



















<p>EYFS</p>	<p>Autumn 1</p>  <p>Introduction to PE</p> <p>Children will be introduced to Physical Education and structured movement through the topic of 'everyday life'.</p> <ul style="list-style-type: none"> - Learn basic principles of a PE lesson such as safely using space, stopping safely, using & sharing equipment and working individually, with a partner and group. - Develop fundamental movement skills such as running, jumping & skipping. - Play simple games & begin to understand & use rules. 	<p>Autumn 2</p>  <p>Fundamentals</p> <p>Children will develop their fundamental movement skills through the topic of "places & spaces".</p> <ul style="list-style-type: none"> - Develop skills of balancing, running, hopping, jumping, travelling & changing direction. - Develop fine & gross motor skills through handling equipment. - Learn how to stay safe using space & understand & follow rules & instructions. - Work independently & with a partner to complete tasks. 	<p>Spring 1</p>  <p>Gymnastics</p> <p>Children will develop basic Gymnastic skills through the topic of "Traditional tales" including "Jack & the Beanstalk" & "Goldilocks & the 3 Bears".</p> <ul style="list-style-type: none"> - Explore creating shapes & balances, jumps & rolls. - Develop an awareness of space & how to use it safely. - Perform basic skills on both floor & apparatus. - Copy, create, remember & repeat short sequences. Begin to understand using levels & directions when travelling & balancing. 	<p>Spring 2</p>  <p>Games</p> <p>Children will practise and further develop their fundamental movement skills through the topic of 'around the world'.</p> <ul style="list-style-type: none"> - Learn and develop skills by playing a variety of games. - Learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules. 	<p>Summer 1</p>  <p>Dance</p> <p>Children will develop their expressive movement through the topic of 'places'.</p> <ul style="list-style-type: none"> - Explore space and how to use space safely. - Explore traveling actions, shapes & balances. - Choose their own actions in response to a stimulus. - Copy, repeat & remember actions. - Use counting to help keep in time with music. - Explore dance through the world around them, perform to others & begin to provide simple feedback. 	<p>Summer 2</p>  <p>Ball skills</p> <p>Children will develop their ball skills through the topic of 'weather'.</p> <ul style="list-style-type: none"> - Develop fundamental ball skills such as throwing & catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing & catching a ball. - Develop fine & gross motor skills through a range of game play with balls. - Work independently & with a partner and develop decision making and use simple tactics. 						
<p>ELG Links</p>	<p>Personal, Social and Emotional Development ELG: - Show an understanding of their own feelings & those of others, & begin to regulate their behaviour accordingly. - Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. - Explain the reasons for rules, know right from wrong and try to behave accordingly. - Work and play co-operatively and take turns with others. - Show sensitivity to their own and to others' needs.</p> <p>Physical Development ELG: - Negotiate space and obstacles safely, with consideration for themselves and others. - Demonstrate strength, balance and coordination when playing. - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>											
<p>Year 1</p>	 <p>Fundamentals</p> <p>Fundamental skills:</p> <ul style="list-style-type: none"> - Balancing, running, changing direction, jumping, hopping & skipping in isolation & in combination. - Opportunities to identify areas of strength & areas for improvement. - Work collaboratively with others, taking turns & sharing ideas. 	 <p>Ball Skills</p> <p>Explore & develop fundamental ball skills:</p> <ul style="list-style-type: none"> - Throwing & catching, rolling & dribbling with both hands & feet. - Perform skills with increasing control & accuracy using co-ordination & balance. - Work independently & collaboratively in pairs & small groups. - Explore their own ideas in response to tasks. 	 <p>Sending & receiving</p> <p>Develop sending & receiving skills:</p> <ul style="list-style-type: none"> - Throwing & catching, rolling, kicking, tracking & stopping a ball. - Work with a range of different sized balls. - Apply skills individually, in pairs & in small groups & begin to organise & self-manage their own activities. - Understand the importance of abiding by rules to keep themselves & others safe. 	 <p>Target Games</p> <p>Send an object towards a target.</p> <ul style="list-style-type: none"> - Understanding of principles of defending & attacking. - Use under & overarm actions & select & apply appropriate action for the target size & distance. - Apply skills individually, in pairs & in small groups & begin to organise & self-manage own activities. - Understand importance of abiding by rules to keep themselves & others safe, learn how to score points & use simple tactics. - Show respect towards others & develop communication skills. 	 <p>Yoga</p> <p>Mindfulness & body awareness:</p> <ul style="list-style-type: none"> - Learn poses & techniques that help to connect mind & body. - Improve wellbeing by building strength, flexibility, coordination & balance. - Breathing and meditation through fun & engaging activities. - Work independently, with a partner & small group. 	 <p>Invasion Games</p> <p>Invasion games = 2 teams & 2 goals. Try to score in the opposition's goal. eg football, basketball, hockey.</p> <ul style="list-style-type: none"> - Understanding of attacking & defending & what being 'in possession' means. - Use & develop sending & receiving skills with both feet & hands, plus dribbling with both feet & hands. - Play uneven & even sided games. - Learn how to score points & how to play to rules. - Work independently, with a partner & in a small group & begin to self-manage own games, showing respect & kindness to others. 	 <p>Gymnastics</p> <p>Explore and develop basic gymnastic actions on the floor & using low apparatus.</p> <ul style="list-style-type: none"> - Basic skills: jumping, rolling, balancing & travelling used individually & in combination to create movement sequences. - Opportunities to select own actions to build short sequences & develop confidence in performing. - Begin to understand the use of levels, directions & shapes when travelling & balancing. 	 <p>Net & Wall Games</p> <p>Objective: to hit the ball over the net & into the court space or against a wall to make it difficult for a partner to return.</p> <p>Eg. tennis, badminton, volleyball.</p> <ul style="list-style-type: none"> - Develop understanding of attacking & defending principles in net games. - Use a ready position to defend their court & placement of a ball into space. - Use & develop skills such as throwing, catching, tracking & hitting a ball. - Learn how to score points & play to the rules. - Work independently & collaboratively. 	 <p>Dance</p> <p>6 lessons (Weather & The Lost Toy).</p> <ul style="list-style-type: none"> - Explore travelling actions, movement skills & balancing. - Understand why it is important to count to music & use this in their dances. - Copy & repeat actions linking them together to make short dance phrases. - Work individually & with a partner to create ideas in relation to the theme. - Perform & provide feedback, beginning to use dance terminology to do so. 	 <p>Athletics</p> <p>Develop skills:</p> <ul style="list-style-type: none"> - Running at different speeds, changing direction, jumping & throwing. - Performing skills & measuring performance, competing to improve on own score & against others. - Work collaboratively as well as independently. 	 <p>Country Dancing</p> <ul style="list-style-type: none"> - Explore travelling actions, movement skills & balancing. - Understand why it is important to count to music & use this in their dances. - Copy & repeat actions linking them together to make short dance phrases. - Perform & provide feedback, beginning to use dance terminology to do so. - Build confidence in performing for others. 	 <p>Striking & Fielding</p> <p>Two teams, batting team try to score points & fielding team try to stop the batting team from scoring. Eg cricket & rounders.</p> <ul style="list-style-type: none"> - Develop understanding of principles of defending (fielding) & attacking (batting). - Use and develop skills such as throwing & catching, tracking & striking a ball. - Learn how to score points, how to play to the rules & use simple tactics. - Show respect towards others when playing and develop communication skills to manage small sided games.

