



Physical Education						
EYFS						
Nursery	Health & Self Care <i>Beginning to be independent in self-care, but still often needs adult support.</i>		Movement & Handling – Gross motor <i>Shows control in holding and using jugs to pour, hammers, books and mark-making tools.</i>		Movement & Handling – Fine motor <i>Imitates drawing simple shapes such as circles and lines</i>	
	Health & Self Care <i>Attends to own toileting needs. Wash & Dry hands.</i>		Movement & Handling – Gross motor <i>Travel, balance and control large objects with confidence and control. Fine motor – Beginning to use tri – pod grip.</i>		Movement & Handling – Fine motor <i>Correct use of scissors Correct & confident use of tripod grip.</i>	
Preschool	Fundamental Skills Stability Children will focus on balancing on one leg and twisting, bending and reaching whilst focusing on balancing.		Dance Seasons Children will create simple theme shapes and movement and work with partners and travel safely and creatively.		Fundamental Skills Fantasy Fairy Tale Children will focus on bending, stretching and balancing in different theme games around a certain topic.	
	Fundamental Skills A Visit to the Zoo Children will focus on bouncing, leaping and balancing in different theme games around a certain topic.		Fundamental Skills Under the Sea Children will focus on stretching, bending, catching and rolling in different theme games around a certain topic.		Fundamental Skills Fine Motor Skills Children develop their running, strengthen their hands in handling objects and attack and defend in different chasing games.	
Reception	Autumn Term 1		Autumn Term 2		Spring Term 1	
	Spring Term 2		Summer Term 1		Summer Term 2	
Reception	Fundamental Skills Children will learn to run skilfully, pick up and carry things with care, show control over an object and balance on one leg. Autumn Term		Dance Use nursery rhymes to express themselves and create simple theme related shapes and movements in a sequence. Autumn Term		Gymnastics Children will jump with a good technique and begin to show a tucked shape in the air and focus on the control of the jump whilst beginning to put these into a sequence. Spring Term	
	Net & Wall Children will focus on skills such as striking a ball with one hand with some degree of accuracy and receive a ball by moving into the right position. Children will also focus on throwing with accuracy and power and learning the importance of keeping their eyes on the ball for future learning. Spring Term		Athletics Children will learn running whilst inside a lane, how to transfer a baton, jumping from a short run and throwing for accuracy and power. Summer Term		Locomotion Children will be introduced to moving in different ways such as running, hopping, jumping, dodging and galloping. Within this unit children will also learn about their own space and how to negotiate space with others. Summer Term	

KS 1	Health & Self Care <i>Children manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently</i>		Movement & Handling – Gross motor <i>Children show good control and co-ordination in large and small movements.</i>		Movement & Handling – Fine motor <i>Children handle equipment and tools effectively, including pencils for writing.</i>	
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 1	Fundamental skills Children will complete a variety of different skills including running, carrying, balancing and threading through a variety of games and obstacle courses whilst working as part of a team. Autumn Term	Dance Fire of London Children use their body and create shapes, movement and actions in the theme of the Fire of London. Children will work on core principles such as agility and balance to perform their dance in counts of 8 and 16. Autumn Term	Gymnastics Pathways small and long. Children will look at creating a sequence involving sideways, forward and backwards stepping. Whilst also jumping in coordination, stepping and turning gracefully and sharing space. Spring Term	Fundamental Skills Net & Wall Children will focus on throwing and catching a ball with some accuracy. Children will learn how to communicate with others and how to watch the ball whilst also being 'ready' to receive the ball. Spring Term	Athletics Children will focus on jumping in different ways and adding a short run for each jump. Children will also focus on throwing with good technique and considering adding a run up to their throw. Children will also peer assess their throws and jumps. Summer Term	Fundamental Skills Children will look at moving in a variety of different ways including hopping, walking backwards, jumping, dodging and look at how to kick a ball accurately with the correct posture and stance. Summer Term
