



## Physical Education Curriculum Overview

### EYFS

Reception
<p><b>Introduction to PE</b></p> <p><b>Fundamentals</b> – Pupils learn to find and keep space and respond accurately to simple instruction.</p> <p><b>Movement and Development</b> – Pupils start to move with confidence, competence, imagination and safety, demonstrating the fundamental movements in locomotion and stability.</p> <p><b>Throwing and Catching</b> - Pupils can show passing from hand to hand, send and receive, rolling, bouncing, kicking, stopping and trapping.</p> <p><b>Ball Skills</b> – Pupils can show passing from hand to hand, send and receive, rolling, bouncing, kicking, stopping and trapping.</p> <p><b>Working with Others</b> – Pupils can work with a partner and small group showing co-operation.</p> <p><b>Fun &amp; Games</b> – Pupils can play simple games, following rules and work both independently and as part of a team utilising skills learnt.</p>

### Key Stage 1

Year 1	Year 2
<p><b>Ball Skills</b> – Choose different ways of hitting, throwing, striking or kicking a ball. Intercept, retrieve and stop a beanbag and a medium sized ball.</p> <p><b>Invasion Games</b> – Decide where to stand to make it difficult for their opponent and understand the term ‘defend’.</p> <p><b>Gymnastics / Dance</b> – Show basic control and coordination when travelling and when remaining still. Make body tense, relaxed, stretched and curled. Perform basic body actions, vary the way to use space, use different parts of the body singly and in combination, remember and repeat short phrases and show some sense of expressive rhythmic qualities in own dance.</p> <p><b>Sending &amp; Receiving</b> – Use basic underarm, rolling and hitting skills, track balls and other equipment sent to them. Throw, hit and kick a ball in a variety of ways depending on needs of the game.</p> <p><b>Striking &amp; Fielding</b> – Perform basic skills of rolling, striking and kicking with more confidence. Apply these skills in a variety of simple games.</p> <p><b>Athletics</b> – Learn to evaluate their performance using time; know and understand quicker and slower ways of travelling. Develop fundamental movement skills e.g. hopping, skipping, running, jumping.</p>	<p><b>Ball Skills</b> - Show awareness of opponents and team mates when playing games. Describe how their bodies work and feel when playing games. Use a variety of simple tactics.</p> <p><b>Striking &amp; Fielding</b> – Perform basic skills of rolling, striking and kicking with more confidence, apply these skills in a variety of simple games.</p> <p><b>Gymnastics &amp; Dance</b> – Perform body actions with control and coordination showing contrasts in shape. Perform sequences that shows clear change of speed.</p> <p><b>Net &amp; Wall</b> – Demonstrate basic sending skills in isolation and small games. Track the path of ball over a line/net and move towards it. Return a ball coming towards them using hand or racquet. Play modified game of send and returning a ball over a line / barrier.</p> <p><b>Striking &amp; Fielding</b> – Be able to catch a moving ball, know and understand the term ‘feed’, ‘intercept’, make choices about appropriate targets, space and equipment.</p> <p><b>Athletics</b> – Know and understand how different jumping techniques affect distance travelled. Know and understand how the position of the body affects throwing performance. Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.</p>

