

PHYSICAL EDUCATION

Our Learning Journey

AUTUMN

GROSS MOTOR SKILLS:

Navigating the environment. Using equipment. Playground games. Developing: ball skills, balance and core stability, body awareness and co-ordination.

FINE MOTOR SKILLS:

Activities to develop muscle tone. Using different tools. Using two hands, hand skills, pre-handwriting patterns, letter formation, visual perception and visual memory.

EYFS

SPRING

GROSS MOTOR SKILLS:

Static balance, dynamic balance, counter balance, coordination with equipment, ball skills and agility.

FINE MOTOR SKILLS:

Activities to develop muscle tone. Refining use of tools. Using two hands, hand skills, letter formation, letter families, visual perception and visual memory.

SUMMER

GROSS MOTOR SKILLS:

Children will take part in Teddy Tennis sessions. Moving in different ways. Team games.

FINE MOTOR SKILLS:

Activities to develop muscle tone. Selecting the best tool for a task. Letter families, visual perception and visual memory. Tracing and copying skills.

AUTUMN

Children will be taking part in DDMIX, Cricket with Twenty20 Community cricket and outdoor games

SPRING

Children will be taking part in DDMIX and team games

YEAR 1

SUMMER

Children will be taking part in DDMIX and athletics with coaches Richard and Phoebe

AUTUMN

Children will be taking part in DDMIX and gymnastics with Gymnastics for Life

SPRING

Children will be taking part in DDMIX, outdoor games and football

YEAR 2

SUMMER

Children will be taking part in DDMIX, athletics and attacking/defending games

AUTUMN

Children will be taking part in DDMIX, hockey with Surbiton Hockey club and cricket with Twenty20 Community cricket

SPRING

Children will be taking part in DDMIX and netball

YEAR 3

SUMMER

Children will be taking part in DDMIX, tennis and athletics with coaches Richard and Phoebe

AUTUMN

Children will be taking part in DDMIX, tag rugby and hockey with Surbiton Hockey club

SPRING

Children will be taking part in DDMIX, squash with Surbiton Racquet and Tennis club, swimming at Shrewsbury House and netball

YEAR 4

SUMMER

Children will be taking part in DDMIX, swimming at Shrewsbury House and athletics with coaches Richard and Phoebe

AUTUMN

Children will be taking part in DDMIX, swimming at Shrewsbury House and rounders

SPRING

Children will be taking part in DDMIX, squash with Surbiton Racquet and Tennis club and swimming at Shrewsbury House

YEAR 5

SUMMER

Children will be taking part in DDMIX, athletics with coaches Richard and Phoebe and cricket with Twenty 20 Community cricket

AUTUMN

Children will be taking part in DDMIX and tag rugby

SPRING

Children will be taking part in DDMIX and gymnastics with Gymnastics for Life

YEAR 6

SUMMER

Children will be taking part in DDMIX, rounders and tennis

TRANSITION TO SECONDARY SCHOOL