



## Physical Education Curriculum

The national curriculum for Physical Education aims to ensure that all pupils: develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities and lead healthy, active lifestyles.

### Key Stage 1

- 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
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

### Key Stage 2

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

\*Please note, activity areas below may be taught during a different time in the year\*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<p><b>Physical Development (30 - 50 month)</b></p> <ul style="list-style-type: none"> <li>● Moves freely and with pleasure and confidence in a range of ways.</li> <li>● Runs skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</li> <li>● Can stand momentarily on one foot when shown.</li> <li>● Can catch a large ball.</li> <li>● Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</li> </ul> <p><b>Provision</b></p> <ul style="list-style-type: none"> <li>- Fine motor skills</li> <li>- Obstacle course</li> <li>- Climbing frame</li> <li>- Exercise videos</li> <li>- Yoga</li> <li>- Bikes and scooters</li> <li>- Parachute games</li> <li>- Running games</li> <li>- Songs with actions</li> <li>- Ball skills</li> </ul>					

<p><b>Rec</b></p>	<p><b>Fundamentals</b> -Unit 1- CSoW</p> <p>To learn how to aim, throw, roll, send, receive, target, catch, kick, strike, dribble, and stop. Forwards, backwards, sideways, control and with accuracy.</p>	<p><b>Gymnastics</b> -Fun Gym Shapes - CSoW</p> <p>To learn a variety of gym shapes.</p> <p>Short movement phrases - repeat the same fun gym shape or link different fun gym shapes.</p> <p>Control – holding the fun gym shapes for 5 counts.</p>	<p><b>Dance</b> -Toys - CSoW</p> <p>To use movement imaginatively that link to the dance idea 'Toyland'.</p> <p>To work individually and in pairs to link together dance sections. Travel, control, balance, level, direction, copy, repeat, lead and follow, mirroring and action words.</p>	<p><b>Fundamentals</b> -Unit 2 - CSoW</p> <p>Further develop how to aim, throw, roll, send, receive, target, catch, kick, strike, dribble, and stop. Forwards, backwards, sideways, control and with accuracy.</p>	<p><b>Gymnastics - Move and Hold- CSoW</b></p> <p>Movement and stillness – positions of stillness, individual body movements and whole body movements on the spot and travelling.</p> <p>Short movement phrases – repeat the same body movements and link different body movements to positions of stillness.</p> <p>Performance – show clear start and finish positions.</p>	<p><b>Mini athletics</b></p> <p>To learn a push throw, 2 footed jump action and a fast running action and use in isolation and within a Sporty Fun environment.</p>
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<b>Year 1</b>	<p><b>Multiskills</b></p> <p>Learn basic movements, jumping, throwing, catching and running movements.</p>	<p><b>OAA</b></p> <p>Learn the importance of teamwork through activities including basic fundamental skills. Learn how to read an adapted map and carry out simple instructions.</p>	<p><b>Gymnastics</b> -Jumping Jacks CSoW</p> <p>Perform short movement phrases, linking jumping actions together and basic shapes. Understand and learn different types of basic jumps and how to land them safely using low level apparatus and mats.</p>		<p><b>Mini athletics</b></p> <p>To learn basic throwing techniques, 2 footed and 1-2 footed jumping action, how to sprint and run over a greater distance and use all in isolation.</p>
	<p><b>Health Related Fitness</b></p> <p>Learn the importance of exercise, and ways in which you can keep fit and healthy. Take part in yoga and fitness circuit based lessons.</p>	<p><b>Dance</b> - Moving words or Weather CSoW</p> <p>Perform skills of travelling, turning, stillness; changing shape, size, direction and speed using words as the stimuli. Show the ability to copy basic movements and create short motifs.</p>	<p><b>Fundamentals</b> -Unit 1 CSoW</p> <p>To develop control and co-ordination in large and small movements, move confidently in a range of ways, safely negotiating space and handle equipment effectively. Pupils try new activities, play cooperatively, taking turns with others, following instructions involving several ideas or actions.</p>	<p><b>Fundamentals</b> -Unit 2 CSoW</p> <p>Refine the skills of running successfully, change directions, and develop side stepping. Throw, catch and aim on the move. Work on their own and as part of a group.</p>	<p><b>Yoga</b></p> <p>To learn basic yoga actions through stories. Showing the ability to copy and repeat.</p>

