



Overview:
 Our curriculum gives pupils the tools and understanding required to make a positive impact on their own physical health and well-being. We want all of our pupils to experience a wide variety of sports and physical skills, which will enhance life-long fitness and life choices. PE challenges and promotes self-esteem through the development of physical confidence and problem solving. It teaches our pupils to cope with both success and failure in competitive, individual and team-based physical activities. We aim for our PE curriculum to develop competence to excel in a broad range of physical activities, to develop children who are physically active for sustained periods of time and to develop children who lead healthy, active lives.

EYFS pupils should be given opportunities to:

- Play both indoors and outdoors, to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.

KS1 Pupils should be taught about:

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should 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.
- Pupils should participate in team games, developing simple tactics for attacking and defending.
- Pupils should perform dances using simple movement patterns.

Pupils will be learning the following knowledge and skills...

Subject themes	EYFS	Year 1	Year 2
Fundamental Skills	<p>Introduction to PE: <i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that wide arms help you balance • Know that we take big steps to run and small steps to stop • Know that you look straight ahead and keep your chest up when jumping • Know how to hop: jump from one foot to the same foot • Know that there are different ways of travelling, e.g. crawling using hands and feet, marching with high knees, sliding using different body parts • Explore hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running and stopping • Explore moving safely in a space, avoiding others • Follow, copy and lead a partner • Use equipment safely 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that moving arms faster helps you to move forward quickly • Know that there are different types of jump: 1-1 foot, 1-2 feet, 2-1 foot, 2-2 feet • Know that to be safe you should move in to space away from others • Land with balance and control by looking ahead • Change direction by moving the body to dodge • Develop jumping, hopping and skipping actions by landing on the balls of the feet to stay balanced • Jump on the spot by keeping the body upright, the head still and focusing on something in front 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know the difference between jogging and sprinting, e.g. stride length, speed of leg movements, running on the balls of your feet • Know that hopping, skipping and jumping allow them to travel different distances • Know that to be safe you should look over your shoulder when moving backwards • Move from a low to high position to dodge • Show balance when changing direction • Stop quickly with control and balance • Land with control from a variety of hops and jumps • Jump on the balls of the feet so that they are ready for the next jump

<p style="text-align: center;">Dance</p>	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Understand that I can move my body in different ways • Know that if I move into space it will keep me and others safe • Know that when watching others' perform I sit quietly and clap at the end • Know that if I use lots of space it keeps my dance interesting • Explore how my body moves • Copy basic body actions and rhythms • Explore actions in response to music • Explore space around me and around others • Perform short linked movements in front of others 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that actions can be sequenced to create a dance • Understand that I can create fast and slow actions to show an idea • Understand that I can travel in different directions • Understand that when dancing with a partner it is important to be aware of each other and keep in time • Know that I stand still at the start and end of a dance to show that I have started and finished • Know that using exaggerated actions (e.g. tiptoes/heavy feet) helps the audience to see them clearly • Copy, remember and repeat actions to represent a theme • Create my own actions for a theme • Explore different speeds to represent an idea • Explore different directions within my performance • Explore actions and direction with a partner • Perform on my own and with others 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that sequencing actions in a particular order tells the story of my dance • Know that I can change the way I perform actions to show a different idea • Know that I can use different directions, pathways and levels • Know that using counts of 8 will help me stay in time • Know that using facial expressions will show the mood of my dance • Know that if I practise my dance my performance will improve • Know that dynamics is how a dancer moves e.g. fast/slow, strong/light, levels, directions, size of movement • Know that unison means performing exactly the same movements at the same time • Know that mirroring is when you perform movements in a mirror image of each other • Remember, repeat and link actions to express an idea • Use dynamics to represent an idea • Develop the use of pathways, travelling and levels • Explore working with a partner using unison, matching and mirroring
<p style="text-align: center;">Gymnastics</p>	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that we can make different shapes with our bodies <ul style="list-style-type: none"> ○ Know that we curl up our bodies in a tuck shape ○ Know that star shapes have straight arms and legs • Know that we can make shapes whilst on apparatus • Know that we can balance on different body parts, e.g. hands and feet, two hands and one foot, back, stomach, feet • Know that we can travel on different body parts, e.g. sliding, jumping, spinning • Know that we land safely with soft bent knees • Know that there are different ways of rocking and rolling, e.g. barrel roll, straight roll • Know that a sequence has rolls, balances, jumps and shapes • Know that we must move safely around space • Develop balancing and taking weight on different body parts • Develop jumping and landing safely • Copy and create short sequences by linking actions together 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that we can travel in different ways, e.g. jog, skip, jump, side-stepping, forwards, backwards, sideways • Know that I can balance by making my body tense (squeezing my muscles) • Know that there are different types of jump, e.g. number of feet used (1:1, 2:1, 2:2, 1:2) and shapes (straight jump, star jump) • Know to bend my knees and look straight ahead when landing from a jump • Know that there are different types of roll, e.g. barrel roll, straight roll (pencil), forward roll • Know that we can link simple actions together to create a sequence • Know that a sequence has a starting and finishing position • Know how to use apparatus safely and wait for my turn • Explore travelling movements • Develop quality when performing and linking shapes • Develop stability and control when performing balances • Develop technique and control when performing shape jumps 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that a balance should be held for 5 seconds • Know that we can use shapes to create balances • Know that different levels can be used in a sequence • Know that we can travel and balance on different body parts, e.g. <i>sliding on a stomach, balancing on one foot and two hands</i> • Know that different shape jumps will make your sequence interesting, e.g. tuck jump, straddle jump, pike jump • Know that you must keep your shape throughout a roll • Know that apparatus should be used in a sequence • Perform gymnastic shapes and link them together • Link travelling actions and balances using apparatus • Develop rolling and sequence building • Develop sequence work on apparatus

