
Year 1	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastics	Ball Skills- hands	Dance	Games for Understanding – Attack v Defence	Athletics- Sports Day Activities	Locomotion - Running
Core Values	Curiosity, imagination, empathy	Concentration, fairness, honesty	Imagination, self-belief	Fairness, resourcefulness, honesty	Team-work, determination, respect	Empathy, gratefulness, self-belief
Year 2	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastics	Locomotion - Dodging	Dance	Ball Skills - feet	Team Building / Athletics – Sports Day Activities	Locomotion - Running
Core Values	Courage, self-belief	Fairness, honesty, empathy	Imagination, creativity, curiosity	Concentration, fairness, honesty	Team work, determination, respect	Empathy, gratefulness, self-belief