<b>Year 2</b>	<p><b>Multiskills</b></p> <p>Continue to learn basic movements of jumping, throwing, catching and running</p> <p>Develop agility, balance and co-ordination</p>	<p><b>OAA</b></p> <p>Continue to learn the importance of teamwork through activities including basic fundamental skills. Learn how to read an adapted map and carry out simple tasks.</p>	<p><b>Gymnastics</b></p> <p>-Parts of contact CSoW</p> <p>Positions of stillness referring to shapes on varying numbers of contact points and body parts.</p> <p>Transfer of weight e.g. from one position of stillness to another.</p> <p>Short movement phrases – linking positions of stillness, jumps and introduce travel movements.</p>		<p><b>Mini athletics</b></p> <p>To learn a push and pull throw, 2 footed and 1-2 footed jumping action and learn a variety of running speeds needed for different running events. Use in isolation.</p>	
	<p><b>Health Related Fitness</b></p> <p>Learn the importance of exercise, and ways in which you can keep fit and healthy. Understand the effects exercise has on the body through body temperature.</p>	<p><b>Fundamentals</b></p> <p>-Unit 1 CSoW</p> <p>Refine the skills of running successfully, changing directions on the move. Develop throwing, catching, striking and dribbling skills and play small games.</p>	<p><b>Dance</b></p> <p>- Great Fire of London</p> <p>To explore travelling and pathways showing control, change of levels/ speed/direction and unison. Show the ability to copy basic movements and create short motifs with a partner and in small groups</p>	<p><b>Fundamentals</b></p> <p>Unit 2 - CSoW</p> <p>Refine the skills of running successfully, changing directions on the move. Develop throwing, catching, striking and dribbling skills and play small games.</p>	<p><b>Yoga</b></p> <p>To further develop basic yoga actions through stories and Yoga cards, showing the ability to copy and repeat. Develop balance and co-ordination.</p>	<p><b>Dance</b></p> <p>-Topic related</p> <p>To explore travelling and pathways showing control, change of levels and unison. Show the ability to copy basic movements and create short motifs with a partner and in small groups.</p>

<b>Year 3</b>	<p><b>Health Related Fitness</b></p> <p>Learn the importance of health and exercise, and ways in which you can keep fit and healthy by taking part in a variety of activities. Recognise the effects of exercise through body temp and heart rate.</p>	<p><b>Dance</b> -Firework</p> <p>Repeat, remember and perform phrases in a dance, improvise freely, translating ideas from a stimulus into movement. Share and create dance phrases with a partner and in a small group. Recognise and talk about the movements used and know unison and cannon.</p>	<p><b>Swimming</b></p> <p>Developing basic safety awareness, safe entries to the water, basic movement skills and water confidence skills, basic floating, travel and unaided rotation to regain upright positions. Swimmers may use aids (arm bands, floats etc)</p>	<p><b>Gymnastics</b> -Balances</p> <p>Develop a broad range of balance skills 1,2,3, and 4 points of contact. Understand how to improve and evaluate their own success. Develop flexibility, strength, technique, control and balance.</p> <p>Link actions to make sequences of movement.</p> <p>Sequence to include balances, shapes, jumps and travel movements.</p>	<p><b>Athletics</b> - CSoW</p> <p>To develop the push and pull technique, a variety of jumping actions linked to the long jump and triple jump and develop running speeds to be used within a competitive environment on Sports Day.</p>	<p><b>Rounders</b></p> <p>Introduce a new activity to the children which involves batting and fielding. Learn the basic rules and how to play the game by looking at bowling (underarm flat bowl) and fielding (Overarm/underarm throw)</p>
	<p><b>Football</b></p> <p>Experience: small-sided and modified competitive net, striking/fielding and invasion games; using simple tactics; applying simple rules and conventions.</p> <p>Develop: making up small-sided games; own game practices; playing games in pairs/small groups.</p>	<p><b>Ball handling</b></p> <p>Further develop basic throwing and catching skills by playing the game Endline Game/Mat Ball. Learn passing techniques including the shoulder pass and understand the difference of attack and defence by playing the game. Develop special awareness through the game.</p>	<p><b>Tag Rugby</b></p> <p>Experience adapted small sided games of Tag Rugby. Learning the basics of passing backwards and the key principles of the game.</p>	<p><b>OAA</b></p> <p>Develop fundamental movement skills, becoming confident when using a map and engage in competitive and cooperative activities.</p>	<p><b>Kwik Cricket</b></p> <p>Introduce the game of kwik cricket by playing adapted games and learning the basics of bowling (push bowl) batting (forward drive) and fielding.</p>	<p><b>Athletics</b></p> <p>To continue to develop the push and pull technique, a variety of jumping actions linked to the long jump and triple jump and further develop running speeds.</p>