<p style="text-align: center;">Net and Wall (tennis)</p>	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know how to catch a ball: hands ready, fingers open, eyes on the ball, knees bent • Know how to stop a ball, <i>e.g. trapping it on the floor with the racket</i> • Know how to throw at a target underarm • Know that a racket should be held at the bottom of the handle with my favourite hand • Know that a ready position is feet shoulder width apart, knees bent and hands ready • Identify and find personal space • Send an object: rolling, underarm throw, pushing and kicking into / towards a large target • Catch a small/large ball with two hands • Get into a ready position 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know how to use the ready position: feet shoulder width apart, knees bent and hands ready • Know that saying the points out loud helps us keep score • Know that the ball should be kept in the centre of the racket • Know how to control the ball when sending it to a partner, e.g. keeping the ball close to the racket, using soft touches • Know that you should point your hands (and racket) where you want the ball to go • Know to wait for the ball to bounce before returning it • Explore throwing a ball underarm to my opponents racket • Play against an opponent and keep the score • Develop sending a ball using a racket • Develop hitting over a net 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that the ready position helps us to defend space on the court • Know that you should always return to the centre of your space • Know that you should watch the ball carefully as it comes towards you so that you can move quickly to meet the ball • Know to hold the racket on the grip with a relaxed wrist • Know that a rally is when you return the ball to your partner continuously • Know to look for space when hitting the ball to the other opponent • Know that the ball has to be returned with only one bounce • Know that the tennis ball needs to land in the target zone (<i>e.g. looking for space</i>) • <i>Know how to win a point in tennis (over the net/one bounce/within court)</i> • Control the ball when hitting with a racket to my opponents racket • Develop racket skills and use them to return a ball into a space • Play against an opponent using a racket over a net
<p style="text-align: center;">Ball Skills</p>	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that you must keep your eyes on the ball • Know how to stop a rolling ball • Know that you can move a ball with your feet (dribbling) • Develop rolling a ball towards a target • Throw an object towards a target • Bounce and catch a ball using two hands • Kick a ball towards a target 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know to keep the ball close to you when dribbling a ball with your feet • Know to keep eyes on the target when rolling a ball for accuracy • Dribble a ball with hands, using soft touches • Throw accurately towards a target • Catch a ball with two hands, keeping eyes on the ball • Move in line with the ball in order to receive it (tracking a ball) 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know how to dribble a ball with feet: keep eyes on the ball, keep the ball close, and use soft touches • Know that using wide spread fingers will develop more control when dribbling a ball, with hands • Roll a ball to hit a small target • Co-ordinate their body to track a ball and stop it • Use the inside of the foot when kicking a ball with control • Develop coordination and technique when throwing and catching

Multi Sports:*As a sports person, I...*

- **Know how to work safely when running**
- **Know that you take small steps to help you stop**
- Know that you should follow instructions when playing games
- Throw using one hand
- Catch by holding hands out ready
- Change direction to avoid others
- Take turns with others

Games:*As a sports person, I...*

- Know that you keep score in some games
- Know that you can tag someone by touching them on the arm or back
- **Know that you must play by the rules**
- Use the opposite arm to leg when running (coordination)
- **Encourage your team mates within a game**, e.g. clapping, saying well done

