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| **­­­EYFS** |
| **Subject specific focus from statutory framework for Early Years Foundation Stage****Providers must support children in the specific area of:****• Physical Development****Physical development involves providing opportunities for young children to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.****Guidance from Development Matters (2013)****Early Years Outcomes- 40-60+ months**  **Moving and Handling*** **Experiments with different ways of moving.**
* **Jumps off an object and lands appropriately.**
* **Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.**
* **Travels with confidence and skill around, under, over and through balancing and climbing equipment.**
* **Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.**
* **Uses simple tools to effect changes to materials.**
* **Handles tools, objects, construction and malleable materials safely and with increasing control.**
* **Shows a preference for a dominant hand.**
* **Begins to use anticlockwise movement and retrace vertical lines.**
* **Begins to form recognisable letters.**
* **Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.**

**Health and Self Care*** **Eats a healthy range of foodstuffs and understands need for variety in food.**
* **Usually dry and clean during the day.**
* **Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.**
* **Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.**
* **Shows understanding of how to transport and store equipment safely.**
* **Practices some appropriate safety measures without direct supervision.**
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| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1**  | **Summer 2** |
| Moving and Handling- Fine motor skills focus -to develop confidence in using one handed tools, such as, scissors, pencils, paintbrushes Gross Motor skills focus-BEAM assessments Self-Care- To gain a greater independence of own physical needs and to practise good hygiene self-care. | Moving and Handling – Fine motor skills focus-to begin to form recognisable letters Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development. | Health and Self-Care - Healthy Heroes Challenges – Introduced in Spring 1. Questionnaire filled out initially by parents to help us focus on areas in specific need. Moving and Handling – Fine Motor Skills – Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development. | Health and Self-Care - Healthy Heroes Challenges – Introduced in Spring 1. Questionnaire filled out initially by parents to help us focus on areas in specific need. Moving and Handling – Fine Motor Skills – Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development.  | Moving and handling – using simple tools to effect change in materials, handles tools safely – making treasure boxes Sports Day | Health and self-care Managing our own basic hygiene routines – circle time on toilets and appropriate use of toilets Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. |

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| **KS1 – National Curriculum for Physical Education** |
|  | **Key stage 1**Pupils should be taught to:* 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.
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| **Year** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **1** | Fundamentalmovement skills-KS1 Baseline Assessment **Complete KS1assessment of skills.****Jumping**Can I explore the skill of jumping for height?Can I explore the skill of jumping for distance?. | Fundamentalmovement skills-Rolling a Ball/ Dance-Pirates**Rolling Ball**Can I explore rolling different equipmentCan I roll accuratelyCan I roll with both hands | Fundamentalmovement skills-Catching and Bouncing/Max Whitlock Gymnastics**Catching/Bouncing**Can I explore the skill of catching a ballCan I catch a ball with two handsCan I develop the skill ofbouncing a ball with control Can I apply simple bouncing tactics in a gameCan I bounce a ball while travelling in a game Can I develop the basic skills of travellingCan I develop the basic skills of rollingCan I develop the basic skills of jumpingCan I perform basic skills with straight and tuck shapes Can I link basic movements togetherCan I apply the skills of travelling, rolling and jumping with two different shapesCan I link basic movements together to create a sequenceCan I adapt the sequence to perform on apparatus | Fundamental movementSkills-Underarm throw/Dance-Toy Story**Underarm Throw**Can I explore throwing equipment underarmCan I apply the skill of an underarm throw in different waysCan I underarm throw into a targetCan I underarm throw forlonger distancesCan I underarm throw accurately with both hands?