

INTENT – Develop the fundamental skills in a range of linked activities. The focus is NOT about pigeon-holing specific skills to specific sports but to cross reference the required skills needed to be successful in a range of different disciplines. A key aspect is giving the children positive experiences and outlooks towards their physical futures. Another aim is to teach life skills such as leadership, team work, cooperation and behaviour management in stressful situations.

IMPLEMENTATION – Through specialist coaches, continued development in school staff’s subject knowledge and the access to ‘PE planning progression rings’ the children will be able to embed knowledge making it a natural occurrence in their future experiences of competitive sport. This will be helped through the non-negotiables of recapping on previous learning, giving examples and making links to cross-disciplines and delivering a high quality, extensive vocabulary in teaching. Alongside the physical influence of teaching, a development in visuals via posters, gifs, videos and emails to different year groups/classes will be provided weekly.

IMPACT – The profile of sport and the importance of keeping healthy will be enhanced. Children will become more confident in their capabilities, develop perseverance and resilience along with coping strategies in stressful times and enhance their problem-solving skills. Their physical competence will bridge a delay in their fine motor skills and allow them express themselves more fluently. Most importantly they will be HAPPY!

EYFS Outcomes

Children...

Show increasing control over an object whilst pushing, kicking, throwing or rolling. (PD 40-60)

Show good control and coordination in large and small movements. (PD ELG)

Successfully recognise and negotiate space whilst playing chasing games. (PD 40-60)

Can adjust speed and direction to avoid obstacles. (PD 40-60)

Participate and experiment with different ways of moving. (PD 40-60)

Move confidently with control in a range of ways whilst safely negotiating space. (PD ELG)

KS1 National Curriculum Aims

Children should:

- develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their *agility, balance and coordination*, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.

Health and Fitness

EYFS	Y1	Y2
<p>Children can use simple vocabulary to describe how they feel when exercising and when they are stood still.</p> <p><i>Warm, hot, cold, heart beating fast, sweating, tired.</i></p>	<p>Children can use a range of vocabulary to describe how they feel before, during and after physical activity. Know that the leg muscles are used when performing a jumping action.</p> <p><i>Warm, hot, cold, heart beating fast, sweating, tired, fatigued, muscles, heart, blood, pumping.</i></p>	<p>Children recognise and describe how they feel before, during and after different types of physical activity.</p> <p>Explain the importance of warming up.</p> <p><i>Warm, hot, cold, heart beating fast, sweating, tired, fatigued, muscles, heart, blood, pumping, oxygen, preparation, prevent injuries.</i></p>
Striking and Hitting a ball		
<p>Children can hold a bat or a racquet correctly.</p> <p>Children can successfully hit a static ball with a bat or a racquet.</p> <p><i>Handle, face, bat, racquet, swing, hit, gentle, soft, hard.</i></p>	<p>Children can hit a moving ball.</p> <p>Children can use their hitting skills in a game.</p> <p><i>Timing, striking, hand-eye coordination, technique, power, control.</i></p>	<p>Children can anticipate the flight of a ball and position the body to strike.</p> <p>Children can strike a moving ball with increasing control and appropriate power.</p> <p>Can participate in striking and fielding games.</p> <p><i>Anticipate, judge, flight, control, position, awareness, tactics.</i></p>
Rolling, Bowling, Throwing and Catching		
<p>Children can roll equipment in different ways.</p> <p>Throw and object at a target using an underarm technique.</p> <p>Catch different objects using two hands.</p> <p><i>Roll, throw, target, underarm, catch, technique.</i></p>	<p>Children can accurately roll different equipment at targets in different games.</p> <p>Children can throw under arm and over arm and different targets (static and moving).</p> <p>Can bounce and catch a ball.</p> <p>Investigate ways to alter their throwing technique to achieve greater distance (Athletics)</p> <p>Perform a push throw (Shot Putt)</p> <p><i>Accurately, consistently, underarm, overarm, static, bending, balance, release, grip.</i></p>	<p>Throw different types of equipment in different ways, for accuracy and distance.</p> <p>Throw, catch and bounce a ball with a partner.</p> <p>Use throwing and catching skills in a game.</p> <p>Throw a ball for distance.</p> <p>Use hand-eye coordination to control a ball.</p> <p>Vary types of throw used</p> <p><i>Repeat, consistency, underarm, overarm, static.</i></p>