	Locomotion – Fundamental Skills Over the term, children will look at jumping in a variety of different ways. This will include running leading to a jump, jumping for distance, scissor kick and jumping scissor kick and skipping with a rope. Children will gain the knowledge of different types of jumps and how this should be done whilst managing their feelings and describe what they did well and how it could be improved. Autumn Term		Gymnastics Wide, Narrow & Curled Rolling & Balancing Children will learn how to balance and travel whilst also moving their own body in different shapes. Then they will focus on performing a sequence of long, narrow and curled shapes. Children will need to focus on physical confidence and demonstrate agility and balance when doing these different moves. Spring Term		Invasion Games Children will throw and receive a chest and bounce pass, change direction when throwing, keep good posture when dribbling a ball and pass accurately. Children will identify some principle of attacking and defending in this unit. Summer Term	Personal Challenges This unit will focus on agility, perseverance and strength. Children will practise jumping and techniques needed for this whilst also focusing on core strength through a variety of exercises and learning the importance of this in different sports. Summer Term
Year 2	Invasion Games Over the half term children will develop their knowledge on passing and catching and look at turning their body when defending the ball and develop their own spatial awareness in team games. Autumn Term	Dance Children will their body and related shapes and movements within the theme of Animals. Children will develop different levels of travelling and different pathways of travelling, considering different animals such as lions. Autumn Term	Gymnastics Pathways: Straight, Zigzag & Curving. Children will look at jumping at different degrees, and look at zigzag and curved pathways. Children will also travel backwards and forwards in their sequences and link their movements together. Spring Term	Fundamental Movement Skills Children will look at skipping effectively, dribbling a ball with either hand, to kick a ball and knowing which part of the foot to use. Children will also develop their bounce pass and look at different jumps including both vertical and broad jumps. The main aim here is to solidify everything children have learnt so they can use these skills consistently. Spring Term	Athletics Children will throw and receive a chest and bounce pass, change direction when throwing, keep good posture when dribbling a ball and pass accurately. Children will identify some principle of attacking and defending in this unit. Summer Term	Striking and Fielding In this unit, children will learn the basics of cricket in teams of five. Children will have learnt the roles of the batsman, wicket keeper, bowler and fielder. This unit focuses on throwing underarm, catching a ball and striking a ball. This unit also focuses on the importance of teamwork and communication in team sports. Summer Term

LKS2 Year 3 Year 3	Yoga Children will pose in a variety of different poses and learn how to keep quiet during this and focus on the performance of the pose and breathing at the correct time. This unit will allow children to work imaginatively and create their own poses and look at different poses linked to units such as Mother Earth and The Romans. Autumn Term		Gymnastics Stretching, Curling and Arching. Children will look at travelling in a curled position and show good balance when completing this. Children will develop their own sequence of both stretches and curls and learn how to arch their body. Children will also look at both front and back supports and look at ways of travelling into and out of these supports safely whilst demonstrating agility and balance. Children will also recognise success in both their own sequences as well as their own. Spring Term		OAA In our OAA unit, children will complete a range of adventurous activities including ‘crossing the river’ where children will need to be creative in crossing different areas and aware of personal space. This unit also looks at using maps and working together in groups to follow a variety of instructions. Summer Term	Personal Challenges This unit will focus on agility, perseverance and strength. Children will practise jumping and techniques needed for this whilst also focusing on core strength through a variety of exercises and learning the importance of this in different sports. Summer Term
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	Invasion games Netball Children will learn to apply their understanding and skills from KS1. Children will improve their accuracy in throwing and catching, and learn new invasion games sport specific techniques i.e. space is key to attacking using 3v1 scenarios through netball. Autumn Term	Dance Dance around the world Children will create movement to a theme whilst focusing on balance, coordination and precision. There will also be a focus on changing static actions on their theme to travelling movements. The end outcome of this be developing a 16 – 32 count dance, working well within groups. Autumn Term	Gymnastics Linking movements together Children will learn how to hold balances with good control and turn through different degrees. Children will also explore rolls and link high and low movements with the aim to perform a range of movements in a sequence. Spring Term	Basketball Invasion games Children will dribble with control and keep their head up to allow them to move confidently. Children will pass a ball to other people and communicate with other members of their team. Children will also learn how to shoot a ball in basketball which will lead towards a game towards the end of the unit. Spring Term	Athletics Children should concentrate on developing good basic running, throwing, jumping and hurdling techniques. Children will develop their technical understanding across all areas of athletics. Summer Term	Rounders Striking and Fielding Children will use a good technique to throw and catch a ball and develop their own bowling and batting skills. Children will also ‘field’ the ball using a variety of techniques and communicate within a team. This will lead to a game of rounders where all children can be in a striking and fielding team. Summer Term
