



Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

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 * lead healthy, active lives.

Reception

The EYFS framework is structured very differently to the national curriculum as it is organised across seven areas of learning rather than subject areas. Children in Reception will develop the prerequisite skills they need to access the Key Stage 1 PE Curriculum through a range of activities. These include both taught sessions and access to continuous provision.

Early Learning Goals that Link to PE:

PSED - Managing Self

Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.

Explain the reasons for rules, know right from wrong and try to behave accordingly.

Manage their own basic hygiene and personal needs, including dressing.

PSED – Building Relationships

Work and play cooperatively and take turns with others.

PD - Gross Motor Skills

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.

EAD – Being Imaginative and Expressive

Children will:

- Practise a range of movements joining them together.
- Perform familiar dance routines linked to nursery rhymes.
- Begin to show emotion through movement
- Create individual and paired dances.
- Create gymnastic sequences using controlled movements
- Balance with different points of contact
- Move carefully ion to and around equipment
- Develop throwing and catching skills
- Participate in group games and sports

Children will know:

- Being healthy includes movement and activity as well as rest and sleep
- They can use their body to control and move equipment such as balls around
- How to use equipment safely

Key Vocabulary:

Walk, run, hop, jump, travel, move, space, balance, catch, pass, kick, travel, jump, catch, throw, roll, obstacle, team





