



Physical Education Overview at Manor Hill First School

Class Name	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery						Athletics
Reception	Paired Games	Throwing and Catching Games	Gym	Dance/Healthy Lifestyles	Invasion- speed and agility	Athletics
Year 1	Throwing and Catching Games	Passing Skill games	Gym	Dance/Healthy Lifestyles	Gym	Athletics- 1 competitive game
Year 2	Throwing and Catching Games	Passing Skill games	Gym	Dance	Dance	Athletics- 1 competitive game
Year 3	Invasion Games	Net and Wall	Dance	Invasion Games	Gym	Athletics/Striking and Fielding
Year 4	Net and Wall	Invasion games	Gymnastics	Dance/healthy lifestyles	Striking and Fielding	Athletics

Nursery:

Autumn: Starting preschool- new chapters

Spring- Growth- New life (Hatching Chicks)

Summer: Seaside

Links to Nursery Curriculum



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- Action songs and dancing to music/singing- use our bodies and create large movements.
- Large outdoor equipment to encourage use of Gross Motor skills- climbing frame, crates and planks, large building materials, shelter making.
- Access to various riding equipment- balance bikes, trikes, scooters and play vehicles.
- Teacher led healthy eating activities and discussions.
- Use of tools indoors and outdoors appropriate for individuals- hammers, trowels, scissors, spades, jugs, pencils, crayons, paint brushes. (Forest School)
- Weekly PE sessions delivered by T4S using EYFS curriculum.

Reception:

- Autumn: Forest School
- Spring: Gardens
- Summer: Africa

Links to Reception Curriculum:

- Floor space indoor and outdoor to dance, move in various ways and mark making and hand writing in different areas of the classroom- indoors and outdoors.
- Opportunities to develop motor skills- write dance, dough disco, cosmic kids yoga, PE, provision based PD activities- threading, play dough, woodwork, pin boards etc.
- Weekly sessions of Forest schools, and PE, access to PD large equipment daily in provision and at play/lunch times.
- Providing healthy snacks for children access freely and make healthy choices.
- Large outdoor space and field- tyre walk, climbing frame, use of scooters and bikes on track, balancing equipment.
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Year 1

- Autumn: London- Landmarks (Geography)/Toys (History)
- Spring: World's continents/oceans/weather patterns (Geography)
- Summer: Space Race (History)

Year 2

- Autumn: Victorians (History)
- Spring: Africa (Geography)
- Summer: Pottery (History)/ The Coast (Geography)

Year 3

- Autumn: Roman Empire (History) Volcanos/Extreme Weather (Geography)
- Spring: Vikings and Angol Saxons (History)
- Summer: North and South America (Mountains/Railways)

Year 4

- Autumn: World Wars (History) Counties (Geography)
- Spring: Stone/Bronze/Iron Age (History)
- Summer: Capital Cities of the World/Landscapes (Geography)