	Health related fitness This unit focuses on a range of components of fitness including warming up and cooling down exercises, yoga poses, core strength activities, sprinting and jumping and landing safely. Autumn Term		Gymnastics Symmetry & Asymmetry (partners) Children will begin to spin on points and patches at different levels and develop transitions. Children will perform symmetrical and asymmetrical rolls with a partner and use these to perform a sequence. Spring Term		Hockey Invasion Games Children will receive and dribble in different ways and put these skills together for small games. Summer Term	Personal Challenges Children will recap key skills which have been taught such as catching, running whilst also considering steady pace. This unit will also focus on key characteristics such as determination and perseverance. Summer Term

Year 4	Football Invasion Games Children will focus on sending and receiving a ball. Children will also defend against an attacker and begin to learn how to work in a group setting in attack and defence. Autumn Term	Dance Egyptians Children will focus on creating actions to communicate meaning, in relation to their theme Egyptians. Children will work in small groups creating a 32-count dance and focus on canon and change in formation. Children will need to work well and communicate well as part of a team. Autumn Term	Gymnastics Rolling and travelling low Children will focus on good techniques when rolling both forwards and backwards. Children will start to create a sequence of rolls with partners groups. Spring Term	OAA Children will take on a range of physical challenges where they work together as part of a team and solve different problems. Children will also focus on using maps and looking at compass points within this unit this all working towards picture orienteering around school. Spring Term	Athletics Children should concentrate on developing good basic running, throwing, jumping and hurdling techniques. Children will develop their technical understanding across all areas of athletics. Summer Term	Striking and Fielding Cricket Children will develop the skills of bowling through an overarm throw and progressing to a bowl with a run up. Children will also develop their ground fielding skills and understanding of when they are needed to move. Children will also focus on catching in this unit and look at batting, learning the correct stance and correct grip. Summer Term
	Dodgeball Net and Wall Games Children in this unit will combine skills of throwing, evading and catching to make decisions under pressure. Children will also look at the purpose of attacking and defending. Autumn Term		Gymnastics Arching and bridges Children will support their own body weight on their hands and feet and learn to spin from these different means of support. Children will create sequences from front and back asymmetrical and symmetrical spinning and later add control rolls into these sequences. Spring Term		Net and Wall Tennis Children will learn how to move around the court, how to control the ball and send it across the net. Also focusing on different ground strokes. Summer Term	Swimming Children will begin to perform safe self-rescue in different water based situations. Children will also swim competently and confidently swim for at least 25m. Children will also learn a range of strokes effectively for example front crawl, backstroke and breaststroke. Summer Term
UKS 2	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Year 5	Invasion games Handball Children will learn to apply skills to develop tactics in handball. Focusing on being ready to receive and move for the ball and begin to disguise passes. Autumn Term	Dance The Victorians Children will develop a 32 – 64 count dance on their theme, thinking about canon, unison and mirror images to create a more complex dance. Children will have time to finalise these dances and perform these, within their groups. Autumn Term	Gymnastics Partner Work – Under and Over Children will form strong arches and bridges and create sequences with partners involving supporting body weight on their front and back. Child will also begin to leapfrog over each other safely and travel over and under on both floors and benches, creating sequence with different forms of travel. Spring Term	Invasion Games Basketball Children will look at controlling the ball using both their hands and protecting the ball under pressure from defenders. Children will consolidate their skills on passing the ball with a good technique and stepping into the direction of the pass. Children will also look at getting past defenders with skills such as varying their speed and direction. Within the game of basketball, children will also focus on marking players on a court to limit the oppositions opportunities. Spring Term	Athletics Children will throw with accuracy and power using ‘pull’ technique leading to throwing with greater force and longer distances. Children will look at the correct form for triple jump, high jump and standing vertical jump. Children will combine their knowledge of sprinting and begin to use hurdles in shorter distances. Lastly, looking at transferring a relay baton accurately, working well as part of a team. Summer Term	Striking and Fielding Rounders Children will develop their catching skills whilst being able to throw into space. Children will also develop their throwing skills as a bowler, considering the height needed for rounders. Children will also learn the importance of the backstop and how they should throw quickly to ensure a good pace of the game. Children will also be developed their striking for the game of rounders and hit the ball with accuracy, adapted if needed. Summer Term