## Key Stage 2

Year 3	Year 4	Year 5	Year 6
<p><b>Swimming</b> – Pupils will gain confidence in order to swim competently and proficiently over a distance of at least 25 metres. They will learn a range of strokes effectively (for example, front crawl, backstroke and breaststroke). Learn a variety of breathing techniques to improve stroke efficiency. Gain experience of competitive races over short and longer distances. Perform safe self-rescue in different water-based situations.</p> <p><b>Invasion Games</b> – Throw and catch with control to keep possession and score goals. Pass/dribble with control without opponent. Be able to bounce the ball in direction of a target. Know and use rules fairly to keep games going.</p> <p><b>Gymnastics</b> – Use a greater number of own ideas for movements in response to a task. Adapt sequences to suit different types of apparatus and their partner’s ability. Be able to perform a sequence in time with partner.</p> <p><b>Striking &amp; Fielding</b> - Use a range of skills e.g. throwing, catching, striking, intercepting and stopping with some control and accuracy. Continue to develop fundamental movement skills and become increasingly competent and confident. To understand the need for tactics. To be able to pass and catch in pairs. Know and understand the rules of the game.</p> <p><b>Athletics</b> – Run at fast, medium and slow speeds changing speed and direction. Be able to run, jump and throw using a variety of techniques. Learn to use skills in different ways and link them to make actions. Develop an understanding of how to improve in different physical activities.</p>	<p><b>Invasion Games (Netball, Basketball, Hockey, Football, Tag Rugby)</b> – Play games with some fluency and accuracy using a range of throwing and catching techniques. Pass and dribble with control under pressure. Use a variety of simple tactics for attacking, keeping possession of a ball and getting into a position to score. Know rules of games.</p> <p><b>Gymnastics</b> – Perform actions, balances, body shapes and agilities with control. Plan, perform and repeat longer sequences that include changes of speed and level, clear shapes and quality of movement. Adapt own movements to include a partner in a sequence. Understand that strength and suppleness can be improved.</p> <p><b>OAA</b> – Identify where they are by using simple plans and diagrams of familiar environments. Use simple plans and diagrams to help follow a short trail and go from one place to another. Begin to work and behave safely. Work increasingly cooperatively with others, discussing how to follow trails and solve problems.</p> <p><b>Striking &amp; Fielding</b> – Use a range of skills e.g. throwing, catching, striking, intercepting and stopping with good control and accuracy. Choose and vary skills and tactics to suit the situation in a game. Be able to bat and run to distance bases.</p> <p><b>Athletics</b> – Link running and jumping activities with some fluency, control and consistency. Make up and repeat a short sequence of linked jumps. Take part in relay activity, remembering when to run and what to do. Throw a variety of objects, changing their action for accuracy and distance. Recognise when their heart rate and breathing rate change.</p>	<p><b>Invasion Games</b> – pass, dribble shoot with control in games. Identify and use tactics to help team retain possession and take towards opponent’s goal.</p> <p><b>Gymnastics/Dance</b> – Create, practise and refine more complex sequences for a performance including changes in level, speed and direction. Choose actions, body shapes and balances from a wider range of themes and ideas. Be able to link and perform multiple sequential elements e.g. up to 8. Understand need to warm up, working on body strength, tone and flexibility.</p> <p><b>Striking &amp; Fielding</b> – Strike a bowled ball with accuracy and use range of fielding skills.</p> <p><b>OAA</b> – Use maps and diagrams to orientate themselves to travel around a simple course. Start to plan sensible responses to physical challenges or problems, talking and working with others in groups. Recognise and respond to demands that activities make on them.</p> <p><b>Athletics</b> – Understand differences between sprinting and running for sustained periods. Know and demonstrate a range of throwing techniques. Throw with some accuracy and power. Perform a range of jumps showing consistent techniques. Relate different types of activity to different heart rates.</p>	<p><b>Invasion Games (Netball, Football, Basketball, Hockey, Tag Rugby)</b> – Use different techniques for passing, controlling, dribbling and shooting during games. Apply basic principles of team play to keep possession of the ball; use marking, tackling and or interception to improve their defence. Know what position they are playing in and how to contribute when attacking and defending. Recognise their own strengths and weaknesses in games. Suggest ideas that will improve performance. Be able to describe an attacking position and defending position within a game situation.</p> <p><b>Gymnastics</b> – Develop own routine, show more complex sequences including changes of speed, levels &amp; direction. Show clarity, fluency and consistency when performing gymnastic actions, shapes and balances.</p> <p><b>Striking &amp; Fielding</b> – Strike a bowled ball with precision, use a range of fielding skills with growing control and consistency. Understand importance of warming up and cooling down. Be able to deliver a specific warm up to small group.</p> <p><b>Athletics</b> – Show accuracy and good technique when throwing and jumping. Understand how stamina and power help people to perform in different athletic activities. Be able to choose best pace to improve a personal target.</p>