Target Games:*As a sports person, I...*

- **Know how to use an underarm throw to aim towards a target**
- **Know that keeping eyes on the target will help with throwing accurately**
- Know that you must face the target for underarm throwing and face sideways for overarm throwing
- **Understand that overarm is better for throwing for distance**
- Develop throwing for accuracy and distance using underarm and overarm
- Select the correct throwing technique for different situations

Sending and Receiving:*As a sports person, I...*

- **Know that you must check the receiver is looking at you before passing**
- **Know how to get in to the ready position**
- **Know that you must watch the ball as it comes towards you**
- Know that, in a game, you should send the ball in to space away from fielders
- Develop rolling and throwing a ball towards a target
- Stop a ball by using your foot to cushion it
- Use two hands and wide fingers to catch a ball from a short distance

Invasion: Football:*As a sports person, I...*

- Understand the role of attackers and defenders
- **Know that you pass away from defenders so that they cannot gain possession**
- Know how to support a team mate when attacking with the ball
- **Know that you keep the ball close to your feet to control it**
- Recognise who to pass to and why
- Move towards the goal with the ball
- Call to team mates when you are free

Target Games:*As a sports person, I...*

- **Know how much power to apply when aiming at a target: less force is needed if the target is close and more force is needed if the target is further away**
- **Know to point your arm in the direction of the target as the object is released**
- Understand that you must aim the object slightly ahead of where the target is moving
- **Develop striking towards a target**
- Develop hitting towards a moving target
- Select and apply appropriate throwing and catching skills to target games

Sending and Receiving:*As a sports person, I...*

- **Know how to roll a ball towards a target:** bend down low, opposite foot to arm, let go of the ball when your hand is pointing at the target
- **Know that you must make eye contact before sending a ball**
- Know that you must move your feet to receive the ball
- Know that a chest pass is when you push the ball with two hands
- Track and receive a rolling ball
- **Use the inside of the foot to pass a ball**
- Send and receive a ball using a racket
- Move from the ready position to track a ball

Invasion: Football:*As a sports person, I...*

- **Know what being in possession means** (when you have the ball)
- **Understand that scoring goals is an attacking skill**
- **Understand that stopping goals is a defending skill**
- Know that marking an opponent (by standing sideways) is a defending skill
- **Keep the ball close to the body to keep possession**
- React quickly to changes in a game
- Intercept a pass to gain possession
- Apply simple tactics for attacking and defending

Striking and Fielding:*As a sports person, I...*

- Know that you move your feet to track a rolling ball and collect it

			<ul style="list-style-type: none"> • Know how to accurately throw and catch a ball, when fielding (look at the ball, meet the ball with hands ready, bring the ball in to the body, step forward to throw, finish with hand pointing at target) • Know that you should aim to hit the ball in to space away from fielders • Understand that sometimes decisions need to be made under pressure in a game situation • Develop accuracy with overarm throwing • Make decisions about how to attack and defend in a game
Athletics		<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that running involves using the opposite leg forward to arm • Know that moving slowly helps maintain balance • Know that you keep your feet shoulder width apart when changing direction • Know that you swing your arms forward when jumping • Know that we use an underarm throw for short distance and an overarm throw for longer distance • Know that it is important to throw for accuracy as well as for distance • Know how to throw accurately: swing your arm, point your hand at the target after you throw, step forward with the opposite foot to throwing arm • Move at different speeds over varying distances • Develop agility and co-ordination • Explore hopping, jumping and leaping for distance 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that sprinting is faster than jogging <ul style="list-style-type: none"> ○ Know that we run on the balls of our feet when sprinting • Know how to balance when running by alternating arms and legs • Know that you swing your arms up at take-off (when jumping for distance) • Know that driving your arms upwards helps you to jump higher • Know that when throwing for distance we stand sideways on to the direction of the throw • Know how to throw accurately: keep eyes on the target, throw from a balanced starting position • Know that we need to keep a consistent rhythm (stride) when jumping over hurdles • Develop technique when taking part in an athletics carousel
Fitness		<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know how exercise makes you feel: body heat, sweat, tiredness, smiling/laughing, heart beat • Know that your heartbeat changes during exercise • Know that exercise changes your breathing • Know that can improve concentration, thinking and number skills through exercise • Know that exercise helps our muscles and bones grow and get stronger • Know that daily exercise is important because it helps our body, heart and feelings • Develop knowledge about how exercise can make you strong and healthy • Develop my understanding of how exercise helps my brain • Understand the importance of daily exercise 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that when running for longer periods of time it is important not to run too quickly at the start • Know that when jumping a rope, we must watch the rope carefully and jump before it comes towards the feet • Know the different types of skipping: single bounce, double bounce • Know that there are different rhythms to follow when skipping • Know that you bend down low and push off quickly when changing direction • Know that exercise develops our strength • Know that moving your arms helps you to move quickly • Develop co-ordination and timing when jumping in a long rope • Take part in a circuit to develop stamina and agility • Explore exercises that use your own body weight • Develop 'ABC,' agility, balance and co-ordination

