

P.E Curriculum Guide

EYFS	- Revising and refining the fundamental movement skills he/she has already acquired; rolling, crawling, walking, jumping, running, running hopping, skipping and climbing - Progressing towards a more fluent style of moving, with developing control and grace - Developing the overall body strength, co-ordination, balance and agility needed to engage successfully with future PE sessions and other physical disciplines including dance, gymnastics, sport and swimming - Uses his/her core muscle strength to achieve a good posture when sitting at a table or sitting on the floor - Able to combine different movements with ease and fluency - Confidently and safely uses a range of large and small apparatus indoors and outside, alone and in a group - Further developing and refining a range of ball skills including: throwing, catching, kicking, passing, batting and aiming - Developing confidence, competence, precision and accuracy when engaging in activities that involve a ball - Knows and can talk about the different factors that support his/her overall health and wellbeing; regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian - Is further developing the skills he/she needs to manage the school day successfully; lining up and queuing, mealtimes and personal hygiene - Demonstrates strength, balance and coordination when playing (ELG) - Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing (ELG) - Is able to negotiate space and obstacles safely, with consideration for himself/herself and others (ELG)					
Year One and Two	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
P.E. Indoor	Fundamental Movement Skills <i>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</i> <i>Participate in team</i>	Ball Skills <i>Sending, receiving and dribbling with a ball.</i>	Fundamental Movement Skills <i>Balancing, throwing, catching skills which can be incorporated into different sporting scenarios.</i>	Dance: Animals <i>Use their body to express simple theme related shapes, movements and feelings.</i> <i>Remember and perform a simple sequence of movement</i>	Athletics <i>Jump in a variety of ways, Coordinate a run with a jump Discover and develop different styles of jumping Leap, jump and hop Jump in a variety of ways competently Add a short run up to my jump Throw with good</i>	Gymnastics <i>I can create a sequence, linking the 5 basic balances and perform them individually and with a partner. Improve the travelling movements in our sequence. Improve the travelling movements in our sequence. Create a</i>

	<i>games, developing simple tactics for attacking and defending Perform dances using simple movement patterns.</i>				<i>technique Throw with a run up</i>	<i>sequence on apparatus with a partner.</i>
P.E Outdoor	Fundamental Movement Skills <i>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.</i>	Object Control <i>Using their hands and feet, children will learn how to control different equipment effectively and use this to help them in a variety of games.</i>	Invasion Game Skills <i>Pupils will learn how to perform an effective underarm throw and use this in conjunction with invasion game tactics to outwit their opponent.</i>	Invasion Games Skills <i>Pupils will learn how to keep their head up while dodging opponents to create space. They will practice underarm throws and catches.</i>	Striking and Fielding <i>How to throw overarm at a target To roll a ball for my partner to chase and receive a thrown ball To strike a ball from a tee Simple tactics when striking and fielding</i>	Athletics <i>Jump in a variety of ways. Coordinate a run with a jump. Discover and develop different styles of jumping: Leap, jump and hop. Jump in a variety of ways competently. Add a short run up to my jump Throw with good technique. Throw with a run up</i>
Year Three and Four	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
P.E. Indoor	Health Related Fitness <i>Perform a variety of yoga poses. Demonstrate good core strength. Keep going even when my muscles are really fatiguing. Jump dynamically and land safely. Demonstrate good sprinting technique Start and finish a sprint</i>	Dance <i>Develop a sensitivity to space – moving with ease between wide open spaces, moving close to others and shifting through a range of directions and levels.</i>	Athletics <i>Hurdle efficiently and consistently when Sprinting between hurdles. Develop the technique and consistency of my jumps. Throw overarm accurately. Throw overarm with power, for distance. Accurately replicate the technique for running, jumping and throwing events.</i>	Dodgeball <i>Learn to throw powerfully and accurately while keeping an eye on the opposition's movements. Judge when a ball should be caught or avoided. Develop tactical awareness to bring team mates back into the game.</i>	Handball <i>Pass and receive the ball on the move. Pass quickly under pressure. Throw/shoot accurately using good overarm technique Intercept passes. Block a shot</i>	Gymnastics <i>Demonstrate control and co-ordination, perform a range of actions independently and collaboratively. Use partner balances, demonstrating control and coordination. Devise and use transitions to create a sequence.</i>

