

Physical Education (P.E) Intent and Overview

At Maple Tree, Physical Education (PE) is inclusive - engaging all pupils and providing them with the opportunity to develop their physical, social and cognitive skills.

We aim to deliver high-quality, enjoyable lessons, which enable all children to succeed; develop their self-confidence in their ability to manage themselves and their bodies within a variety of movement situations; to be resilient and to strive to give their best – unlocking their potential and allowing them to excel in a plethora of sports and physical activities.

The PE curriculum focuses on the development of fundamental skills in reception, which are built upon in KS1 and KS2 when they are applied in a variety of sports. A balance of individual, team, cooperative and competitive activities aims to cater for the individual pupil's needs and abilities. Through these, we teach children how to cooperate and collaborate effectively as part of a team as well as to compete adhering to the principles of respect, fair-play and sportsmanship – values we hold dear at Maple Tree.

Furthermore, our balanced PE curriculum understands the impact of exercise on mental and physical health and will teach the children the importance of living a healthy lifestyle.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamentals	Fundamentals	Dance - coordination	Gymnastics – Agility and balance	Mutli-skills (bat and ball skills)	Multi-skills (Games and sports)
Year 1	Fundamentals Football	Fundamentals Rugby	Dance	Gymnastics	Cricket Golf	Athletics
Year 2	Outdoor Ed Football	Rugby	Dance	Gymnastics	Cricket/Rounders/Golf	Athletics
Year 3	Outdoor Ed Football	Rugby	Dance	Gymnastics	Cricket/Rounders/ Golf	Athletics
Year 4	Outdoor Ed Football	Rugby	Dance	Gymnastics	Cricket/Rounders Golf	Athletics
Year 5	Outdoor Ed Football	Tag rugby	Dance	Gymnastics	Cricket / Rounder golf	Athletics
Year 6	Outdoor Ed Football	Tag Rugby Badminton	Gymnastics	Dodgeball Dance	Tri golf Basketball	Athletics Rounders & Cricket