Transferable Skills	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that exercise is part of keeping your body fit • Develop overall body strength , coordination, balance and agility needed to engage successfully in physical education • Negotiate space and obstacles safely, with consideration for themselves and others 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that we must try our best and encourage each other • Know what success looks like in different situations • Recognise changes in the body when exercising • Move confidently and safely • Identify what is successful about someone else's performance <p>Team Building: <i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that team work is about communicating and listening • Understand that everyone should be included in a group • Know how to work together to make decisions • Know that you must listen to each other's ideas before making a plan <ul style="list-style-type: none"> • Cooperate and communicate with a partner to solve challenges • Develop communication skills by using clear, short instructions 	<p><i>As a sports person, I...</i></p> <ul style="list-style-type: none"> • Know that you can use feedback provided to improve the quality of your own work • Describe how the body feels during exercise • Identify good technique in someone else's performance • Provide feedback using key vocabulary
Vocabulary	<p>Fundamental skills: Run, stop, space, jump, balance, skip, throw</p> <p>Dance: Move, copy, shape, space, safely, around, travel, backwards, forwards, dance, count</p> <p>Tennis (net and wall): Team, space, catch, throw, safely, bounce, forward, backwards</p> <p>Gymnastics: Move, copy, over, shape, space, rock, around, safely, sideways, travel, forwards, backwards, stretch, roll</p> <p>Multi sports, ball skills and games skills: Aim, space, team, pass, balance, safely, run, stop, throw, roll, team, kick, space, catch</p>	<p>Ball Skills: Far, aim, safely, direction, balance, send</p> <p>Fundamental skills: Fast, hop, slow, direction, land, safely</p> <p>Fitness: Heart, exercise, lungs, body, mood</p> <p>Dance: Counts, pose, level, fast, slow, balance, sequence, beat, create, perform, balance</p> <p>Target games: Points, throw, far, distance, score, partner</p> <p>Tennis (net and wall): ready position, partner, net, underarm, score, points</p> <p>Gymnastics: Action, jump, rolling, level, direction, speed, point, balance, tension, straight, tuck, straddle, pike, star</p> <p>Football (invasion): defender, points, dribbling, attacker, score, partner</p> <p>Athletics: Far, hop, aim, fast, slow, bend, travel, direction, improve</p>	<p>Dance: Action, pathway, direction, speed, timing, routine, phrases, perform</p> <p>Fundamental skills: Dodge, jog, hurdle, speed, steady, sprint, accuracy</p> <p>Ball Skills: overarm, collect, target, underarm, dribble, distance</p> <p>Fitness: Strong, pace, race, speed, jog, steady, sprint</p> <p>Tennis (net and wall): receive, quickly, trap, defend, return, collect, against</p> <p>Target games: Accurate, send, teammate, against, overarm, release, target, underarm</p> <p>Gymnastics: sequence, link, pathway, straight, tuck, straddle, pike, star, speed</p> <p>Football (invasion): Received, send, teammate, chest pass, possession, goal, dodge</p> <p>Athletics: Sprint, jog, distance, height, take off, landing, overarm, underarm</p>

What is taught and when:

	EYFS	Year One	Year Two
Autumn 1	Introduction to PE unit 1	Ball Skills Fundamentals	Dance (Great Fire of London) Fundamentals
Autumn 2	Fundamentals unit 2	Streetdance (coach) Fitness	Ball Skills Fitness
Spring 1	Dance (creative dance coach - Ice Words)	Dance - Weather Target games	Dance Sending and Receiving
Spring 2	Tennis (coach) net and wall	Tennis (coach) net and wall Team building	Tennis (coach) net and wall Target games
Summer 1	Gymnastics (coach) Ball skills unit 1 or 2	Gymnastics (coach) Sending and Receiving	Gymnastics (coach) Striking and Fielding
Summer 2	Multi sports Games skills	Football - invasion Athletics	Football - invasion Athletics

***EYFS HAVE 1 PE LESSON A WEEK UNTIL THE SUMMER TERM**