

## The PE Curriculum at Bernards Heath Infant and Nursery School

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.

Year 1 and 2 Learners		
Skills	Knowledge	Context – What this looks like in the classroom:
<ul style="list-style-type: none"> <li>• Develop confidence when risk taking eg. Climbing safely at height</li> <li>• Balance, hop and jump when working at ground level</li> <li>• Demonstrate control and stability when using apparatus and equipment</li> <li>• Demonstrate coordination when throwing and catching using two hands</li> <li>• Choose and link actions to create expressive dance phrases showing some sensitivity to accompaniment</li> <li>• Create and perform a short sequence of actions with a clear beginning, middle and end</li> <li>• Apply both attacking and defending skills when playing competitively (stuck in the mud, craters, volcanoes)</li> <li>• Participate in both competitive and collaborative activities, showing good sporting attitude</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of the impact exercise has on our bodies and can explain what is happening to their body when they exercise (link to science)</li> <li>• Aware of the need for safe practice when handling and storing equipment</li> </ul>	<ul style="list-style-type: none"> <li>• PE teaching supports the development and understanding of a healthy lifestyle.</li> <li>• Lessons are challenging and designed to include all attainment levels.</li> <li>• Some lessons are led or supported by a sports coach.</li> <li>• Alongside our PE lessons we use a 5 minutes a day fitness programme in class.</li> <li>• An annual sports day takes place in the summer where a healthy sporting attitude is encouraged.</li> </ul>