<b>Year 4</b>	<p><b>Health Related Fitness</b></p> <p>Develop the understanding of health and exercise, understand effects of exercise, heart rate and take part in partner circuits of choice.</p>	<p><b>Dance</b> -Sports Dance</p> <p>Improve skills of travelling, jumping, turning, stillness, gesturing; changing shape/size/level/ direction. Increase the range of body actions; compose, practise and perform actions with control and fluency and understand and use cannon and unison.</p>	<p><b>Tag Rugby</b></p> <p>Experience small sided games of Tag Rugby. Develop passing backwards, key principles of the game and defending.</p>	<p><b>Swimming</b></p> <p>Develop safe entries including submersion, travel up to 10 meters on the front and back, progress rotation skills and water safety knowledge. Understand buoyancy through a range of skills.</p>	<p><b>Athletics</b> - CSoW</p> <p>Use the push and pull technique, perfect the long jump and learn the triple jump technique. Develop running speeds to be used within a competitive environment and learn the full relay with a baton.</p>	<p><b>Rounders</b></p> <p>Continue to develop their knowledge of rounders Learn the basic rules and introduce scoring to make it competitive. Develop bowling (speed) fielding (overarm throw) and introduce batting technique.</p>
	<p><b>Football</b></p> <p>Improve skills of moving with the ball, with control, passing and shooting with accuracy. Introduce and develop game play skills of attacking and defending, moving in and out of space.</p>	<p><b>Ball handling</b></p> <p>Playing Endline Game/Mat Ball. Use principles of attack and defence during the game. Develop special awareness through the game by passing and moving and understand the importance of when to use certain passes.</p>	<p><b>.Gymnastics</b> -Symmetrical and asymmetrical balances</p> <p>Develop an understanding of asymmetrical and Symmetrical shapes. Link actions to make sequences of movement with travel movements, shapes, jumps.Understand how to improve and evaluate their own success.</p>	<p><b>OAA</b></p> <p>Develop fundamental movement skills, becoming confident when using a map and engage in competitive and cooperative activities.</p>	<p><b>Kwik Cricket</b></p> <p>Play the game of kwik cricket by playing adapted games and actual kwik cricket. Develop bowling (push bowl) batting (forward drive/sideways) and fielding skills. Introduce the scoring system and be confident in all areas.</p>	<p><b>Athletics</b></p> <p>Use the push and pull technique, perfect the long jump and learn the triple jump technique. Develop running speeds to be used within a competitive environment and learn the full relay with a baton.</p>

