



Streetsbrook Infant & Early Years Academy

PE Curriculum Overview

Reception

Our Reception PE curriculum is supported by Get Set 4 PE

Autumn 1	Introduction to PE: Unit 2 Children will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and in a group. They will take part in activities which develop their fundamental movement skills such as running, jumping, skipping, rolling, throwing and catching. Children will also play simple games and begin to understand and use rules.
Autumn 2	Fundamentals: Unit 2 Children will develop their fundamental movement skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.
Spring 1	Gymnastics: Unit 2 Children will develop basic gymnastic skills, exploring creating shapes and balances, jumps and rolls. They will begin to develop an improved awareness of space and how to use it safely. They will perform basic skills on both floor and apparatus and copy, create, remember and repeat short movement sequences. They will explore how to use different levels and directions when travelling and balancing.
Spring 2	Dance: Unit 2 Children will develop their expressive movement, exploring travelling actions, shapes and balances. Children will choose their own actions in response to a stimulus and will have opportunities to copy, repeat and remember actions. They will continue to use counting to help them keep in time with the music. Children will have opportunities to perform to others and to provide simple feedback.
Summer 1	Games: Unit 2 Children will practise and further develop their fundamental movement skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.
Summer 2	Ball Skills: Unit 2 Children will develop their ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop their decision making and will begin to learn about simple tactics.