



Middlewich Primary School Curriculum



At Middlewich Primary School, the Physical Education (PE) curriculum is designed to promote physical activity, healthy lifestyles, and the development of fundamental movement skills. It encourages students to be active, develop teamwork, and gain an understanding of the importance of physical fitness. The curriculum aims to develop physical, social, and emotional well-being, encouraging lifelong participation in physical activities.

Learning across the school is based on the following key strands:

- Fundamental movement skills
- Team sports
- Individual sports
- Health and fitness
- Games and movement activities
- Safety and sportsmanship

Curriculum Overview EYFS

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------|---|----------|--|----------|--|----------|
| EYFS | Basketball: Show and demonstrate an understanding of how to dribble a basketball whilst moving as well as a simple bounce pass to a partner. Gymnastics: Develop flexibility, strength, technique, control, and balance. | | Football: Perform a dribble using the correct part of the foot as well as a pass to a partner with the correct part of the foot. Dance: To perform dances using simple movement patterns to the themes; animals and your morning routine. | | Athletics: Run competitively in sprint (60m) and longer distance (400m) runs, jump 50cm, throw a javelin 1.5m. Cricket: Demonstrate how to field a ball using the correct technique. To strike a stationary ball from a tee into a target area. | |

Curriculum Overview Key Stage 1

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|---|----------|--|----------|--|----------|
| Year 1 | Basketball: Play a 3v3 game of basketball using hoops as goals. Gymnastics: Develop flexibility, strength, technique, control, and balance. | | Football: Play 4v4 football game, using small goals. Dance: Perform a dance to show changing seasons. | | Athletics: Run competitively in sprint (60m) and longer distance (400m) runs, jump 50cm, throw a javelin 1.5m. Cricket: Play 4v4 cricket game. | |
| Year 2 | Netball: Play 3v3 netball game, using hoops as goals and showing awareness of different positions. Gymnastics: Develop flexibility, strength, technique, control, and balance. | | Football: Play 4v4 football game, using small goals and showing awareness of different positions. Dance: Perform a dance staying in time with the beat and to different themes. | | Athletics: Run competitively in sprint (60m) and longer distance (400m) runs, jump 50cm, throw a javelin. Cricket: Play 4v4 cricket game. Showing an underarm bowl, the correct technique when holding and striking the ball and the correct technique to field the ball. | |

Curriculum Overview Key Stage 2

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|--|----------|---|----------|--|----------|
| Year 3 | Basketball: Play 5v5 basketball showing awareness of the responsibilities of different positions and basic rules. Gymnastics: Develop flexibility, strength, technique, control, and balance. | | Football: Play 5v5 football games as an attacker and a defender, showing awareness of different positions and basic rules. Dance: Perform a variety of dances using a range of movement patterns. | | Athletics: Run competitively in sprint (60m) and longer distance (400m) runs, and relay races. Jump using different techniques for length and height 50cm, throw, using different techniques. Rounders: Play rounders showing awareness of basic rules. | |
| Year 4 | Netball: Play 5v5 netball games as an attacker and a defender showing awareness of different positions and basic rules. Gymnastics: Develop flexibility, strength, technique, control, and balance. | | Hockey: Play 5v5 hockey, showing awareness of the responsibilities of different positions and basic rules. Dance: Create and perform dances using a range of movement patterns to match music from different times and cultures. | | Athletics: Run competitively in sprints and distance runs of various lengths, using a basic understanding of pacing. Jump using different techniques for length and height. Throw objects using different techniques. | |

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| | | | Cricket: Play mini cricket game showing awareness of the responsibilities of different positions and basic rules and techniques. |
| Year 5 | Basketball: Play 5v5 basketball showing awareness of the responsibilities of different positions and basic rules. Gymnastics: Develop flexibility, strength, technique, control, and balance. | Football: Play football showing understanding of the rules of the game and awareness of the responsibilities of different positions. Dance: Create and perform a sequence of dances using a range of movement patterns to match music from different times and cultures. | Athletics: Run competitively in sprints and distance runs of various lengths, pacing themselves, as necessary. Jump using different techniques for length and height. Throw objects using different techniques. Rounders: Play rounders and tennis showing understanding of the rules of the game, awareness of the responsibilities of different positions and basic techniques. |
| Year 6 | Netball: Play netball showing understanding of the rules of the game and awareness of the responsibilities of different positions. Gymnastics: Create and perform, individually and in a small group a timed series of controlled, linked movements, including different jumps, rolls and balances, on the floor and on apparatus. | Hockey: Play hockey showing understanding of the rules of the game and awareness of the responsibilities of different positions. Dance: Create and perform a sequence of individual and small group dances using a range of movement patterns to match music from different times and cultures. | Athletics: Run competitively in sprints and distance runs of various lengths, pacing themselves, as necessary. Jump using different techniques for length and height. Throw objects using different techniques Cricket: Play cricket showing understanding of the rules of the game, awareness of the responsibilities of different positions and basic techniques. |

Wider Opportunities

Various sporting competitions throughout the school year