

# Myself & My Active Body

## Acorns School – PE Curriculum Map

	Autumn	Spring	Summer
Dressing skills are a very important part of physical education allow time for this. Opportunities to develop fundamental movement skills in all sessions – walking, skipping, running, jumping, throwing, catching, balancing, striking, kicking			
Seedlings EYFS	Physical Development through continuous provision (indoor & outdoor) – opportunities to develop fine and gross motor skills in their daily routines and activities. Hall sessions to have a large space for developing fundamental movement skills – climbing, balancing apparatus as well as use of space and equipment. Stations – throwing, aiming, striking, jumping etc Music & Movement		
Pupils with complex behaviour & high sensory needs	PE looks different for some of our pupils here at Acorns. Some pupils may require Physical Education to compliment their sensory and cognitive needs. These pupils may access a wide range of physical activities throughout the day based on individual needs and abilities. Examples of these activities are – park walks, visits to play grounds, use of bikes and scooters in and around school, use of our trampoline area, trim trail, vestibular equipment, flip out sessions, splash, clip and climb, sensory circuits, tac pac, therapy bikes and movement opportunities in the classroom.		
Cedar Class	Gymnastics	Dance	Multi skills Team Games Incorporating fundamental skills
Maple Class	Gymnastics	Dance	Multi skills Team Games Incorporating fundamental skills
Elm Class	Gymnastics	Dance	Multi skills Team Games Incorporating fundamental skills
Willow class	<b>Skills &amp; games</b> – (aiming, throwing, finding space) dodge ball, safe zone games, tails	Dance	Gymnastics Outdoor & Adventurous
Ash Class	<b>Skills &amp; games – attacking and defending</b> – hockey, football, netball, skittle ball	Dance	Gymnastics Outdoor & Adventurous
Pine Class	<b>Skills &amp; Games – stations</b> – Games- Relay Racing, retrieving games, target games (skittles/Curling/Boccia)	Gymnastics	Dance Athletics
Oak Class	<b>Skills &amp; Games – Net Games</b> – Badminton, Tennis, balloon Volleyball	Gymnastics	Dance Outdoor & Adventurous
Swimming			
Woodlands Class & Sensory Learners P4 & below	Planned lessons to work on their Individual Physical & Sensory targets (changed and assessed termly) incorporate work on fundamental movement skills within these lessons if appropriate. Follow Individual Physio Programmes daily. Contact Dance, WC Dance, Body Awareness, Massage, TACPAC, MOVE programmes, Vestibular, Individual Physio Programmes, Floor time – working on personal targets.		
Physical Activity	<b>Planned Sessions:</b>		

1 hour across the week	Welly walks, use of bikes, scooters, go karts, Rugby Tots (some pupils), massage, use of outdoor facilities – trim trail, trampoline area, forest school, park visits, splash sessions(some pupils) Music & Movement Sessions
30 Active minutes daily	Active 30 minutes daily – wake up and shake up, music and movement, dough disco, break times, use of trim trail, football club, yoga, multi skills club – Friday, sensory regulation activities & sessions