

Physical Education

Curriculum Overview and Progression of Conceptual Knowledge

	Autumn	Spring	Summer
E Y F S	Concept: MOTOR COMPETENCE - Developing fundamental movement skills(locomotor and manipulation). Gross Motor Skills. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules related to being in class and school. HEALTHY PARTICIPATION - Begin to understand the importance of the different aspects of a healthy lifestyle.	Concept: MOTOR COMPETENCE - Developing fundamental movement skills(locomotor, stability and manipulation). Developing balance, agility and coordination. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules related to PE. HEALTHY PARTICIPATION - Begin to understand the importance of the different aspects of a healthy lifestyle related to movement.	Concept: MOTOR COMPETENCE - Developing and applying fundamental movement skills in a range of activities. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules related to PE and movement. HEALTHY PARTICIPATION - Begin to understand the importance of the different aspects of a healthy lifestyle related to movement
	Content: Introduction to Locomotor Skills and Spatial Awareness - moving in different ways(walking,running, jumping, hopping, landing) Manipulation Skills - large balls and equipment for throwing and catching Dance - performing basic locomotor movements to music in a small space. Follow simple rules/instructions to be safe.	Content: Gymnastics - Using different types of movement(twisting), balance, travel Football Fun - ways to move in a safe space, sending and receiving a ball, moving, stopping and changing direction. Following rules of safe participation.	Content: Athletics - Travel with control and balance, throw to a target, control when running and starting a race. Talk about how the body feels during athletic activity. The importance of warming up. Dance - performing basic locomotor movements to music in a small space.

K S 1	Concept: MOTOR COMPETENCE - Developing fundamental movement skills(locomotor, stability and manipulation). Developing balance, agility and coordination. RULES, STRATEGIES AND TACTICS - Developing knowledge of rules in simple team games. HEALTHY PARTICIPATION - Begin to understand the importance of the different aspects of a healthy lifestyle related to movement	Concept: MOTOR COMPETENCE - Developing fundamental movement skills(locomotor, stability and manipulation). Developing balance, agility and coordination. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules in team games. HEALTHY PARTICIPATION - Begin to understand the importance of the different aspects of a healthy lifestyle related to movement.	Concept: MOTOR COMPETENCE - Developing and applying fundamental movement skills in a range of activities. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules in team games. HEALTHY PARTICIPATION - Begin to understand the importance of the different aspects of a healthy lifestyle related to movement.
	Content: Multi Skills - Sending and receiving to a partner. Develop running skills related to Cross Country. Football skills - coordination, sending and receiving with control, simple team games. Dance - developing simple movements with control. Remembering simple steps to perform a short sequence. Health related fitness - looking after your body to help you stay active and how your body feels during activity. Yoga, Mindfulness	Content: Multi Skills - throwing and catching Hockey Skills,Rugby Skills -sending and receiving a ball in a team. Introduction to basic rules and tactics. Tri-golf Skills - Developing body stance, hand eye coordination, balance and control when striking a ball. Gymnastics - Linking movements with control. Jumping, rolling and moving with balance and control. Health related fitness - looking after your body to help you stay active and how your body feels during activity. Yoga, Mindfulness	Content: Multi Skills - summer fun related to mastering basic movements. Kwik Cricket and Rounders Skills - develop throwing and catching techniques. Follow the rules of a simple team game. Athletics - running, jumping and throwing with control and increased accuracy. Running at different speeds and identifying how the body changes over different distances. developing speed, agility and quickness through fun activities.

L O W e r K S 2	Concept: MOTOR COMPETENCE - Continue to develop a broader range of fundamental movement skills. Start to use running, jumping, throwing and catching in isolation and combination. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules and tactics in team games. Start to communicate within a team. HEALTHY PARTICIPATION - Understand the importance of the different aspects of a healthy lifestyle related to movement. Begin to use and understand the terms anaerobic and aerobic.	Concept: MOTOR COMPETENCE - Continue to develop a broader range of fundamental movement skills. Start to use running, jumping, throwing and catching in isolation and combination. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules and tactics in team games. Start to communicate within a team. HEALTHY PARTICIPATION - Understand the importance of the different aspects of a healthy lifestyle related to movement. Begin to use and understand the terms anaerobic and aerobic.	Concept: MOTOR COMPETENCE - Continue to develop a broader range of fundamental movement skills. Start to use running, jumping, throwing and catching in isolation and combination. RULES, STRATEGIES AND TACTICS - Developing knowledge of simple rules and tactics in team games. Start to communicate within a team. HEALTHY PARTICIPATION - Understand the importance of the different aspects of a healthy lifestyle related to movement. Begin to use and understand the terms anaerobic and aerobic.
	Content: Cross Country - Develop running skills related to Cross Country. Discuss tactics and how to run for longer and build strength. Football and Hockey skills - Attacking and defending skills, communication with the team, start to combine skills practised in isolation and in combination. Use tactics in simple team games. Health related fitness - looking after your body to help you stay active and how your body feels during activity. Begin to use and understand the terms anaerobic and aerobic. Local clubs promoted. Yoga, Mindfulness	Content: Gymnastics - Further develop flexibility, strength, technique, control and balance. Explore partner work through counter balances and different sequences with and without apparatus. Football, Netball, handball skills - Attacking and defending skills, communication with the team, start to combine skills practised in isolation and in combination. Use rules, strategies and tactics in simple team games. Health related fitness - looking after your body to help you stay active and how your body feels during activity. Begin to use and understand the terms anaerobic and aerobic. Local clubs promoted. Yoga, Mindfulness	Content: Kwik Cricket, Mini Tennis - Moving and striking a ball with control. Develop techniques related to throwing and catching in isolation and combination. Begin to participate in competitive games using rules and tactics. Athletics - running, jumping and throwing with control and increased accuracy. Running at different speeds and identifying how the body changes over different distances. developing speed, agility and quickness through fun and athletic activities. Evaluate performance. Begin to apply a good running technique and understand how to run for longer or how to run with speed. begin to understand how breathing can assist performance.

