



St Patrick's Catholic Primary School

Physical Education – Subject Page

Physical Education Introduction

At St Patrick's the PE curriculum will increase pupil's knowledge of physical development skills which is progressive for all pupils including SEND and socially disadvantaged children. Linking the fundamentals of movement through well taught lessons that encourages a healthy and active lifestyle in and outside of school.

Golden Threads of Physical Education at St Patricks

- Develop a range of movement skills e.g running in isolation and combination.
- Play competitive games and learn basic rules and strategies.
- Improve their fitness improve their fitness, mental and physical health and well-being.

Subject Overview

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement and Space	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Balance	HIIT – Balance and Co-Ordination
Ball Skills	Dance	Dance	Dance	Balance and co-ordination	Dance	Dance
Dance	Co-Ordination / Invasion Games – CM Sports	Co-ordination / Invasion Games – CM Sports	Co-ordination / Invasion Games – CM Sports	Dance	Invasion Games – CM Sports	Invasion Games – CM Sports
Large Equipment	Multi-skills – CM Sports	Multi-skills – CM Sports	Swimming	Invasion Games – CM Sports	OAA	OAA – Residential
Athletics and Races	Striking and Fielding – CM sports	Striking and Fielding- CM Sports		OAA – Residential		Swimming (Catch up)