**Travel**Can I increase my speed when runningCan I show a side gallop?DanceCan I explore movement ideas based around atheme of penguins/toy story/polar bears. Can I watch, copy and discuss the ideasCan I watch, copy and discuss the ideasCan I create friendship circle dancesCan I create movement phraseswith a clear start and finish Can I create a sequence with a travel, turn and jumpCan I compose and link moves to create a movement phrase using different directions.Can I perform actions quickly and slowlyCan I use contrasting dynamics in a dance phraseCan I recognise how their bodyfeels when still and when exercisingCan I use “weight” and “speed” to compose a movement phrase with a clear beginning, middle and endCan I explore and perform contrasting actions individually, in pairs, in groups and as a class | Yr 1Athletics/Fundamentalmovement skills-Overarm Throw**Overarm**Can I explore the skill of throwing overarmCan I develop the skill ofthrowing overarm for distanceCan I develop the skill of throwing overarm for accuracyCan I understand simpletactics in a gameCan I apply simple tactics in a throwing game**Athletics**Can I develop the skill of running fastCan I develop the skill of hoppingCan I develop the skill of rolling a ball with accuracyCan I develop the skill of changing directionCan I develop the skill ofunderarm throwingCan I develop the skill of jumping for distance Can I develop posturewhen walking and running Can I complete jumping challengesCan I apply changing direction in relay type racesCan I complete run, jumpand throw challenges | Fundamental Movement Skills-Kicking Unit/KS1 AthleticsChildren are to play a range of small group games with a focus on tactics.Teachers are to ensure all skills have been covered and choose skills which need developing further relating to the specific cohort.**Kicking**Can I explore different ways of kicking objects.Can I explore different ways of kicking objects with increasing accuracy and control.Can I receive a kick withcontrol.Can I intercept a ball.Can I explore kicking with a variety of equipmentCan I choose skills effectively for a gameCan I strike a ball off a tee |
|  | Can I apply simple tactics in a rolling game | Can I skip Can I hop |  |  |  |  |
| **Year** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **2** | Core Task – Piggy in the MiddleCan I develop the skill of throwing underarmCan I develop the skill of catchingCan I develop the skill of dodgingCan I apply the skill of throwing underarm with accuracyCan I develop the skill of passing and moving into spaceCan I develop simple tactics Can I apply throwing, moving and catching in a simple team gameDanceCore Task – Dance performanceCan I explore different ways of travelling and using space. Can I create travelling patterns using a stimulus Can I create pathways using a stimulusCan I recreate ideas, adding expressionCan I develop and improvemy workCan I create effective travelling pathways individually and in a group Can I perform in a whole class performance (assessed and recorded) and respond to own work | OOA – The Great Outdoors Can I take responsibility for self and others.Can I respect, trust and care for each other.Can I remember objects on a trail.Can I cooperate and work together as a team. Can I work with a partner to undertake an adventurous journey.Can I work with others to complete a journey within the school grounds.Can I work collaboratively to record answers.Can I work with others to complete a journey within the school grounds and mark a control card correctly.Can I make decisions about how to navigate safely, to a control site.DanceCore Task – Dance performanceCan I explore different ways of travelling and using space. Can I create travelling patterns using a stimulus Can I create pathways using a stimulusCan I recreate ideas, adding expressionCan I develop and improvemy workCan I create effective travelling pathways individually and in a group Can I perform in a whole class performance (assessed and recorded) and respond to own work | GymnasticsCore Task – Gymnastic PerformanceCan I develop the skill of jumping in different shapesCan I develop the basic skills of travelling on hands and feetCan I develop the skill of balancing on different body parts.Can I develop the basic skill of rollingCan I link actions of movement together to create a simple sequence.Can I develop the basic skillsof travelling, balancing, jumping androlling.Can I link actions of movement together to create a simple sequenceCan I adapt a sequence of moves to apparatusFundamental movement skills practice (based on the cohort)  | GamesCore Task – Striking and FieldingCan I develop the skill of throwing overarm for distanceCan I develop the skill of runningCan I develop the skill of striking a ballCan I develop the skill of striking a ball with accuracy Can I develop the skill of fielding a ballCan I strike ball in a simple gameCan I develop simple tactics Can I apply striking a ball, throwing and fielding in a simple team gameCan I apply tactics in a simple striking/fielding game AthleticsCan I develop the skill of running fastCan I explore different ways of throwingCan I throw underarmaccuratelyCan I throw overarm for distanceCan I throw overarm with accuracyCan I explore jumping fordistanceCan I explore a push throwCan I complete an obstacle courseCan complete run, jumpand throw challenges Can I compete in races Can I pass a baton in a relay race  | Net/wall skillsCan I develop the skill of throwing underarmCan I develop the skill of catchingCan I develop the skill of sidegallopCan I apply the skill of throwing underarm with accuracyCan I demonstrate the ready position and how to hold a bat Can I develop the skill of striking a ballCan I develop simple tactics Can I apply striking a ball and tactics in a simple team game | KS1 Assessment of skillsFundamental skills assessment. |
| **KS2 – National Curriculum for Physical Education** |
|  | **Key Stage 2**Pupils should be taught to:* 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
 | **Swimming and water safety**All schools must provide swimming instruction either in key stage 1 or key stage 2.In particular, pupils should be taught to:* swim competently, confidently and proficiently over a distance of at least 25 metres
* use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
* perform safe self-rescue in different water-based situations.
