

The PE Curriculum at Bernards Heath Infant School

Year 1 and 2 Learners		
Skills	Knowledge	Context - What this looks like in the classroom:
<ul style="list-style-type: none"> • Dress, undress and adapt their clothing independently • Develop confidence when risk taking eg. Climbing safely at height • Balance, hop and jump when working at ground level • Demonstrate control and stability when using apparatus and equipment • Show good stamina when running both short and longer distances, jogging and sprinting • Demonstrate accuracy of aim when throwing and catching using two hands • Choose and link actions to create expressive dance phrases showing some sensitivity to accompaniment • Create and perform a short sequence of actions with a clear beginning, middle and end • Apply both attacking and defending skills when playing competitively (stuck in the mud, craters, volcanoes) • Participate in both competitive and collaborative activities, showing good sportsmanship 	<ul style="list-style-type: none"> • Understands the need to dress to suit the weather and activity • Aware of the impact exercise has on our bodies and can explain what is happening to their body when they exercise • Aware of the need for safe practice when handling and storing equipment 	<p><u>All children:</u></p> <ul style="list-style-type: none"> • We teach PE with sports coaches from Challenge Sport Education to provide lessons that are challenging and that increase heartrate. Alongside our PE lessons we have embarked on a 5 a day fitness programme providing children with daily sessions of heartracing physical activity to work their bodies hard. • Sports week includes our Sports Day for Key Stage 1. We teach the children to use lanes for running and how to do a successful relay. Competition is healthy and we provide children with 1st, 2nd and 3rd badges at the end of each race. Sports week also offers opportunities to discuss healthy living including balanced diet, how to keep clean and looking after your teeth, sun and road safety, healthy relationships and managing feelings. <p><u>Year 1:</u></p> <ul style="list-style-type: none"> • Children learn to use ball skills individually and in combinations to acquire the skills for the games they are playing. They develop accuracy and a sense of aim through the use of various under arm and over arm throws, for example, overarm shoulder, stand side-on and point with the other hand to aim into hoops, targets and a partners' hands. • Music and movement/ dance is taught over a series of lessons so children can build on previous learning and refine their moves after feedback and watching the performances of others. As in music the performance aspect of dance is very important along with positive feedback that celebrates effort and helps children improve. • Through games such as 'Basketball Explosion' and 'Shark Attack'

children learn to use equipment and develop their spatial awareness. All children are taught about how to be safe when moving fluently, changing direction and speed.

Year 2:

- Children learn about how their bodies change when exercising, this links with their science and maths learning: carrying out an investigations and collecting data. They talk about physical changes and how their appearance changes after exercising.
- In gym they work on controlling their bodies and extending through fingers and toes to create straight lines. They link sequences of balances and moves together and give each other feedback on improvements that can be made.
- Dance focuses on mood and controlling movements and giving messages to the audience about feelings.
- Games promote team work , problem solving and resilience. Through competitive games children learn how to win and lose graciously.