



PE at New Hartley First School

Intent Statement: PE at New Hartley First School strives to promote sport and PE as a medium to inspire an active healthy generation. We aim to encourage healthy competitive spirit whilst maintaining core sporting values of respect, fair play, honesty and cooperation and collaboration. By providing a varied opportunity for a range of sports, we support children in their physical, emotional, spiritual, cognitive and moral development. We aim to promote healthy lifestyle choices that children will take beyond their time at New Hartley. At New Hartley we offer a range of different sports, activities and disciplines (multi-skills, yoga, football, rugby, gymnastics, athletics, tennis, cycling, dance and the 'Daily Mile'.)

Early Years links to PE		
Nursery 3-4 year old	Reception	End of Reception assessment ELG
<p>PSED</p> <ul style="list-style-type: none"> Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. Increasingly follow rules, understand why they are important. Remember rules without needing an adult to remind them. <p>Physical Development</p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. Show a preference for a dominant hand. 	<p>PSED</p> <ul style="list-style-type: none"> Manage their own needs - personal hygiene Know and talk about the different factors that support overall health and wellbeing: regular physical activity <p>Physical Development</p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> rolling - running crawling - hopping walking - skipping jumping - climbing Progress towards a more fluent style of moving, with developing control and grace. Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. Develop overall body strength, balance, coordination and agility. <p>Expressive Arts and Design</p> <ul style="list-style-type: none"> Explore, use and refine a variety of artistic effects to express their ideas and feelings. Return to and build on their previous learning, refining ideas and developing their ability to represent them. Create collaboratively, sharing ideas, resources and skills. Listen attentively, move to and talk about music, expressing their feelings and responses. 	<p>PSED - Managing Self</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal needs, including dressing. <p>PSED - Building Relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. <p>Physical Development - Gross Motor Skills</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Expressive Arts and Design - Being Imaginative and Expressive</p> <ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

<ul style="list-style-type: none"> Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. Expressive Arts and Design <ul style="list-style-type: none"> Respond to what they have heard, expressing their thoughts and feelings. 	<ul style="list-style-type: none"> Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups 	
--	--	--

PE from Nursery to Year 4 at New Hartley

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Multi-skills	Multi-skills	Yoga	Multi-skills	Multi-skills linked to being healthy with exercise	Multi-skills
Reception	Dough Disco - Daily Squiggle whilst you wiggle Daily Fine motor development - fine motor station (linked to homework) Assess - LH/RH - pencil grip		Nelson Handwriting Scheme Daily (using RWI rhymes) Handwriting 1a (how we write each letter) Writing numbers 0-10 Assess - pencil grip - interventions/pencil grippers		Nelson Handwriting Scheme Daily (using RWI rhymes) Handwriting 1b (Size of each letter)	
	Fundamental Movements	Dance Multi-skills	Gymnastics Yoga	Gymnastics	Athletics	Athletics
Year 1	Fundamental Movements Multi-skills	Dance Modified Team games	Gymnastics Modified Team games	Yoga Attack/defend games	Striking and fielding games (cricket, baseball, rounders)	Athletics
Year 2	Fundamental Movements Multi-skills	Dance Modified Team games	Gymnastics Modified Team games	Yoga Attack/defend games	Striking and fielding games (cricket, baseball, rounders)	Athletics
Year 3	Multi-skills	Dance Modified Team games	Yoga Attack/defend games	Gymnastics Attack/defend games	Striking and fielding games (cricket, baseball, rounders)	Athletics
Year 4	Multi-skills	Dance Modified Team games	Yoga Attack/defend games	Gymnastics Attack/defend games	Striking and fielding games (cricket, baseball, rounders)	Athletics