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 2	<p>Fundamentals Fundamental skills: - Balancing, running, changing direction, jumping, hopping and skipping. - Work with a range of different equipment. - Observe & recognise improvements for own & others' skills & identify areas of strength. - Work collaboratively with others, taking turns & sharing ideas.</p>	<p>Ball Skills Explore & develop fundamental ball skills: - Throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. - Perform skills with increasing control & accuracy using co-ordination & balance. - Work independently, in pairs & small groups.</p>	<p>Sending & receiving Develop sending & receiving skills: - Throwing & catching, rolling, kicking, tracking & stopping a ball. - Use equipment to send & receive a ball. - Work with a range of different sized balls. - Apply skills individually, in pairs & in small groups, begin to organise & self-manage their own activities. - Build on knowledge of sending & receiving by applying skills in different situations.</p>	<p>Target Games Send an object towards a target. - Understanding of principles of defending & attacking. - Use under & overarm actions & select & apply appropriate action for the target size & distance. - Apply skills individually, in pairs & in small groups & begin to organise & self-manage own activities. - Understand importance of abiding by rules to keep themselves & others safe, learn how to score points & use simple tactics. - Show respect towards others & develop communication skills.</p>	<p>Yoga Mindfulness & body awareness: - Learn poses & techniques that will help them connect mind & body. - Improve well being by building strength, flexibility, co-ordination & balance. - Breathing & meditation through fun & engaging activities. - Work independently, with a partner & small group</p>	<p>Invasion Games Invasion games = 2 teams & 2 goals. Try to score in the opposition's goal. eg football, basketball, hockey. - Develop understanding of principles of defending & attacking. - Use & develop skills inc sending & receiving with both feet & hands, as well as dribbling with both feet & hands. - Play uneven & even sided games. - Learn how to score points & play to the rules.</p>	<p>Gymnastics Explore and develop basic gymnastic actions on the floor & using low apparatus. - Skills: jumping, rolling, balancing & travelling individually & in combination to create short sequences & movement phrases. - Develop an awareness of compositional devices when creating sequences to include the use of shapes, levels & directions. - Learn to work safely with & around others & whilst using apparatus. - Provide feedback to others & recognise elements of high-quality performance.</p>	<p>Net & Wall Games Objective: to hit the ball over the net & into the court space or against a wall to make it difficult for a partner to return. Eg. tennis, badminton, volleyball. - Develop understanding of attacking & defending principles in net games such as using a ready position to defend their court & placement of a ball into space. - Use & develop skills such as throwing, catching, tracking & hitting a ball. - Learn how to score points & how to play to the rules. - Work independently, with a partner & in small groups & begin to self-manage own games, showing respect & kindness towards teammates & opponents.</p>	<p>Dance 6 lessons (Secret Garden & The Circus). - Explore space & how body can move to express ideas, mood, character or feeling. - Expand knowledge of travelling actions & use them in relation to a stimulus. - Build on understanding of dynamics & expression. - Use counts of 8 consistently to keep in time with music and a partner. - Explore pathways, levels, shapes, directions, speeds & timing. - Work independently & with others to perform & provide feedback beginning to use key terminology.</p>	<p>Athletics Develop skills: - Running at different speeds, jumping & throwing. - Performing skills & measuring performance, competing to improve on their own score & against others. - Learn how to improve by identifying areas of strength as well as areas to develop.</p>	<p>Country Dancing - Explore travelling actions, movement skills & balancing. - Understand why it is important to count to music & use this in their dances. - Copy & repeat actions linking them together to make short dance phrases. - Perform & provide feedback, beginning to use dance terminology to do so. - Build confidence in performing for others.</p>	<p>Striking & Fielding Two teams, batting team try to score points & fielding team try to stop the batting team from scoring. Eg cricket & rounders. - Develop understanding of principles of defending (fielding) & attacking (batting). - Use & develop skills inc throwing & catching, tracking a ball & striking a ball. - Learn how to score points in these types of games, how to play to rules & use simple tactics. - Show respect towards others & develop communication skills to manage small sided games</p>
NC Links KS1	<p>NC Links: master basic movements including running, jumping & throwing. Develop balance, agility & co-ordination, & begin to apply these in a range of activities.</p>	<p>NC Links: master basic movements including throwing & catching. Participate in team games, developing simple tactics for attacking and defending</p>	<p>NC Links: master basic movements as well as developing balance, agility & co-ordination.</p>	<p>NC Links: master basic movements including throwing & catching. Participate in team games, developing simple tactics for attacking & defending.</p>	<p>NC Links: master basic movements as well as developing balance, agility & co-ordination</p>	<p>NC Links: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking & defending</p>	<p>NC Links: perform dances using simple movement patterns.</p>	<p>NC Links: master basic movements including running, jumping & throwing. Develop balance, agility & co-ordination, & begin to apply these in a range of activities</p>	<p>NC Links: perform dances using simple movement patterns.</p>	<p>NC Links: master basic movements including throwing & catching. Participate in team games, developing simple tactics for attacking & defending.</p>		