

Dodford First School

Our Values				
Perseverance	Respect	Independence	Determination	Excellence
Our Golden Threads				
Vocabulary and Oracy	Breadth and Mastery	Diversity and Inclusion	Digital Literacy and Personal Safety	

Physical Education Curriculum Statement

At our school, we believe that physical literacy is fundamental to every child's development. From birth, children learn about themselves and the world through movement. Early movement experiences form the foundation upon which academic success, physical competence, emotional well-being and lifelong healthy habits are built. Through our Physical Education curriculum, we aim to develop physically literate children who possess the confidence, competence, knowledge, and motivation to lead active and healthy lives. We recognise that the development of foundational movement skills - stability, locomotion, and object control - is essential for children's physical, cognitive, and social development.

Our PE curriculum is carefully sequenced to develop physical literacy through the progressive teaching of foundational movement skills. Children are provided with regular opportunities to practise and refine stability, locomotion, and object control skills through a broad and balanced range of activities that build confidence and competence over time. As children move through Key Stage 1 and Key Stage 2, learning is delivered through a variety of physical contexts, including invasion games, net and wall games, striking and fielding games, gymnastics, dance, swimming, and outdoor and adventurous activities. These experiences enable children to apply and develop their movement skills in increasingly challenging situations while meeting the requirements of the National Curriculum. By providing a wide range of engaging movement opportunities, we enable children to refine these fundamental skills, build confidence in their physical abilities and develop positive self-esteem. We strive to ensure that all children experience success, enjoyment and challenge within a safe, inclusive and supportive environment.

Physical Education Curriculum Overview

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
EYFS Cycle A	Stability (Static Balance)	Locomotion (Walking, Running, Jumping)	Stability (Dynamic Balance)	Object Control (Rolling, Catching, Kicking, Trapping)	Locomotion (Hopping, Skipping, Galloping)	Object Control (Bouncing, Throwing, Striking)
EYFS Cycle B	Stability (Static Balance)	Locomotion (Walking, Running, Jumping)	Stability (Dynamic Balance)	Object Control (Rolling, Catching, Kicking, Trapping)	Locomotion (Hopping, Skipping, Galloping)	Object Control (Bouncing, Throwing, Striking)
Years 1 and 2 Cycle A	Ball Skills: Pushing and Striking Gymnastics: Movement and Balances (1)	Target Games Dance: My World, How We Dance	Locomotion Health and Wellbeing: Agility, Balance and Coordination	Object Control Ball Skills: Sending, Receiving and Dribbling	Dance Outdoor Adventurous Activities: Working with Others	Dance Locomotion: Running and Jumping

Years 1 and 2 Cycle B	Ball Skills: Hitting and Striking Gymnastics: Movements and Balances (2)	Target Games Dance: My Moves, My Brilliant Body	Locomotion Health and Wellbeing: The Effects of Exercise	Object Control Ball Skills: Passing, Dribbling and Scoring	Dance Outdoor Adventurous Activities: Team Building	Dance Locomotion: Running, Jumping and Dodging
Years 3 and 4 Cycle A	Swimming Gymnastics: Sequence Composition	Swimming Invasion Games: Principles of Attack and Defence	Target Games Health and Wellbeing: Meditative Balances and Relaxation Techniques	Net and Wall Games: Tactics and Strategies Outdoor Adventurous Activities: Team Challenges	Dance Striking and Fielding: fielding vs batting	Dance Athletics: Athletic Challenges
Years 3 and 4 Cycle B	Swimming Gymnastics: Symmetry and Asymmetry	Swimming Invasion Games: Maintaining Possession and Stopping an Attack	Target Games Health and Wellbeing: Mindfulness and Meditative Balances	Net and Wall Games: Tactics to overcome an Opponent Outdoor Adventurous Activities: Problem Solving	Dance Striking and fielding: tactics and strategies	Dance Athletics: Athletic Challenges

PESSPA Opportunities at Dodford First School

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
National Curriculum (2 hours)		Owls Robins			Owls Robins
Break Time (15 minutes)	Playground Games Cards				
Active Lunch (30 minutes)	Tennis Ball Catch Bats and Balls Skipping Ropes	Football Penalty Can Alley Skipping Ropes	Beanbag Throw Bats and Balls Skipping Ropes	Netball Pass Hula Hoops Skipping Ropes	Hockey Penalty Horseshoe Throw Skipping Ropes
Physical Activity	Dodford Mile Muddy Monday (EYFS)			Dodford Mile	
PESSPA After School Club (1 hour)			Hockey Club (5 Weeks in Spring Term with Mrs Hughes)		Football Club Provided by Kidderminster Harriers