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|  | a team* compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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| **Year** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **3** | Invasion Skills- Tag RugbyCan I pass a ball using a chest pass and catch from a chest passCan I pass a ball using a bounce passCan I explain when to use a bounce passCan I run into space to receive a passCan I pass to a teammate Can I use a simple tactic of pretending to throw one way and then the other to outwit an opponentCan I try to intercept a ballwhen defendingCan I evaluate mine and my attacker’s success when throwing and catching ace when playing a game | Dance Superhero and Dodgeball Can I throw ball/bean bags/ shuttlecock into target.Can I intercept an object thrownCan I throw ball over a barrierCan I a ball with two hands Can I catch a ball with one handCan I explain which throw is best for shorter / longer passesCan I strike a ball with my handCan I strike a ball with a racketCan I outwit my opponent when playing a gameCan I suggest what I need to do to improveCan I interpret a visual stimulus and link movements to itCan I travel using different pathways and levels.Can I work co-operatively to select rolesCan I link travel, jump, turn and stillness to depict a stimulusCan I slow actions down, showing good control and fluencyCan I link the five dance elements within a group to depict a story (body, space, time, energy and action) | Dance Rock n Roll Invasion Game- netball Can I pass a ball using a chest pass and catch from a chest passCan I pass a ball using a bounce passCan I explain when to use a bounce passCan I run into space to receive a passCan I pass to a teammate in space when playing a game Can I use a simple tactic of pretending to throw one way and then the other to outwit an opponentCan I try to intercept a ball when defendingCan I evaluate mine and my attacker’s success when throwing and catching | Creative games tag and target  OAA Trust and Trail Can I perform the Fundamental Skill of DodgingCan I perform the fundamental skill of dodging in a tag gameCan I demonstrate aiming skills using the FMS of throwing and rolling a ballCan I demonstrate aiming skills using the FMS of throwing and rolling a ball in a target gameCan I send an object in a target game with accuracy.Can I send an object in a target game with accuracy.Can I demonstrate with a partner how to solve trust challenges.Can I work with others to complete a journey within the school grounds.Can I show how to use a control card.Can I navigate safely to each control site.Can I say how to keep a map “set" or “orientated”.Can I recognise some of the symbols on a orienteering map. | Striking and Fielding Games – RoundersGymnasticsCan I strike a ball with a rounders batCan I strike a ball with a cricket batCan I accurately complete an underarm throwCan I accurately complete an overarm throwCan I catch a ball I have thrown upwardsCan I catch underarm throws from a partnerCan I catch overarm throws from a partnerCan I balance on one foot Can I balance on 2 and 3 small body partsCan I travel on 4 points with controlCan I create a sequence of travel and balanceCan I perform differentrolling actions including: pencil roll, teddy bear roll and egg rollCan I perform straight and star jumpsCan I perform a tuck jumpCan I create a sequence of six actions (using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed)Can I suggest how my performance and my partners performance could be improvedCan I use the apparatus toperform travelling and balancing on small body parts | AthleticsBall SkillsCan I throw for distance using 2 different throws- push and pull throwCan I perform 3 different jumps- 2 feet to 2 feet, 1 foot to 2 feet, hop.Can I run at different paces Can I perform a sprint start Can I pass a quoit/baton to a teammate when stationary Can I evaluate my own and other performances. |
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| **Year** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **4** | Net and Wall Skills- TennisCan I throw ball/bean bags/ shuttlecock into target.Can I intercept an object thrownCan I throw ball over a barrierCan I a ball with two hands Can I catch a ball with one handCan I explain which throw is best for shorter / longer passesCan I strike a ball with my handCan I strike a ball with a racketCan I outwit my opponent when playing a gameCan I suggest what I need todo to improve | Invasion skills- High Five/ Dodgeball/BasketballCan I throw and catch using a chest pass with control and accuracyCan I throw and catch using a bounce pass with control and accuracyCan I dribble a basketball with controlCan I run into space to receive a pass after passing the ballCan I disguise a pass when playing a gameCan I decide when to dribble with the ball and when to pass in a gameCan I communicate with teammates where I want the ball to go when I haven’t got it Can I shoot accurately into a targetCan I explain which pass to use and when to use itCan I describe the help I