

National Curriculum Coverage and Progression



Subject: PE Cycle: A			
EYFS Early Learning Goals: Physical development involves providing opportunities for young children to be active and interactive, and 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. 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. Health and self-care: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.			
EYFS continuous provision opportunities: <ul style="list-style-type: none"> • Focus on building core strength for mobility • Activities focussing on a range of fine motor skills e.g. dough gym/cutting/chalking • Activities focussing on a range of gross motor skills e.g. climbing/swinging/rolling/balancing • Activities to promote co-ordination, speed and fluency of movement 			
Knowledge <ul style="list-style-type: none"> • To know there are different ways to move your body and travel. • To show some understanding that exercise is good practise towards good health. • To know that they need space when applying skills during activities. • To be aware that their bodies can move in many different ways. • Recognise the changes that happen to their bodies when they are active. 	Skills and Experience Games <ul style="list-style-type: none"> • Show awareness of space, of themselves and of others. • Negotiate space successfully when playing racing and chasing games with other children. • Handle objects safely and with increasing control. • Use a range of small and large equipment. • To catch a large ball with two hands • To throw with two hands. • To kick a ball towards a target. • Use increasing control over an object by touching, pushing, patting, throwing, catching or kicking it. • Recognise the importance of keeping healthy and those things which contribute to this • Persevere in repeating some actions/attempts when developing a new skill. Gymnastics <ul style="list-style-type: none"> • Travel over, under, around equipment. • Show an understanding of how to transport and store equipment safely. • Jump off an object and land appropriately. • Balance on various parts of the body. • To balance on a bench • To be able to climb to the top of the ladder coordinating arms and legs. • Jump off an object and land on two feet 	Vocabulary Jump Bench Leg Breathe Rhythm Dance Balance Coordination Direction Strength Space Big balls Climb	Resources Hall Climbing equipment Bench Climbing horses Music Mats

National Curriculum Coverage and Progression



	<ul style="list-style-type: none"> Practice some appropriate safety measure without direct supervision. Begin to refine and improve their movements <p>Dance</p> <ul style="list-style-type: none"> Move with confidence, imagination and in safety. Initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences Experiment with different ways of moving their bodies in time to music. Talk about what they like about a dance <p>Athletics</p> <ul style="list-style-type: none"> Run with an understanding of technique. To begin to understand how to throw, run and jump safely. <p>Identify good practice/technique of running, throwing and jumping.</p>		
<p>Fitness Assessments: Conducted each term</p> <ul style="list-style-type: none"> Compare their performances with previous ones and demonstrate improvement to achieve their personal best. (KS2 only) 			
Year Group	Yr 1/2	Yr 3/4	Yr 5/6
Autumn 1	<p>Year 1 Multi-Skills</p> <ul style="list-style-type: none"> 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 <p>Year 1 Boot Camp</p> <ul style="list-style-type: none"> 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 	<p>Year 3- Multi Skills</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance <p>Year 3- Boot Camp</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance 	<p>Year 5- Invaders</p> <ul style="list-style-type: none"> 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 <p>Year 5- Boot Camp</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance

National Curriculum Coverage and Progression



<p>Autumn 2</p>	<p>Year 1- Story Time Dance</p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. <p>Year 1- Might Movers (Running)</p> <ul style="list-style-type: none"> 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 	<p>Year 3-African Dance</p> <ul style="list-style-type: none"> perform dances using a range of movement patterns <p>Year 3- Mighty Movers (Running)</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	<p>Year 5- Dynamic Dance</p> <ul style="list-style-type: none"> perform dances using a range of movement patterns <p>Year 5 Mighty Movers (Boxercise)</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance
<p>Spring 1</p>	<p>Year 1- Groovy Gymnastics</p> <ul style="list-style-type: none"> 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 perform dances using simple movement patterns <p>Year 1-Skip to the beat</p> <ul style="list-style-type: none"> 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 	<p>Year 3- Groovy Gymnastics</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns <p>Year 3- Skip to the beat</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination develop flexibility, strength, technique, control and balance 	<p>Year 5 –Gym Sequences</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through gymnastics] perform dances using a range of movement patterns <p>Year 5- Step to the beat</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance



National Curriculum Coverage and Progression

<p>Spring 2</p>	<p>Year 1- Brilliant Ball Skills</p> <ul style="list-style-type: none"> • 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 <p>Year 1 – Gymfit Circuits</p> <ul style="list-style-type: none"> • 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 	<p>Year 3- Brilliant Ball Skills</p> <ul style="list-style-type: none"> • 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 <p>Year 3- Gymfit Circuits</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance 	<p>Year 5- OAA</p> <ul style="list-style-type: none"> • take part in outdoor and adventurous activity challenges both individually and within a team <p>Year 5 – Gym fit circuits</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance
<p>Summer 1</p>	<p>Year 1- Throwing and Catching</p> <ul style="list-style-type: none"> • 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 <p>Year 1- Cool Core</p> <ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 	<p>Year 3- Active athletics</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance <p>Year 3- Cool Core (strength)</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance 	<p>Year 5- Young Olympians</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance <p>Year 5- Cool Core (Pilates)</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance

National Curriculum Coverage and Progression



	and begin to apply these in a range of activities		
Summer 2	<p>Year 1- Active Athletics</p> <ul style="list-style-type: none"> • 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 <p>Year 1- Fitness Frenzy</p> <ul style="list-style-type: none"> • 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 	<p>Year 3- Throwing and Catching (fielding games)</p> <ul style="list-style-type: none"> • 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 <p>Year 3- Fitness Frenzy</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance 	<p>Year 5- Striking and fielding</p> <ul style="list-style-type: none"> • 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 <p>Year 5- Fitness Frenzy</p> <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance