




# 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
<b>Curriculum 2025-2026</b>	Football <b>Provided by:</b> Lewis or Cheryl 	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	Skipping from Skip4 fit 4 weeks  Class teacher then to deliver cricket  Whalton staff extra village traditions of Maypoling and Bale Dance
<b>Swimming LH Leisure Centre -</b>	<u><b>Year 4</b></u> Swimming  <u><b>Years 2 and 3 with Active Future</b></u> Sports Hall Gross motor - running, jumping, throwing, kicking - teaching basic skills to use in games for prep for Aut 2	<u><b>Year 2 and 3</b></u> Swimming  <u><b>Year 4 with Active Future</b></u> Sports Hall Principles of attack and defence and what that looks like in different sports	<u><b>Year 1</b></u> Swimming  <u><b>Years 2, 3 sports hall</b></u> Sports Hall - whole body control gymnastics/dance skills	<u><b>Year 4</b></u> Swimming  <u><b>Years 2 and 3 with Active Future</b></u> Sports Hall activities	<u><b>Year 2 and 3</b></u> Swimming  <u><b>Reception and Year 1 in</b></u> Sports Hall Dance, Gymnastics  Robinwood Residential for Children in Y4	<u><b>Reception and Year 1</b></u> Swimming  <u><b>Year 4</b></u> Sports Hall
<b>Festivals or specialist events or After School Clubs</b>	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><b>Heart Assessment</b> <u>EYFS-</u> -Play cooperatively, taking turns with others &amp; 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><b>Hands Assessment</b> <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><b>Head Assessment</b> <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 &amp; within a team) -Identify basic areas for improvement <u>KS2-</u> -Understand the need for warming up and cooling down (to improve strength, tone &amp; flexibility etc) -Compare their performances with previous ones and be able to receive &amp; give sensitive, helpful feedback</p>	<p><b>Hand Assessment</b> <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><b>Head Assessment</b> <u>EYFS-</u> -Know the importance for good health through physical exercise and a healthy diet. <u>KS1-</u> -Acknowledge winning &amp; losing -Praise and encourage others in their learning/performance s. <u>KS2-</u> -Enjoy communicating, collaborating and competing with each other -Cope with winning &amp; losing (accept success &amp; failure)</p>	<p><b>Heart Assessment</b> <u>EYFS-</u> -Play cooperatively, taking turns with others &amp; 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>