Travelling with a Ball

<p>Children can move a ball in different ways, including bouncing and kicking.</p> <p>Use equipment to control a ball.</p> <p><i>Moving, direction, bouncing, rolling, kicking, equipment name, forwards, backwards, sideways.</i></p>	<p>Children can travel with a ball in different ways.</p> <p>Children can travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p><i>Travel, speed, direction, control, fluent.</i></p>	<p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game. Use dribbling skills in a game.</p> <p><i>Dribbling, coordination, concentration, focus, progression, tactic, cooperation, teamwork.</i></p>
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Passing a Ball

<p>Children can kick an object at a target.</p> <p><i>Kick, target, foot, power, control.</i></p>	<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p> <p><i>Instep, sole, laces, heel, passing, accuracy.</i></p>	<p>Know how to pass the ball in different ways.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p><i>Short range, long range, selection, assess situations, decision making, awareness.</i></p>
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Possession

<p>Children can protect a piece of equipment.</p> <p><i>Keep, control, protect.</i></p>	<p>Know how to keep and win back possession of the ball in a team game.</p> <p><i>Protect, position, possession, defend, steal, tackle.</i></p>	<p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p><i>Intercept, possession, assisting, helping, awareness.</i></p>
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Spatial Awareness

<p>Children can move safely around the space and equipment.</p> <p>Children can travel in different ways, including sideways and backwards.</p> <p><i>Run, jump, hop, skip, slide, forwards, backwards, sideways.</i></p>	<p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p><i>Pathways, plan, control, tempo, speed, space, awareness,</i></p>	<p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p> <p><i>Recognise.</i></p>
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Attacking and Defending

<p>Children can play a range of chasing games.</p>	<p>Begin to use the terms attacking and defending.</p> <p>Use simple defensive skills such as marking a player or defending a space.</p>	<p>Begin to use and understand the terms attacking and defending.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p>
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<p><i>Chase, catch, win, lose, fairness.</i></p>	<p>Use simple attacking skills such as dodging to get past a defender.</p> <p><i>Defending, invade, marking, opposition, restrict, stop.</i></p>	<p><i>Attacking, defending, invade, defend, restrict, tactic.</i></p>
<p>Rules and Tactics</p>		
<p>Children can follow simple rules.</p> <p><i>Rules, stop, go, turn, start, finish, area, pitch, zone.</i></p>	<p>Follow several simple rules to play games, including team games.</p> <p>Use simple attacking skills such as dodging to get past a defender.</p> <p>Understand the importance of rules in games.</p> <p><i>Fairness, sportsmanship, safety, rules, positions.</i></p>	<p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games using positions.</p> <p><i>Keeper, defender, midfielder, attacker, forward, formations, tactics, fairness, consequences.</i></p>
<p>Athletics (Running) / ABC's (Foundation)</p>		
<p>Children can ...</p> <p>Jog in a straight line.</p> <p>Change direction when jogging.</p> <p>Run in different ways for a variety of purposes.</p> <p><i>Jog, run, fast, slow, speed, direction.</i></p>	<p>Vary their pace and speed when running.</p> <p>Run with a basic technique over different distances.</p> <p>Show good posture and balance.</p> <p>Sprint in a straight line.</p> <p>Change direction when sprinting.</p> <p>Maintain control as they change direction when jogging or sprinting.</p> <p><i>Sprint, streamline.</i></p>	<p>Run at different paces, describing the different paces.</p> <p>Use a variety of different stride lengths.</p> <p>Travel at different speeds.</p> <p>Begin to select the most suitable pace and speed for distance.</p> <p>Complete an obstacle course.</p> <p><i>Stride length, pace (as in pacing yourself), determination, resilience.</i></p>
<p>Athletics (Jumping) / ABC's (Foundation)</p>		
<p>Children can jump in a range of ways, landing safely.</p>	<p>Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p>	<p>Combine different jumps together with some fluency and control.</p>

