



The Federation of Longhorsley St Helen's and Whalton C of E School

*Love your Neighbour as yourself so we can all aspire, believe and achieve to be the very best that we can be...
Hope - Honesty - Forgiveness - Friendship - Trust - Love*



PE/Swimming Curriculum Overview 2025-2026

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Curriculum 2025-2026	<p>Football Provided by: Lewis or Cheryl</p> 	Gymnastics - delivered by class teachers	Dance delivered by Katie at Little Movers	Hockey - delivered by class teachers	Athletics delivered by Class teachers and cricket in preparation for the Font Alliance	<p>Skipping from Skip4 fit 4 weeks</p> <p>Class teacher then to deliver cricket</p> <p>Whalton staff extra village traditions of Maypoling and Bale Dance</p>
Swimming LH Leisure Centre -	<p>Year 4 Swimming</p> <p>Years 2 and 3 with Active Future Sports Hall Gross motor - running, jumping, throwing, kicking - teaching basic skills to use in games for prep for Aut 2</p>	<p>Year 2 and 3 Swimming</p> <p>Year 4 with Active Future Sports Hall Principles of attack and defence and what that looks like in different sports</p>	<p>Year 1 Swimming</p> <p>Years 2, 3 sports hall Sports Hall - whole body control gymnastics/dance skills</p>	<p>Year 4 Swimming</p> <p>Years 2 and 3 with Active Future Sports Hall activities</p>	<p>Year 2 and 3 Swimming</p> <p>Reception and Year 1 in Sports Hall Dance, Gymnastics</p> <p>Robinwood Residential for Children in Y4</p>	<p>Reception and Year 1 Swimming</p> <p>Year 4 Sports Hall</p>
Festivals or specialist events or After School Clubs	Parents will be informed by a letter and a google for of clubs and events each half term				Robinwood for Years 4 and 5	Sports Day, open to parents

Assessment criteria:

Autumn 1 Targets	Autumn 2 Targets	Spring 1 Targets	Spring 2 Targets	Summer 1 Targets	Summer 2 Targets
<p>Heart Assessment <u>EYFS-</u> -Play cooperatively, taking turns with others & taking account of others ideas. <u>KS1-</u> -Listen and follow instructions promptly. -Work well individually and with others. -Encourage and help others to behave well and work to the best of their ability, giving praise to those who deserve it. <u>KS2-</u> -Has a positive approach to learning, displaying a desire to improve and shows resilience and perseverance. -Works well on their own or with others.</p>	<p>Hands Assessment <u>EYFS-</u> -Join a range of different movements together. - Control their body when performing a sequence of movements. <u>KS1-</u> -Put a sequence of actions together to create a motif. -Use simple choreographic devices such as unison, canon and mirroring. <u>KS2-</u> -Compose longer dance sequences in a small group. -Perform learnt skills and techniques with control and confidence.</p>	<p>Head Assessment <u>EYFS-</u> -Talk about ways to keep healthy and safe. <u>KS1-</u> -Know, understand follow simple safety codes rules i.e. handle equipment safely (on own & within a team) -Identify basic areas for improvement <u>KS2-</u> -Understand the need for warming up and cooling down (to improve strength, tone & flexibility etc) -Compare their performances with previous ones and be able to receive & give sensitive, helpful feedback</p>	<p>Hand Assessment <u>EYFS-</u> -Show good agility, balance and coordination in games. -Perform basic dribbling, hitting, rolling, throwing and catching skills in a range of activities. <u>KS1-</u> -Perform a range of skills with increasing control and consistency (e.g. kicking, dribbling, hitting, rolling, throwing and catching skills in a range of activities). -Move confidently in a range of ways (e.g. forward running, side stepping, running backwards etc.), safely negotiating space and others. <u>KS2-</u> - Perform a range of basic and some advanced skills with increasing control and consistency (e.g. kicking, dribbling, hitting, rolling, throwing and catching skills).</p>	<p>Head Assessment <u>EYFS-</u> -Know the importance for good health through physical exercise and a healthy diet. <u>KS1-</u> -Acknowledge winning & losing -Praise and encourage others in their learning/performance s. <u>KS2-</u> -Enjoy communicating, collaborating and competing with each other -Cope with winning & losing (accept success & failure)</p>	<p>Heart Assessment <u>EYFS-</u> -Play cooperatively, taking turns with others & taking account of others ideas. <u>KS1-</u> -Work well individually and with others. -Competitive but play to the rules and play with fair play and sportsmanship. -React appropriately to winning and losing. <u>KS2-</u> -Works well on their own or with others. -Has a positive approach to learning, displaying a desire to improve and shows resilience and perseverance.</p>