need to improve | DanceCan I perform movements of different sizesCan I carry out movements with control and fluency Can I make contrasting movements using different body partsCan I comment on others workCan I link a travel to a gesture fluently and with controlCan I work collaboratively tocreate a sequence Can I link five danceelements with a partnerCan I make quick sharp turns showing change of direction Can I use good facial expressionsCan I work in time within the performanceCan perfect and perform a final piece. | GymnasticsContinue with invasions skills through basketballCan I turn while travelling on hands and feetCan I perform front and back supportCan I balance on left foot Can I balance on right foot Can I balance in a dish shape Can I balance in an arch shapeCan I perform a stretch jump and turn (1/4 or ½)Can I perform rolling actions with accuracyCan I perform forward rollCan I attempt shoulder stand and arabesqueCan I create a simple sequence of six moves (one balance, one roll, one jump and three others)Can I perform created routine in a competitionCan I combine and perform a sequence with that of a partnerCan I make simple judgements about the quality of my performanceCan I perform a matched partner balanceCan I perform a mirroredpartner balanceCan I explain the difference between a matched and mirrored shapeCan I travel into and out of a matched and mirrored shape with a partnerCan I perform matched and mirrored shapes with a partner using apparatus Can I create a simple sequence of matched and mirrored shapes with a partner with a change of level and directionCan I make simple judgements about the quality of my performance |  Striking and FieldingGames – Cricket/RoundersCan I throw for distance using three different throws- pull, push and slingCan I select an appropriate pace for my distanceCan I combine 3 different jumpsCan I pass a quoit/baton to a teammate successfully whilst moving Can I select appropriate equipment in a throwing type eventCan I perform in athletic type competitive events (run, jump and throw) Can I perform a hop, step and jumpCan I perform 5 different jumpsCan I evaluate my ownand other performances and compare my performances with previous ones to improve my personal bestCan I throw a ball underarm with accuracyCan I catch a ball thrown to meCan I run between wicketsCan I strike a ball off a teeCan I catch a ball whenplaying a gameCan I use a simple tactic when battingCan I bowl a ball underarm | Athletics Ball SkillsCan I throw for distance using three different throws- pull, push and slingCan I select an appropriate pace for my distanceCan I combine 3 different jumpsCan I pass a quoit/baton to ateammate successfully whilst movingCan I select appropriate equipment in a throwing type eventCan I perform in athletic typecompetitive events (run, jump and throw)Can I perform a hop, step and jumpCan I perform 5 differentjumpsCan I evaluate my own and other performances and compare my performances with previous ones to improve my personal best |
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| **Year** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **5** | SwimmingIndoor AthleticsInvasion Games – RugbyAthleticsCan I combine jumping actions (5 jumps)Can I develop throwing skillsin an athletic type activity Can I compare my performances with previous ones and demonstrate improvement to achieve my personal bestCan I perform a heave throw Can I use different running techniques and speeds for different eventsCan I develop running skillsin isolationCan I develop throwing skills in an athletic type activityRugbyCan I run with a rugby ball in two handsCan I pass and catch a rugby ball using a swing passCan I score a tryCan I show a change of speed and direction to beat a defender to keep possession of the ballCan I use a dummy pass with a rugby ballCan I to tag an opponent.Can I understand the role of an attacker / defenderCan I play a competitive rugby type game by the rules | SwimmingOAA Can I demonstrate working as part of a team to solve challenges.Can I demonstrate cooperating and working together as a team to complete challenges.Can I cooperate and work together as a team to complete challenges.Can I show encouragement and support to team members.Can I demonstrate concise instructionsCan I explain how they worked as a team to solve challenges.Can I demonstrate how to work as a team using individual strengths. Can I explain how they chose their team roles.Overall skillsCan I show a change of speed and direction to lose a defenderCan I pass a ball when attackingCan I identify aspects of my own performance that needs improvement and that of othersCan I use a range of tactics with the ball | SwimmingGymnasticsGymnasticsCan I perform matched and mirrored shapes with a partnerCan I perform a counter balance with a partner Can I perform a counter tension balance with a partnerCan I create a simple sequence of travel, jump, roll, and partner counter balances with fluency and controlCan I perform counter balances with a partner using apparatusCan I create a sequence with