<p><i>Jump, land, high, far.</i></p>	<p>Jump as high as possible.</p> <p>Jump as far as possible from a standing and running position.</p> <p><i>Take off, landing, flight, standing, dynamic.</i></p>	<p>Investigate the best jumps to cover different distances.</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump.</p> <p>Begin to measure the distance jumped.</p> <p><i>Combination, distance, measuring</i></p>
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Developing Skills in Gymnastics

<p>Children can ...</p> <p>Create a short sequence of movements.</p> <p><i>Roll</i> in different ways with control (Curled side roll, Log roll, Teddy bear roll)</p> <p><i>Stretch</i> in different ways.</p> <p><i>Jump</i> in a range of ways from one space to another with control (Straight jump, <i>Tuck</i> jump, Jumping jack, Half <i>turn</i> jump)</p> <p><i>Hold</i> still shapes and simple <i>balances</i>.</p> <p>Carry out simple <i>stretches</i>.</p> <p>Move around, under, over, and through different objects and equipment.</p>	<p><i>Create</i> and <i>perform</i> a movement <i>sequence</i>.</p> <p>Copy actions and movement sequences with a beginning, middle and end.</p> <p>Link two actions to make a sequence.</p> <p>Recognise and copy contrasting actions (small/tall, narrow/wide).</p> <p>Travel in different ways, changing direction and speed.</p> <p>Carry out a range of simple jumps, landing safely. (Straight jump, Tuck jump, Jumping jack, Half turn jump)</p> <p>Begin to move with control and care.</p>	<p>Hold a still shape whilst balancing on different points of the body.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p>Forward roll from standing.</p>
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Evaluating and Remembering

<p>Children can talk about what they have done.</p> <p>Children can talk about what others have done.</p>	<p>Watch and describe performances.</p> <p>Begin to say how they could improve.</p>	<p>Watch and describe performances, and use what they see to improve their own performance.</p> <p>Talk about the differences between their work and that of others.</p>
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Spatial Awareness <u>Activities/Games</u> Far and wide arms Beanbag musical chairs Squash and Squeeze Crazy Hoops	Agility, Balance and Coordination <u>Activities/Games</u> Hot hoops (direction change) Hoop run around tig Beanbag balance Balloon keepy ups	Travelling with a ball/ Using equipment to control a ball. <u>Activities/Games</u> Dribbling skills with feet/hockey stick.	Throwing and Catching <u>Activities/Games</u>	Striking and Hitting <u>Activities/Games</u>	Athletics/ABC's <u>Activities/Games</u>
Teamwork and Communication <u>Activities/Games</u> Hello I'm... Balloon and Ribbon Tennis Guardians of the Gate Giant Connect 4	Rolling, Bowling and Throwing <u>Activities/Games</u> Bowling alley Boules Bowl-es' Snow ball fight (dodgeball)	Travelling with a Ball Passing a ball <u>Activities/Games</u> Musical chairs game Speed swap 4 corners/sides (coloured) Pirate Football Pirate Hockey	Attacking and Defending Invasion Games/ Possession <u>Activities/Games</u>	Striking and Hitting <u>Activities/Games</u>	Athletics <u>Activities/Games</u>
Teamwork and Communication <u>Activities/Games</u> Hello I'm... Balloon and Ribbon Tennis Guardians of the Gate Giant Connect 4	Rolling, Bowling and Throwing <u>Activities/Games</u> Bowling alley Boules Bowl-es' Snow ball fight (dodgeball)	Travelling with a Ball Passing a ball Possession <u>Activities/Games</u> Speed swap King of the ring	Attacking and Defending Invasion Games/ Possession <u>Activities/Games</u>	Striking and Hitting <u>Activities/Games</u>	Athletics <u>Activities/Games</u>