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	Perform songs, rhymes, po					\checkmark
	others, and (when appropriate) try to move in time					
	with music.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>
	<u>Curriculum</u>	<u>Curriculum</u>	<u>Curriculum</u>	<u>Curriculum</u>	<u>Curriculum</u>	<u>Curriculum</u>
	Content Area:	Content Area:	Content Area:	Content Area:	Content Area:	Content Area:
	Games/Ball skills	Dance/Movement to	Gymnastics	Invasion Games/Ball	Striking and	Athletics – physical
		music	Body shape and parts	skills	fielding/Net/wall games.	development/moveme
	Pupils will know	Pupils will know	Pupils will know			nt literacy. Sports Day
	that:	that:	that:		Pupils will know	
	Scoring a point/goal	Making a dance	They can use their body	Pupils will know	that:	Pupils will know
	means to	sequence means	to make basic shapes and	that:	They can use a bat or	that:
	hit/strike/throw the ball	Performing basic	perform them in	Basic rules and tactics	racket to strike the ball.	Their body can be used
	into your opponent's	movements using our	sequence to complete a	are needed to score a	They can use under	in different ways to run,
	goal area.	body.	routine.	point/win a game	and overarm throws as	jump and throw.
		Listening to music can			well as rolling to move	Pupils will learn to:
	Pupils will learn to:	help you dance and move	Pupils will learn to:	Pupils will learn to:	the ball to where it	Run at different speeds
	Travel in a variety of	your body in time.	Use their body to make	Use basic tactics to work	needs to be.	and in different
	ways including running,	Pupils will learn to:	basic shapes such as star,	towards a common goal.		directions.
	jumping and walking. Use basic ball control	Explore basic movement	tuck, straight shape. Perform these shapes in	For example, pass the	Pupils will learn to:	Jump from a standing
	when in possession of	patterns	sequence to make a short	ball into a space to move	<u>Key</u>	position from one or
	the ball.	Respond to basic stimuli	routine	it forward.	Position the body to	both legs Attempt to throw a
	Throw and catch a ball	such as a theme through	Perform a starting and	Try and prevent an	catch/strike a ball with	variety of objects
	with some level of	music and picture. For	finishing position before	opponent getting the	either their hands or a	different heights and
	control.	example – animals.	and after their routine to	ball. For example, stand	bat/racket.	distances.
	Use basic hand-eye co-	Use the space around	make a clear start and	next to someone from the opposite team to try	Throw overarm and	distances.
	ordination to catch a	them to make their own	finish.	and stop them finding	underarm.	Key Vocabulary:
	ball.	sequence of movements	Observe and comment	space to receive the ball.	Attempt to decide what type of throw to perform	Run, jump, speed, throw,
	Find space when playing	Create a simple dance	on others routines.	The basic rules of the	and how to get the ball to	position, equipment
	in a game situation.	routine as pair/group.	Key Vocabulary:	game they are playing.	where it needs to be.	F
	Key Vocabulary:			For example, you cannot	Use rolling skills when	
		<u>Key Vocabulary</u>	Copy, explore, shape,	pick the ball up in	needed.	
	Travel, jumping,	Copy, explore, patterns,	action, balance, link,	football unless you are		
	running, throwing,	rhythm, speed, steps	travel, star, tuck,	the goalkeeper.		
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		catching, receiving, space, ball control, accuracy.		straight, start, finish, position.	Key Vocabulary: Space, opponent, tactics, Movement, rules.	Vocabulary: Throw, catch, hit, body position, racket hand, rally, movement.	
	Year 2	National	National	National	National	National	National
		Curriculum	Curriculum	Curriculum	Curriculum	Curriculum	Curriculum
		Content Area:	Content Area:	Content Area:	Content Area:	Content Area:	Content Area:
		Games/Ball skills	Dance	Gymnastics.	Invasion Games/ball	Striking and	Athletics/Sports Day
				Pathways and levels.	skills	fielding/Net & wall	
		Pupils will know	Pupils will know			games	Pupils will know
		that:	that:	Pupils will know	Pupils will know		that:
		They need to work to	Movement patterns are	that:	that:	Pupils will know	In order to complete at
		invade their opponent's	created by putting	Perform a sequence of	To use a selection of	that:	athletics events, we
		half of the pitch to score	together a number of	shapes and body	basic tactics to defeat	To use a selection of	must be able to use
		a point/goal. The terms 'attacking' and	steps to make a simple routine.	positions, showing a	an opponent.	techniques to attempt	our body to run, jump
		'defending' and their	Pupils will learn to:	clear starting and	Pupils will learn to:	to score a point and to	and throw.
		meaning.	Respond to a variety of	finishing position.	Display a level of	work together as a	Pupils will learn to:
		8.	stimuli including music,		spatial awareness	team to try and	Jump for height and
		Pupils will learn	picture and instruction.	Pupils will learn to:	Show ability to move	prevent opponents	distance with one or
		to:	Describe a simple dance	Copy basic shapes	the ball around as a	scoring a point.	both feet/1/2 footed
		Develop some spatial	routine pointing out	including straight,	team to work towards	Pupils will learn to:	take off/landing.
		awareness.	what they liked.	tuck, star, pile and	scoring a goal/point.	Strike or hit a ball with	Run at different
		Understand the	Copy and explore	straddle.	Show some	increasing accuracy	speeds changing
		importance of rules	movement patters,	Begin to select shapes	understanding of the	Attempt to use the	direction when
		Begin to apply some basic skills in game	changes of levels and direction.	to create short	difference between	correct body position	needed.
		situations	Key Vocabulary:	sequences.	attack and defence.	when attempting to hit	Understand the
		Start to show more	Copy, explore,	Show understanding	Show basic	a ball	difference between the
		accuracy when throwing	patterns, rhythm,	of performing at	understanding of key	Use hand-eye co-	speed ran at and
		and catching the ball	dance, steps.	different levels	rules of the game	ordination to throw,	distance covered.
			uance, steps.	Show a clear starting	being played.	catch and bounce a	Perform throwing
				and finishing position	War. Wa and 1	ball in an game and	actions using various
		Key Vocabulary:		before and after	Key Vocabulary:	practice situation	equipment.
		Accuracy, teamwork,		routine.	Rules, attack, defence,	How teamwork when	Show ability to listen
		throw, catch, space,		Observe and comment	space, score, move	working as fielders for	to instruction and
		invade, score.		on others performance		a team.	



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				s using some of the key vocab. Key Vocabulary: Create, movement, perform, shape, balance, starting and finishing position.		Key Vocabulary: Strike, hit, catch, throw, fielding, batting.	handle equipment safely. Key Vocabulary: Jump, speed, distance, run, throw. Run, jump, speed, distance, throw, position, equipment, time.
	Year 3	<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>	<u>National</u>	National
	_	Curriculum	Curriculum	Curriculum	Curriculum	Curriculum	Curriculum
		Content Area:	Content Area:	Content Area:	Content Area:	Content Area:	Content Area:
		Swimming/Invasion	Swimming/dance	Swimming/Gymnastic	Swimming/Games	Striking & fielding	Swimming/Athletics/S
		games		s		Net & wall	ports day
			Pupils will know		Pupils will know		
		Pupils will know	that:	Pupils will know	that:	Pupils will know	Pupils will know
		that:	They can use a simple	that:	To follow rules fairly	that:	that:
		They need to throw,	sequence of	Linking body shapes,	and accurately,	Basic rules in tennis,	Athletics involves
		catch and use space	movements to perform	levels and movements	To work as a team in	rounders and cricket	running, jumping and
		with a degree of	a dance routine.	with good body	order to attack and	Using the correct	throwing activities and
		accuracy when	<u>Pupils will learn to:</u>	tension and timing	defend.	technique with a	how to perform them
		working as a team.	Listen to the music	they can create a		degree of accuracy	safely.
		Very simple tactics for	and identify a basic	gymnastics routine.	Pupils will learn to:	will help in striking a	Pupils will learn to:
		attacking and	beat to move to.		Understand basic	ball will result in a	Key Vocabulary:
		defending.	Follow a very simple,	Pupils will learn to:	rules of play and		Look at running action
			short motif.	Perform movements	display this	point being scored	and running speed
		Pupils will learn to:	Use the space to work	displaying control,	understanding during	or a rally being	and how they are
		Apply and follow rules	individually and in	balance and body	a game.	successful.	linked.
		fairly.	pairs/groups. Attempt	tension	Work with team mates	Basic retrieving and	Estimate time
		Begin to apply the	to use different levels	Perform in time with	to find space and move	throwing/catching	travelled over various
		principles of invasion	when performing	another person/as a	a ball forward in order	techniques are	distances
		games	movements	group.	to attempt to score a	needed when	Perform a range of
		Throw and catch with	Put together a short	Link at least two basic	goal/Point.	fielding.	throws using different
		more accuracy and	sequence of	movements to attempt	Attempt to use basic	Pupils will learn to:	implements and
		consistency.			defensive skills and		



Work as a team to try and score agoal Attempt to mark a space or an opponent to prevent a goal being scored. Key Vocabulary: Attack, defend, opponent, space, goal/point. Year 4 National Curriculum Content Area: Games/invasion games Football/tar gugby Pupils will know that: Dance involves agained through movement to music. Following rules, knowing the different explaying team games. Football from playing team games. Football from twhen playing team games. Football from playing team game. Football from playing team gam		,					•
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Levels, space, theme, sequence, fluency, sorred. Levels, space, theme, sequence, fluency, sorred. Show different levels and use of space as part of a routine. Understand what symmetry is and attempt to display an example of it. Key Vocabulary Link, level, body tension, balance, symmetry Link, level, body tension, balance, symmetry Show different levels and use of space as part of a routine. Understand what symmetry is and attempt to display an example of it. Key Vocabulary Link, level, body tension, balance, symmetry Link, level, body tension, balance, symmet					prevent a goal from	underarm ball	
sequence, fluency, motif. Music. Key Vocabulary: Attack, defend, opponent, space, goal/point. Year 4 National Curriculum Content Area: Games/invasion games Football/tag rugby Pupils will know that: Ball control and accuracy are important when playing team games. Following rules, knowing the difference between attack and defence and working to gether are all of the partner, individually partner, individually person of the partner, individually person of th					being scored.		
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Pupils will learn to:

Use basic passing and moving to move forward Find space to receive and make a pass Understand and follow simple rules Use simple tactics to beat and opponent individually or as a team Understand the techniques needed for different types of passes Understand movement on and off the ball Tag Rugby (sideways and backwards passing) Understand how to referee very basic rules in order to referee a simple game.

Show understanding of levels and direction when performing dance movements Perform dances clearly to communicate ideas.

Key Vocabulary:

Dance phrase, expression, ideas, levels, direction. roll.

Jump on and off
apparatus safely
Know how to perform
a balance with good
body tension.
Perform a gymnastic
movement in time
with a partner/group.
Perform a sequence of
movements including

teddy bear and log

Key Vocabulary:

finishing position.

a starting and

Balance, roll, body tension, starting and finishing. Attempt to apply simple tactics to attack and defend in a game Move into space to receive a pass in a game situation. Use basic technique to control a ball when playing. Play fairly and respect others during game play.

Key Vocabulary:

Fair play, tactics, rules, movement, pass, space.

Perform an overarm throw in the right situation Catch a ball with control and throw a ball with a degree of accuracy Perform a short rally with a partner Use knowledge and ability to work individually and as a team to field a ball. Strike a ball in order to attempt to score a point.

Key Vocabulary:

Throw, fielding, catch, strike, rules

Pupils will learn to:

Look at running action and speed and how they are linked. Throw different implements and experiment with most effective technique. Use both a standing and moving take off to jump for distance. Jump for height and experiment with the best way to do this.

Orienteering:

Use communication and teamwork skills to locate markers. Work together to problem solve. Use physical stamina to move round an orienteering course completing challenges.

Key Vocabulary:

Throw, run, jump, communicate, teamwork, stamina, problem solve.

Key Vocabulary:

Pass, move, space, rules, tactics,



Year 5

National Curriculum Content Area:

Games/invasion games Tag Rugby/Football

Pupils will know that:

They need to work as a team to create scoring opportunities and defend against opposition scoring.

Pupils will learn to:

Show understanding of basic tactics for attacking and defending. Show more fluency in working as a team to move the ball forward Regularly use available space to receive a pass Show understanding of basic rules through performance and observation of small games Show ability to perform basic attacking and defensive movements.

Key Vocabulary:

National Curriculum Content Area:

Dance/fitness

Pupils will know that: Dance

To perform different types of dance clearly and fluently.

Fitness

Regular exercise is important for mental and physical health.

Pupils will learn to:

Dance – Plan dances creatively and collaboratively in groups and pairs. Explore dynamics when planning a dance through levels, space, direction, weight etc Attempt to perform different styles of dance fluently in response to given theme.

Fitness – Warm up and cool down understanding the reasons why.

National Curriculum Content Area:

Gymnastics

Pupils will know that:

Good body tension, balance and timing are important when devising a sequence in pairs and groups.

Pupils will learn to:

Recap and refine different rolls, using correct technique for forward rolls, teddy bear rolls etc Show examples of good body tension when performing shapes and balances. Show a degree of fluency when linking movements and performing jumps. Perform movements in pairs with examples of mirror and matching and cannon and unison.

Key Vocabulary:

Body tension, body shape, linking, mirror and match, cannon and unison.

National Curriculum Content Area: Games

Netball/Basketball/Ho ckey

Pupils will know that:

Working as a team to attack, defend and move the ball forward is important in successful team play.

Pupils will learn to:

Work more fluently as a team to attack and defend the space and opponents.
Show understanding of the rules when playing and refereeing small sided games.
Use tactics to successfully attack and defend.
Know how to warm up and cool down in preparation for game

Key Vocabulary:

Attack, defend, control, rules, skills, space.

National Curriculum Content Area:

Striking & fielding Net & wall

Pupils will know that:

Selecting the most appropriate pass/strike of the ball is important in scoring points. Th importance of teamwork and movement when working as fielders.

Pupils will learn to:

Throw and catch over various distances with increasing accuracy. Select the right type of pass in different situations. Display good hand/eye co-ordination to strike the ball. Use basic tactics to receive and return the ball. Hold a short rally Understand the basic rules regarding scoring and outs etc.

Key Vocabulary:

National Curriculum Content Area:

Athletics/orienteering Sports day

Pupils will know that:

Athletics – The ability to run, jump, throw and improve on own performance in order to get better at these skills.

Orienteering – Teamwork, problem

solving, communication and physical stamina are all important skills when orienteering.

Pupils will learn to: Athletics

Look at and build on a variety of different running techniques. Understand the link between speed and distance covered. Perform a jump from a static starting position from one or both feet, jumping on to one or both feet. Learn basic technique for javelin, discus and



Rules, attack, defence, space, tactics. Know how exercise effects the body in different ways Experiment with different kinds of fitness tests to help understanding of own fitness levels and how the body responds. Key Vocabulary: Heart rate, endurance, speed, strength, fitness, health.							• • • • • • • • • • • • • • • • • • • •
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It's important to apply tactics and work as a team to score goals.

Pupils will learn to:

Pass and move into space.

Select and execute the appropriate pass. Move effectively and confidently with the ball.

Be able to pick out a player and mark them to try and stop a pass. Use knowledge of simple tactics and perform in a game Use basic set plays.

Key Vocabulary:

Set play, tactics, attack, defend, space, movement.

Pupils will learn to:

Follow a theme and design own movement phrase. Learn a basic motif to perform as a part of a dance sequence. Listen for the Rhythm and beat in the music in order to perform a dance sequence. Create own expressive movements. Show understanding of dynamics and relationships when creating a dance.

Pupils will learn to:

Show good body tension and control when holding a balance Understand a perform a counter balance Perform a forward roll with fluency and control Link movements together with fluency and control Use apparatus safely and attempt to incorporate it into a sequence Work in pairs or groups to create a sequence Show examples of mirror/matching/ cannon/unison Be able to observe and comment on others performance.

Key Vocabulary:

Counter balance, balance, mirror &match, cannon &unison. Link Perform, body tension. of the rules are all important skills in invasion games.

Pupils will learn to:

Apply relevant, basic tactics, use a simple set play.
Beat an opponent in order to gain momentum/advantage

Working as a team in both attack and defence is important. Show understanding and follow the rules of the game. Lead small groups in developing skills and show understanding of the rules through short referring

Key Vocabulary:

activities.

Rules, space, attack, defend, tactics, movement, teamwork.

striking and fielding activities.
Understand the rules and where the ball can and can't go is important when attempting a rally or a game in net & wall

Pupils will learn to:

games.

Throw accurately and with control over short distances. Attempt to throw accurately and with control over longer distances. Select the right type of pass during a game situation. Hold a rally during a net & wall game understanding how to score a point and when a ball is out. Understand the role of a fielder and where to stand when fielding. Know and attempt to show the best way to retrieve a ball that has been hit.

Running, jumping and throwing form athletic activities.

Power, speed, strength and endurance are all useful in various athletic activities.

Orienteering

Teamwork, problem solving, communication and collaboration are key to completing orienteering activities.

Pupils will learn to: Orienteering

Problem solve to complete tasks and locate markers
Work collaboratively to achieve team aims.
Communicate ideas and solutions
Use physical speed and stamina to move around set out course.

Athletics

Use both speed and stamina in individual running events to give best performance Understand and attempt to demonstrate how running action



• 7			Key Vocabulary: Fielding, batting, retrieve, rules, points, rally.	changes depending on distance being run. Learn techniques for discus, shot putt and javelin. Attempt to throw these implements with the best possible technique. Jump for both distance and height in various jumping events. Attempt different take offs and landings when Jumping. Key Vocabulary:
				Run, jump throw, distance, height, power, speed, endurance.