

Queensbridge PE Curriculum 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fitness <i>Yoga with yoga buds</i>	Fitness <i>Yoga</i>	Ball games and sportsmanship <i>Yoga</i>	Ball games and sportsmanship <i>Yoga</i>	Gymnastics: develop flexibility, strength, technique, control and balance	Physical development (sports day games) and coordination <i>Yoga</i>
Reception	Fitness <i>Yoga</i>	Fitness <i>Yoga</i>	Team games and sportsmanship <i>Yoga</i>	Ball games and sportsmanship <i>Yoga</i>	Gymnastics: develop flexibility, strength, technique, control and balance	Ball games and coordination <i>Yoga</i>
Year 1 (Ballroom dancing To be confirmed in line with Covid-19 regulations)	Fitness Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Fitness Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Ball games and sportsmanship Wk 1-3: Cricket Wk 4-6: Tennis	Ball games and sportsmanship Wk 1-3: Football Wk 4-6: Basketball	Wk 1-3: Gymnastics develop flexibility, strength, technique, control and balance Wk 4-6: Rounders	Ball games and coordination Wk 1-3: Tag Rugby Wk 4-6: Sports day games
Year 2	Fitness practise and understanding it's importance Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Fitness practise and understanding it's importance Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Ball games and sportsmanship Wk 1-3: Cricket Wk 4-6: Rounders Tennis	Ball games and sportsmanship Wk 1-3: Football Wk 4-6: Basketball Tennis	Wk 1-3: Gymnastics develop flexibility, strength, technique, control and balance Wk 4-6: Rounders	Ball games and coordination Wk 1-3: Tag Rugby Wk 4-6: Sports day games (Running and field sports: conserving and sustaining energy and competing with others)

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Year 3 (Swimming to be confirmed dependent on Covid regulations)	Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Wk 1-3: Cricket Wk 4-6: Rounders	Wk 1-3: Football Wk 4-6: Basketball	Wk 1-3: Gymnastics Wk 4-6: Rounders	Wk 1-3: Tag Rugby Wk 4-6: Sports day games (Running and field sports: conserving and sustaining energy and competing with others)
Year 4	Fitness practise and understanding it's importance Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training UBS Games	Fitness practise and understanding it's importance Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training UBS Games	Ball games: practising control, accuracy and appropriate tactics Wk 1-3: Cricket Wk 4-6: Tennis	Ball games: practising control, accuracy and appropriate tactics Wk 1-3: Football Wk 4-6: Basketball	Wk 1-3: Gymnastics develop flexibility, strength, technique, control and balance Wk 4-6: Rounders	Wk 1-3: Tag Rugby Wk 4-6: Sports day games (Running and field sports: conserving and sustaining energy and competing with others)
Year 5	Fitness practise and understanding it's importance Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Fitness practise and understanding it's importance Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agiity Training	Ball games: showing sportsmanship, teamwork practising control, accuracy and tactics Wk 1-3: Cricket Wk 4-6: Tennis	Ball games: showing sportsmanship, teamwork, practising control, accuracy and tactics Wk 1-3: Football Wk 4-6: Basketball <i>Ballroom dancing</i> <i>UBS Games</i>	Wk 1-3: Gymnastics develop flexibility, strength, technique, control and balance Wk 4-6: Rounders	Wk 1-3: Tag Rugby Wk 4-6: Sports day games (Running and field sports: conserving and sustaining energy and competing with others)
Year 6	Fitness practise and understanding it's importance	Fitness practise and understanding it's importance	Ball games: showing sportsmanship, teamwork practising	Ball games: showing sportsmanship, teamwork, practising	Wk 1-3: Gymnastics	Wk 1-3: Tag Rugby Wk 4-6: Sports day games (Running and

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	Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agility Training PGL (outdoor activities)	Wk 1+2: Circuit training Wk 3+4: Running Wk 5+6: Agility Training	control, accuracy and tactics Wk 1-3: Cricket Wk 4-6: Tennis	control, accuracy and tactics Wk 1-3: Football Wk 4-6: Basketball	develop flexibility, strength, technique, control and balance Wk 4-6: Rounders <i>Kayaking</i>	field sports: conserving and sustaining energy and competing with others) <i>Kayaking</i>
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Fitness: KS1 -Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Fitness: KS2 - as above with control and applying skills to other sports.

Team Games KS1 – They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Competitive Games KS2 - earning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Athletics: use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Sports day: At Queensbridge, we take part in outdoor and adventurous activity challenges both individually and within a team.

*Afterschool clubs will run in line with the school’s risk assessment, which is under constant review. When we believe it is safe for the children and staff we aim to run afterschool sports clubs again.