

Big Picture for Curriculum Subjects

(to be used alongside subject specific curriculum overview/progression of skills)

Physical Education

What are the Key Concepts and Ideas that we want children to learn about in this subject through their education?

1. Develop and master the fundamental movement skills (running, jumping, coordination, and balance, agility, throwing and catching) by the end of KS1.
2. Apply the fundamental movement skills in a wide variety of sports during KS2.
3. Lead healthy and active lives and understand the importance of this.
4. To develop a strong understanding of the benefits of exercise on the human body and mental health.
5. Engage in competitive sports and activities on a regular bases within school and the wider community.
6. Children to swim competently and confidently over a distances of at least 25m by the end of KS2.
7. Swim using a range of strokes and perform self-rescue by the end of KS2.

How do these concepts progress throughout the school?

<i>EYFS</i>	<i>KS1</i>	<i>KS2</i>
<p>There is a strong focus developing agility, balance and co-ordination. Begin to develop running, jumping, throwing and catching. (1)</p> <p>Perform and link simple gymnastic moves. Create short dance sequences. Develop balancing self and objects. Controlling speeding and direction in running games. Move a variety of objects beginning to demonstrate control. (1)</p> <p>Understand basic changes exercise causes in the body. (3,4)</p>	<p>Y1- There is a strong focus on mastering agility, balance and co-ordination within a range of sports and activities. Continue to develop running, jumping, throwing and catching. (1)</p> <p>Introduce the elements of competitive sports through a variety of fun activities and games. Focusing on basics of games rules. (5) Construct and develop movement patterns in gymnastics and dance. (1)</p> <p>Describe the benefits of exercise and different ways you can enjoy exercise. (3,4)</p> <p>Y2 – focus on mastering all 7 fundamental movement skills within range of sports and activities. (1,2) Describe healthy lifestyles and how exercise supports healthy living. (3,4)</p>	<p>LKS2 – introduce sport specific skills using the fundamental movement skills focusing on throwing, catching and running. (2) Introduce attacking/defending skills to a variety of sports. (2,5) Apply rules sport specific rules, skills and simple tactics. (5) Strong emphasis on building overall fitness, agility and flexibility. (3) Introducing OAA focusing on trust, team work and beginning map-reading and using a compass.(3) Regular opportunities to compete against others as well as set and pursue goals for themselves. (4,5)</p> <p>UKS2 – extend their understanding of games and fitness (3,4). Include complex</p>

	<p>Begin to evaluate performance and suggest ways to improve. (1) Introduce more games rules and engage more in competitive games. (5)</p>	<p>skills and tactics to a variety sports and competitions. (2,5) Pupils to set achievable personal targets and measure/record these targets themselves (4,5) Develop communication, problem solving and team work to complete tasks. (3)</p> <p>Swimming – become familiar and confident with floating, submerging and moving through water. Use swimming aids if needed to develop technique and stamina. Swim distances unaided of 10m to a minimum of 25m. (6) Using breathing patterns for different strokes. Tread water, basic survival and rescue techniques. (7)</p>
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WHY are children learning this and WHY are they learning this now?