Year 6	Health Related Fitness Children within this unit will focus on their pace when running and build on their stamina, whilst running for a period of time maintaining a good pace. Children will also participate in a variety of different circuits which will focus on a variety of different muscle groups e.g. press ups and planks. Autumn Term		Gymnastics Matching, mirroring and contrast Children within this unit will perform matching moves with their partner and put these into a sequence including holding different balances with different points of contact. Children will also look at controlling a arabesque in their sequences and work with their partner working at different levels. Children will learn mirroring and contrasts for their sequences whilst looking at symmetrical and asymmetrical shapes. Spring Term		Invasion Games Hockey Children will consolidate their knowledge on holding a hockey stick correctly and dribbling a ball whilst holding their head up, leading to Indian dribbling. Children will work with their partners to get past a defender and develop a range of attacking skills and strategies. Summer Term	Personal Challenges Within this unit, children will build on what they have learnt through the year including using both hands to bounce and catch a ball, use good control and pace and building on different strength exercises such as press ups, burpees and step ups. Summer Term
	Tag Rugby Invasion Games Children will learn how to pop and pocket pass to members of their team. Developing their skills on tagging the opposite team. Children will also develop their teamwork skills and pass the ball backwards consistently. Autumn Term	Dance WW2 Children will contribute key words to a theme related dance whilst considering creative travelling movements. The sequences on these dances will be 32-64 counts and focus on the theme of WW2 whilst also considering dance concepts such as canon, unison and mirror imaging. Autumn Term	Gymnastics Counter balance and counter Children will hold controlled balances on different points on different body parts. Children will also hold a range of symmetrical and asymmetrical counter balances and roll within their sequence. Spring Term	OAA Children will work with partners and small groups to navigate through different obstacles with blindfolds. Children will focus on their teamwork / communication to complete a variety of different tasks. Children will use ordnance survey symbols and learn the meaning of these. Spring Term	Athletics Children will throw with accuracy and power using 'pull' technique leading to throwing with greater force and longer distances. Children will look at the correct form for triple jump, high jump and standing vertical jump. Children will combine their knowledge of sprinting and begin to use hurdles in shorter distances. Lastly, looking at transferring a relay baton accurately, working well as part of a team. Summer Term	Cricket Striking and Fielding Children will catch consistently under pressure and throw over arm accurately, and begin to develop a short run prior to their throw. Children will also show tactical awareness as a fielder and begin to compete in different marches. Summer Term
	Dodgeball Net and Wall Games Children will throw the ball hard and low to try and get members of the opposite team out. Whilst also dodging balls effectively and catching when appropriate to get another member in. Children will begin to use the ball to block balls in their direction and throw the ball at pace with accuracy. Autumn Term		Gymnastics Group Sequencing Children will work well in groups of four to create a sequence of rolls and perform well in unison and considering their start and end points. Children will then begin to work in groups of six focusing on different formations and pathways and consider a sequence using flight. A focus on spinning in a variety of different points and patches will also be seen in the sequences performed. The sequences at the end of the unit will have changes in direction, level and speed. Spring Term		Invasion Skills Children will use general skills of dribbling and shooting consistently and accurately. Children will run to overload the defence and defend 1v1. Children will also learn the importance of diagonal passing for the opposite team. Summer Term	Swimming Children will confidently to perform safe self-rescue in different water based situations. Children will also swim competently and confidently swim for at least 25m. Children will also learn a range of strokes effectively for example front crawl, backstroke and breaststroke. Summer Term