a partner of 8 elements including counter balance and counter tension balances Can I identify which sequences were performed with fluency, accuracy and consistency | SwimmingDanceInvasion Games – NetballDanceCan I create a sequence including different levels and pathwaysCan I evaluate my own and others performances andsuggest ways to improve a sequenceNetballCan I pass a netball using a chest pass accurately and successfully when playing gamesCan I pass a netball using a bounce pass accurately and successfully whenplaying gamesCan I pass a netball using a shoulder pass accurately and successfully whenplaying gamesCan I score a goal from a stationary positionCan I play a competitivenetball type game following the rules Can I carry out actions withcontrol and fluencyCan I incorporate a prop within a sequenceCan I use a wide range ofinteresting movements to convey a story, performing with expression | AthleticsCricketAthleticsCan I combine jumping actions (5 jumps)Can I develop throwing skills in an athletic type activityCan I compare my performances with previous ones and demonstrate improvement to achieve my personal bestCan I perform a heave throwCan I use different running techniques and speeds for different eventsCan I develop runningskills in isolationCan I develop throwing skills in an athletic type activityCricketCan I catch a small ball Can I bowl a ball through a hoop to a partnerCan I bowl a ball underarm correctlyCan I run safely round bases or between wicketsCan I strike a bowled ball Can I strike a ball away from fieldersCan I field a ball and throw backoverarmCan use simple tactics when playing a modified competitive softball/ rounders type gameCan I look for examples of specific things in a game that were successful and explain why they are good | TennisCan I demonstrate a forehand shot with some consistency. Can I demonstrate a forehand and backhand shot with some consistency. Can I direct the ball reasonably well to their partner to continue a rally.Can I demonstrate a simple tactic in a net type game (i.e. Can I hit the ball to targets away fromtheir partner.)Can I demonstrate a simple tactic in a net type game (i.e. Can I hit the ball to targets away fromtheir partner.)Can I play the game for the core task and incorporate tactics to score points. |
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| **Year** | **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **6** | DanceSkills required from PE teamCan I create travelling patterns and use canon effectively.Can I learn a set dance, creating a solo sequence andparticipating in a whole class | GymnasticsCan I perform a group balanceCan I perform a group balance using apparatusCan I create a sequence witha group of 8 elements including a group balanceand paired balances | Invasion Games- Netball Can I outwit my opponent using simple tacticsCan I defend an area Can I suggest ways I canimprove my shots | Invasion Games- Football and HockeyCan I combine jumping actions (5 jumps)Can I develop throwing skills in an athletic type activityCan I compare my performances with previous ones anddemonstrate improvement to | AthleticsSkills need to be addedCan I revise and develop previous skills to improve my performance.SwimmingSkills need to be addedChildren who still need to achieve 25m to continue swimming | Striking and Fielding- Rounders and CricketCreative Games Can I create travelling patterns and use canon effectively.Can I learn a set dance, creating a solo sequence andparticipating in a whole class |
|  |  | Can I adapt group sequenceof 8 elements to apparatus Can I work as part of a team to design an apparatus layout for group sequence Can I identify which sequences were performed with fluency, accuracy and consistencyHigh 5Can I intercept a ballCan I use chest, overhead and bounce passesCan I confidently catch anetballCan I find space to receive a ball successfullyCan I shoot accurately | Can I recognise when othersare playing well and identify why with helpCan I select and apply tacticsin different invasion games Can I evaluate tactics across invasion games for similaritiesCan I create an invasion game to solve a tactical problemCan I choose and apply skills and tactics consistently in an invasion type competitive gamesCan I develop the ability to |  |  | performance.Can I develop techniques and perform with accuracy, control and timing.Can I perform in a wholeclass performance (assessed and recorded) and respond to own work.CricketCan I send a ball using an overhead bowlCan I strike a ball with a straight driveCan I apply basic principles ofCan I dribble a ball. Can I pass and receive a pass using a variety of skills. Can I select and apply appropriate tactics when playing different invasion games.Can I create rugby type game and select and apply tactics to outwit an opponent.Can I work as a team to solve a tactical problem through designing a unique invasion game.Can I adapt an invasion game to include positions and attacking/defending options.Can I apply simple attacking and defending tactics when playing an invasion type game. |