	<i>Autumn</i>	<i>Spring</i>	<i>Summer</i>
<i>Nursery</i>	<p>Fine Motor Skills</p> <p>In this unit the children will explore how they can run skillfully and developing the ability to pick things up and put them down with care.</p> <p>Locomotion 1</p> <p>Building on this the children will then explore how to jump using a variety of take offs/landings, and looking at how to walk forwards and backwards whilst negotiating space.</p>	<p>Day on the Farm</p> <p>Developing their skills on moving their own bodies in a variety of ways, the children will look at bouncing, leaping and balancing. This progresses into throwing and catching a ball and having the ability to copy and create movements.</p> <p>Under the Sea</p> <p>In this unit the children will develop their jumping skills into leaping and hopping. They will begin to move in creative ways whilst being able to start and stop when running.</p>	<p>An encounter with Pirates</p> <p>Following on from the Under the Sea, children will be running, bending and balancing.</p> <p>Target games</p> <p>Children will be bringing all skills together and looking at how to throw a ball underarm, strike a ball with their foot and kick and roll a ball with both feet.</p>
<i>Reception</i>	<p>Locomotion 2</p> <p>Following on from nursery, the children will be learning how to jump in a variety of ways. Focusing on jumping over obstacles and the landing.</p> <p>Yoga</p> <p>Children will be looking how to use their bodies and how they can perform the different poses. They will be working as a group to think creatively.</p>	<p>Dance</p> <p>The dance topic looks at the different seasons and the children will be developing their skills from the yoga topic. They will be using their bodies to create different shapes and working in groups to learn a dance sequence.</p> <p>Target games</p> <p>Children will be building on the target games from nursery and will be looking at how they can throw and kick a ball.</p>	<p>Striking and fielding</p> <p>In this topic, children will be developing their fielding techniques and looking at how to chase and retrieve a ball. They will also be looking at their bowling skills.</p> <p>A visit to the zoo</p> <p>This links to our dance and yoga topic and the children will be moving in different ways whilst creating and copying different movements.</p>