U p p e r K S 2

Concept:

MOTOR COMPETENCE - Continue to develop a broader range of fundamental movement skills.

Use running, jumping, throwing and catching in isolation and combination within a team.

RULES, STRATEGIES AND TACTICS - Developing knowledge of rules and tactics in team games. Communicate within a team. Play competitive games modified as appropriate. Compare performances and demonstrate improvement on their personal best.

HEALTHY PARTICIPATION - Understand the importance of the different aspects of a healthy lifestyle related to movement. Understand the terms anaerobic and aerobic. Explore the short and long term benefits of physical activity. Understand and be aware of local opportunities to be physically active.

Content:

Cross Country - Develop running skills related to Cross Country. Discuss tactics and how to run for longer and build strength. Develop the ability to understand how to improve personal performance.

Football, Hockey, Tag-Rugby and Handball skills - Attacking and defending skills, communication with the team, start to combine skills practised in isolation and

Concept:

MOTOR COMPETENCE - Continue to develop a broader range of fundamental movement skills. Use running, jumping, throwing and catching in isolation and combination within a team.

RULES, STRATEGIES AND TACTICS - Developing knowledge of rules and tactics in team games. Communicate within a team. Play competitive games modified as appropriate. Compare performances and demonstrate improvement on their personal best.

HEALTHY PARTICIPATION - Understand the importance of the different aspects of a healthy lifestyle related to movement. Understand the terms anaerobic and aerobic. Explore the short and long term benefits of physical activity. Understand and be aware of local opportunities to be physically active.

Content:

Gymnastics - Further develop flexibility, strength, technique, control and balance. Explore partner work through counter balances and different sequences with and without apparatus at different heights.

Peer and self evaluate to improve performance. Football, Tag-rugby, skills - Attacking and defending skills, communication with the team, start to combine skills practised in isolation and in combination. Use rules, strategies and tactics

Concept:

MOTOR COMPETENCE - Continue to develop a broader range of fundamental movement skills. Use running, jumping, throwing and catching in isolation and combination within a team.

RULES, STRATEGIES AND TACTICS - Developing knowledge of rules and tactics in team games. Communicate within a team. Play competitive games modified as appropriate. Compare performances and demonstrate improvement on their personal best.

HEALTHY PARTICIPATION - Understand the importance of the different aspects of a healthy lifestyle related to movement. Understand the terms anaerobic and aerobic. Explore the short and long term benefits of physical activity. Understand and be aware of local opportunities to be physically active.

Content:

Kwik Cricket, Mini Tennis, Rounders, Volleyball - Moving and striking a ball with control. Develop techniques related to throwing and catching in isolation and combination. Use rules, strategies and tactics in simple and competitive team games. Use tactics in simple team games. Identify strategies to improve performance in a game situation. Build resilience, joy and a sense of fair play.

	in combination. Use tactics in simple team games. identify strategies to improve performance in a game situation. Build resilience, joy and a sense of fair play.. Health related fitness - looking after your body to help you stay active and how your body feels during activity. Begin to use and understand the terms anaerobic and aerobic. Awareness of Local clubs and how to access them. Yoga, Mindfulness - Hilltop activities OAA - Hilltop/ Take part in OAA activities and challenges individually and in a team Swimming	in simple and competitive team games. Use tactics in simple team games. identify strategies to improve performance in a game situation. Build resilience, joy and a sense of fair play. Health related fitness - looking after your body to help you stay active and how your body feels during activity. Begin to use and understand the terms anaerobic and aerobic. Local clubs promoted. Yoga, Mindfulness	Athletics - running, jumping and throwing with control and increased accuracy. Running at different speeds and identifying how the body changes over different distances. developing speed, agility and quickness through fun and athletic activities. Evaluate performance. Apply a good running technique and understand how to run for longer or how to run with speed. Understand how breathing can assist performance. Build resilience and joy. OAA - Take part in OAA activities and challenges individually and in a team
Other activities	Daily Mile, Yoga, Mindfulness, healthy choices and play leaders. Daily Sensory Circuits.		
Inter School Competitions	Cross Country Hockey	Tri Golf	Athletics/Sports Day Mini Tennis
Intra School Competitions	Cross Country Football Hockey	Tag Rugby Netball Tri Golf	Kwik Cricket Mini Tennis Quad Kids
Club Links	Pelicans Hockey West Norfolk Rugby West Norfolk Athletics	Swimming Gymnastics Ryston Runners	Cricket