	<i>race with good technique.</i>					
P.E Outdoor	Basketball <i>Control the ball on the move by dribbling. Keep my head up to be aware of my environment. Pass the ball using good techniques.</i>	Tennis <i>Hit consistent forehand returns Get into consistently good positions to hit the ball after one bounce Get into good positions to play backhand shots Strike the ball on the backhand with some consistency. Volley a ball on the forehand and backhand striking the ball downwards</i>	Hockey <i>Develop my dribbling technique Change direction Control a ball sent to me Pass in a variety of ways using good technique</i>	OAA <i>Identify areas of the school grounds using a map. Run and think simultaneously to compete in a competition. Identify where a number of controls are situated around the school grounds via photographic clues.</i>	Cricket <i>Bowl a ball overarm with a straight arm Bowl with increasing accuracy. Bowl with a run up. Stand sideways-on, with a high back lift, ready to receive a ball Step back and across to pull a short ball. Pick up one-handed and throw. Back up my fellow fielders in the field.</i>	Athletics <i>Throw overarm accurately. Throw overarm with power, for distance. Accurately replicate the technique for running, jumping and throwing events. Run a relay efficiently as part of a team.</i>
Year Five and Six	Term One	Term Two	Term Three	Term Four	Term Five	Term Six
P.E. Indoor	Health Related Fitness <i>Children will learn why flexibility, core strength, stamina, and proper warm-up routines are essential for athletic performance and overall fitness, as well as how to measure and improve different elements of their fitness. They will also develop the ability to perform a variety of exercises with good technique, set up fitness circuits,</i>	Dance	Teambuilding and Problem Solving <i>Children will learn the importance of verbal and non-verbal communication, teamwork, and planning when working together to overcome challenges. They will develop skills in listening to others' ideas, making plans, giving clear instructions, and performing calmly under pressure whilst building trust with their teammates.</i>	Gymnastics <i>Children will learn how to perform a range of balances, transitions, and jumps safely, both individually and working with partners or small groups to create sequences. They will develop strong and expressive movements on the floor and apparatus whilst exploring concepts of perseverance, feedback, and positivity.</i>	Dodgeball <i>Children will learn dodgeball tactics including aiming low, moving to avoid being hit, when to catch or dodge, and how to work as a team with specific strategies. They will develop their throwing power and accuracy, dodging skills, catching ability, and decision-making about when to attack and defend whilst demonstrating respect, fair play and equality.</i>	Danish Longball <i>Children will learn the rules and tactics of Danish Longball including throwing techniques, fielding skills, tracking opponents, and the importance of teamwork and communication. They will develop their ability to throw accurately under pressure, make good decisions in the heat of a game, intercept the ball, and work effectively as part of a team whilst exploring honesty in leadership and effective communication.</i>

P.E. Outdoor	Hockey <i>Children will learn the fundamental rules and techniques of hockey, including how to hold the stick correctly, dribble with their head up, push pass accurately, and execute jab tackles, whilst understanding when to pass versus dribble and how to play effectively in different formations.</i>	OAA <i>Children will learn how to use maps and ordnance survey symbols to navigate, work with blindfolded partners using clear instructions, and solve problems as part of a team. They will develop skills in non-verbal communication, creative thinking, staying focused under pressure, and working quickly and effectively against the clock.</i>	Netball <i>Children will learn netball-specific skills including passing techniques, pivoting, shooting, and the rules around different court positions and infringements. They will develop their ability to move into space, anticipate play, create attacking opportunities, and apply tactics whilst demonstrating the School Games values.</i>	Tennis <i>Children will learn tennis techniques including forehand and backhand shots, volleys, serves, smashes and lobs, as well as the rules and scoring system. They will develop their ability to control where they hit the ball, play deft shots near the net, link shots together, and use tactics against opponents whilst understanding resilience and embracing failure as part of learning.</i>	Athletics <i>Children will learn a range of athletic techniques including middle-distance running, throwing with power and accuracy, shot put, triple jump, high jump, hurdling, and relay baton transfer. They will develop their ability to sustain pace over longer distances, throw after a run-up, hurdle efficiently, and work as part of a relay team whilst understanding intrinsic and extrinsic motivation and the benefits of setting small targets.</i>	Rounders <i>Children will learn rounders-specific skills including catching, bowling, batting, ground fielding techniques, and the rules for batting and running between bases. They will develop their ability to throw accurately into space, strike with accuracy, communicate with fellow batters and fielders</i>
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