<p>Year 1</p>	<p>Fundamental Movement Skills</p> <p>Continuing on from EYFS there is a strong focus on jumping, rolling and travelling in different ways. The children will use basic apparatus to perform actions and shapes, beginning to link the fundamental movement skills together.</p> <p>Gymnastics</p> <p>In this unit, children will be continuing their learning from EYFS and looking at how they can step in controlled movements. They will be able to push and pull their bodies whilst stepping and turning gracefully.</p>	<p>Net and Ball games</p> <p>In this unit the children will begin to link two of their previously taught fundamental skills from EYFS. They will start to link running and jumping. They will learn and refine a range of running and start to develop throwing techniques to throw over long distances that will be used in later units in the year.</p> <p>Invasion games</p> <p>Children will be learning how to receive a bounce pass and will be able to change direction confidently. They will also be able to dribble a pall and push pass.</p>	<p>Dance</p> <p>Building on from EYFS, the children will respond to a range of stimuli such as music and videos. They will explore space, direction, levels and speeds. They will begin to perform using different body parts.</p> <p>Striking and fielding</p> <p>Moving forward from using body parts to send and receive objects in EYFS, the children will start to explore hitting objects with just their hand or a bat. They will develop their coordination to track and retrieve a rolling ball and throw and catch a variety of balls and objects.</p>
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<p>Year 2</p>	<p>Gymnastics</p> <p>This unit progresses from Year 1 as the children will be continuing their learning and looking at how they can move their body in different ways. They will be working in groups to create their own routine with different gymnastic moves.</p> <p>Dance</p> <p>Leading on from Year 1, the children will challenge themselves to move imaginatively when responding to music. They will describe and explain how performers can transition from shapes and balances. Work as part of a group to create and perform a dance.</p>	<p>Net and Wall games</p> <p>In this unit, children will be developing their skills by looking at sending and receiving a ball, striking a ball and developing a good grip on the ball.</p> <p>Invasion games</p> <p>Leading on from the previous unit, children will be developing their ball skills in game like scenarios. They will be throwing and catching overarm whilst tracking and dodging to beat an opponent. They will be working in groups to pass the ball and compete in groups.</p>	<p>Striking and fielding</p> <p>Following on from this unit it Year 1, children will be looking at catching and bowling a ball. They will also develop their skills in striking and chasing a ball.</p> <p>Athletics</p> <p>In this unit, children will be looking at how to jump in different ways such as long jump and they will be throwing with good technique.</p>
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<p><i>Year 3</i></p>	<p>Netball Children will be developing their ball skills and looking at how to send and pass a ball in a game-based scenario. They will also be attacking and tracking an opponent and shooting using good technique.</p> <p>Dodgeball Continuing to build on the fundamental movement skills of running, throwing and catching from across KS1, the children will learn sport specific skills in throwing. Developing their skills from Year 2, they will develop their attacking and defending skills through dodging and marking within a game.</p>	<p>Athletics Building on from Year 2 and jumping for distance and running, the children will refine their technique of jumping for distance and running focusing on pace. They will learn the specific skills required for a javelin throw and skipping with a rope.</p> <p>Football In this unit, children will be learning to trap, turn and dribble a ball with accuracy. They will be encouraged to make good decisions and defend well whilst competing.</p>	<p>Cricket Building on from Year 2 with striking and fielding, the children will start to learn the specific skills for cricket. They will be introduced to bowling a cricket ball and batting and fielding successfully.</p> <p>Dance Developing their skills from Year 2 in creating and performing a simple sequence, the children will begin to improve their sequences focusing on pathways, directions and shapes. They will relate strength and flexibility to actions.</p>
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<p><i>Year 4</i></p>	<p>OAA In this unit, children will work as a team to solve problems. They will become familiar with using a map to know and negotiate the school grounds.</p> <p>Gymnastics Building on from Year 2, the pupils will become increasingly competent and confident to perform skills and more consistently. They will perform in unison with a partner or group.</p>	<p>Tennis In this unit, children will be getting into ready positions and will be learning to hit consistent forehand and backhand shots. They will also be learning how to volley and serve a ball.</p> <p>Basketball Following on from previous years, children will be developing their ball skills and will be able to control a ball with both hands and pass it using good technique. They will be learning how to dribble, pass and shoot the ball.</p>	<p>Rounders This is a sport where they children can apply a variety of skills gained from previous years. The children will develop their throwing and catching with increased accuracy and sprinting over set distances. Children will gain an understanding of rules and roles within the sport.</p> <p>Dance In this unit, children will be developing their dancing whilst linking it to their topic of the Vikings. They will be looking at how they can change actions fluently during a routine.</p>
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<p><i>Year 5</i></p>	<p>Dance</p> <p>Using their performance skills from Year 4, the children will create longer and more complex sequences to perform. They will develop symmetry in symmetrical counterbalances. They will begin to compare performances through “judging” peer performances.</p> <p>Football</p> <p>Building on from Year 4 and adding a creative element to dance sequences such as freeze frames, the children will focus on adapting dances to use space, rhythm and expression. They will perform different styles of dance fluently and clearly.</p>	<p>Athletics</p> <p>Developing on their skills of acceleration when running in Year 4, the children will apply these skills to a relay race using a baton. They will continue to develop their pace when running longer distances and refine their running technique using their arms.</p> <p>Swimming</p> <p>Children become familiar and confident with floating, submerging and moving through water. Use swimming aids if needed to develop technique and stamina.</p>	<p>Swimming</p> <p>Children become familiar and confident with floating, submerging and moving through water. Use swimming aids if needed to develop technique and stamina.</p> <p>Swimming</p> <p>Children become familiar and confident with floating, submerging and moving through water. Use swimming aids if needed to develop technique and stamina.</p>
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<p><i>Year 6</i></p>	<p>Tennis</p> <p>Building on from Year 4, the children will increase the power used in the forehand hit and backhand hit. They will be introduced to the volley shot and introduced to playing doubles tennis. They will start to develop tactics within a game of tennis and follow specific rules of a tennis match.</p> <p>Gymnastics</p> <p>Children will be building on their gymnastics from previous years and will be looking at performing gracefully using take off and exploring different levels during their performances.</p>	<p>OAA</p> <p>Developing their skills from Year 4, the children will gain a greater understanding navigating using a map. They will be encouraged to think creatively using non-verbal communications to solve problems.</p> <p>Basketball</p> <p>Continuing to develop their basketball skills from Year 4, the children will be controlling and passing the ball at different speeds whilst marking an opposition and dribbling, passing and shooting.</p>	<p>Rounders</p> <p>Children will be bringing all fielding and striking skills together in a game-based scenario. They will be bowling, throwing and catching a ball.</p> <p>Dance</p> <p>Building on from Year 5, the children will refine ideas and compositions when performing. They will perform with increasing complexity and experience a range of dance genres.</p>
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