<b>Year 5</b>	<b>Swimming</b> Developing watermanship through sculling and treading water skills, refining kicking technique for all strokes, complete rotation and also performing all strokes to a recognisable standard over a distance of more than 10 metres.		<b>Football</b> Improve skills of moving with the ball, with control, passing and shooting with accuracy. Introduce and develop game play skills of attacking and defending, moving in and out of space.	<b>Gymnastics -Flight</b> Perform short movement phrases, linking jumping actions together. Develop jumps on and off the apparatus and link with travel movements, with a partner to produce a routine. Land all jumps safely using apparatus and mats. Use keywords to evaluate own/ others work.	<b>Athletics - CSoW</b> To progress the push and pull technique with a step action, perfect the long jump and triple jump action needed and select and apply running speeds to be used within a competitive environment. Use the relay technique with a baton competitiveness.	<b>Athletics</b> Copy, repeat and evaluate simple athletic skills (run, throw, jump) showing control and co-ordination. Recognise how personal health and wellbeing is promoted through athletic activities. Observe/ evaluate a partner's running/ throwing/jumping action.
	<b>Tag Rugby</b> Play Tag Rugby. Continue to Develop passing backwards, key principles of the game, defending and attacking. Introduce a scoring system. Focus on the following skills. Travel with, send, chase, receive, dodge, attack, defend and movement into and out of space.	<b>OAA</b> Develop teamwork and communication skills and become more confident when using a map under time pressure and in competitive and cooperative activities.	<b>Dance - Dance Styles</b> To explore and link motifs and movement phrases from different dance styles/eras. Apply choreographic devices of canon, unison, matching and mirroring, speed, direction, order and levels to motifs.	<b>Handball</b> Further develop ball handling skills by learning the game Handball. Learn/adapt ways of passing successfully in the game situation, understand and use attacking and defending skills adapted from Netball and the importance of spacial awareness. Play small sided and full games.	<b>Kwik Cricket</b> Play the game of kwik cricket. Develop bowling (push bowl and overarm bowl) batting (forward drive/sideways) and fielding skills. Introduce the scoring system and be confident in all areas of the games.	<b>Rounders</b> Play full games of rounders with good knowledge of the game. Learn more complex rules and score games to make it competitive. Develop bowling (donkey drop) fielding (overarm throw/ covering bases) and develop batting technique by placement of the ball.

<b>Year 6</b>	<p><b>Health Related Fitness</b></p> <p>Further develop the understanding of the importance of health and exercise, and ways in which you can keep fit and healthy by taking part in a variety of activities. Plan own sessions, take heart rate at rest and during exercise identify the differences.</p>	<p><b>Football</b></p> <p>Moving with the ball at speed and with control, show accurate short and long passing and shoot with accuracy. Develop game play skills of attacking and defending, and be able to move in and out of space with confidence.</p>	<p><b>Dance - Why Bully Me?</b></p> <p>To select and link movements together to create movement phrases. Apply choreographic devices of canon, unison, action/reaction, speed, direction, order and levels to develop motifs. Describe performances using dance terminology</p>	<p><b>Gymnastics</b> -Counterbalance</p> <p>Learn counter balance and counter tension balances. Perform movement phrases, linking counter balance and tension into a routine with a variety of travel movements and jumps. Include levels and use of apparatus. Use keywords to evaluate own and others work and suggest ways to improve.</p>	<p><b>Swimming</b></p> <p>Developing effective swimming skills including coordinated breathing in all strokes, developing water safety and the ability to self-rescue and an understanding of preparation for exercise. Confidently swim a distance of at least 25m in an easily recognisable stroke.</p>	
	<p><b>Tag Rugby</b></p> <p>Play Tag Rugby competitively, with the scoring system and demonstrate the following skills during a game. Travel with, send, chase, receive, dodge, attack, defend, movement into/out of space. All with control and a good understanding of all the rules used.</p>	<p><b>OAA</b></p> <p>To work confidently in teams showing good communication skills and become more confident when using maps and developing own maps under time pressure in competitive and cooperative activities.</p>	<p><b>Netball</b></p> <p>Progress ball handling skills by learning the game of Netball. Use control and accuracy within the competitive game situation. Application of attacking and defending strategies into small-sided competitive games.</p>	<p><b>Kwik Cricket</b></p> <p>Play the game of kwik cricket. Develop bowling (push bowl and overarm bowl) batting (forward drive/sideways) and fielding skills. Introduce the scoring system and be confident in all areas of the games.</p>	<p><b>Rounders</b></p> <p>Play rounders with good knowledge of the game and rules. Score games to make it competitive. Select and show variation of the type of bowl used. Demonstrate the ability to field in many areas of the pitch with confidence and develop batting technique by placement of the ball Evaluate own and other performance during the game.</p>	<p><b>Athletics</b> - CSoW</p> <p>Throw confidently the shot put and Javelin and measure. Use a step action to increase distance. Add a run up, to to the long jump and triple jump and jump with power. Select and apply running speeds to be used within a competitive environment and perform the relay with a baton using the down sweep technique.</p>

						<p>Copy, repeat and evaluate simple athletic skills showing control and co-ordination. Recognise how personal health and wellbeing is promoted through participation in athletic activities. Observe and evaluate a partner's athletic actions.</p>
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