

P.E. Curriculum Overview

The Outcome

Our children will have been given the experience of a wide range of sporting activities that will enable them to ignite a lifelong passion to remain active, lead a healthy lifestyle and appreciate the positive relationship between physical activity and mental health.

When Lime Tree students leave Year 6, they will have developed an increased level of fundamental skills, physical literacy and fitness. Adults will have strived to ensure that each child can achieve and experience their personal best so that they can reach their full physical potential.

We aim for every child to have represented their school in sport by the time they leave Year 6. They will have experienced the feeling of 'getting on the bus and wearing the shirt' for Lime Tree. This is achieved by accessing a broad range of sporting activities – competitive and inclusive- across our community. We aim for the Lime Tree child to succeed and excel in competitive and physically demanding activities but ensure that good sportsmanship is promoted and followed throughout.

Our PE curriculum strives to develop teamwork, mental stamina and resilience skills. From the beginning of their journey at Lime Tree children will understand the importance of health and the benefits that eating healthy food and exercise can have on their body and how a strong physical health can support a strong mental health.

Threads

Threads		
Thinkers	Learners	Individuals
Creative, imaginative, structured and adaptable	Skilled, knowledgeable, independent and resilient	World aware, community spirited, caring and healthy

Starting Points - Areas of Study

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS – Tree Tots - Following the statutory framework	Following the EYFS statutory framework, our youngest learners will develop their fine and gross motor skills through the indoor and outdoor environment as well as Forest School sessions and enriched and specific outdoor activities.					
EYFS Nursery Following the statutory framework	Locomotion 1	Gymnastics (parts high and parts low)	Yoga	Gymnastics (travelling, stopping and making shapes)	Stability 1	Pippa and Eddie (Under the Sea)
EYFS Reception Following the statutory framework	Dance (nursery rhymes)	Fundamental movement skills 1	Locomotion 2	Gymnastics (bouncing, jumping and landing)	Object manipulation 1	Target games 1
	OAA - Forest school (Nursery & Reception) Taster and Full Sessions					
Year 1	Fundamental skill Games	Gymnastics (balancing and spinning)	Dance (animals)	Invasion games skills 1	Net and wall games skills 1	Athletics
Year 2	Gymnastics (pathways)	Dance (pirates)	Invasion games skills 2	Target Games 3	Athletics	Net and wall games skills 2
	OAA - Forest school session (Year 1 & 2)					
Year 3	Dance (around the world)	Netball	Football	Gymnastics (linking movements)	Athletics	Danish Longball



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Year 4	Tag rugby	Gymnastics (partner work, pushing and pulling)	Rounders	Athletics	Dance - (Romans)	Handball
Year 5	Netball	Dance (the Haka)	Gymnastics (synchronisation)	Ultimate Frisbee	Danish Longball	Athletics
Year 6	Handball	Athletics	Volleyball	Tag rugby	Gymnastics (flight)	Dance (through the ages)
	Enrichment for Key Stage 2 includes Commando Joe's (OAA), Dodgeball and Earth Adventures (OAA)					