



EYFS

PHYSICAL DEVELOPMENT: EARLY LEARNING GOALS (ELG) 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 show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. **HEALTH AND FITNESS:** Understand the importance for good health of physical exercise, healthy diet and talk about different ways to keep healthy and safe.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dinosaurs Moving with control Adding movements together Responding to rhythm in character Adding expression to our character(dinosaur) movements Performing with a partner Exploring relationships Walking Explore and develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	Ourselves Move in sequence Responding in movement to words and music Moving with props and contrasting tempos Creating their own movements Exploring opposites and creating simple movement sequences Ball Skills (hands 1) explore pushing explore rolling explore bouncing explore bouncing into space combine pushing and rolling	High, low over, under Introduction to high, low, over and under Introduction to apparatus Applying high and low on apparatus Ball skills (hands 2) Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching	Nursery Rhymes Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements Moving Exploring moving and making shapes using different body parts Explore movements in different directions	Jumping Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping Ball skills (Feet 1) Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	Games for understanding Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game Athletics Applying knowledge learnt this year to participate in athletic activities that are incorporated in sports day.



	combine rolling, pushing and bouncing		Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs		
Key Stage 1					
<p>Pupils 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.</p> <p>Pupils should be taught to:</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 ♣ perform dances using simple movement patterns <p>All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations 					
Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Dance (heroes) Performing movements in sequences Creating movements that	Running Explore running Apply running into a game Explore running at different speeds	OOA Work in pairs and small teams to complete different challenges.	Dance (The zoo) Exploring expression Developing our movements,	Jumping Recap jumping Develop jumping Explore how jumping affects our bodies	Athletics Run by pumping their arms, using the balls of their feet and looking ahead.



<p>represent superpowers Creating movements that represent a superhero rescuing/saving Exploring character movements</p> <p>Health and wellbeing Introduce and explore agility Introduce and explore balance Introduce and explore coordinating: bouncing, rolling, and throwing</p>	<p>Running for speed: acceleration Consolidate running, apply running into a game</p> <p>Ball skills (hands 1) Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce and develop stopping, combining sending skills Combine sending and receiving skills</p>	<p>Develop an understanding of consequences and use them in a game where teamwork is not being used. Encourage team members to try our best to make an effective team. Explore simple strategies to complete different challenges.</p> <p>Gymnastics (Wide, Narrow and Curled) Create wide and narrow balanced. Create and hold curled balance shapes. Balance on different parts of the body with good tension, showing a variety of shapes. Use the apparatus, floor to create wide narrow and curled balances.</p>	<p>adding movements together Responding to a rhythm introducing partner work Creating an animal sequence motif Exploring relationships with our motifs</p> <p>Ball Skills (hands 2) Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending /rolling) skills to score a point Consolidate sending and stopping to win a game</p>	<p>Explore skipping Apply skipping and jumping into a game</p> <p>Rackets, bats and balls Develop pushing (Dribbling) a ball with a racket: introducing control Explore hitting and develop pushing a ball (with a racket) towards a target Explore hitting a ball (with a racket) with accuracy and power</p>	<p>Change speed carefully and explain when we would want to use this skill in a game situation. Jump skip with a step hop action. Jump and skip using the correct technique. Explain why using the techniques are important, to prevent injury</p> <p>Games for understanding Understanding the principles of attack/defence Applying attacking/defending principles in a game Consolidate attacking/defending</p>
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		<p>Understand why it is important to perform each movement, balance like a champion, and understand the difference between wide, narrow and curled.</p> <p>Transition Transition from one movement into another, adding movements together and transitioning between the floor and apparatus. Use more than one piece of apparatus at the same time to create movements and balances to show interesting gymnastics</p>			
Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>OOA Pupils can: Understand their role within a team.</p>	<p>Dance (Mr Candys) Exploring expression</p>	<p>Gymnastics Flow Apply how to use 'flow' to their</p>	<p>Ball skills (hands 2) Consolidate pupils' application and</p>	<p>Jumping Consolidate jumping</p>	<p>Athletics Dodge correctly Accurately jump and skip</p>



<p>Use communication to speak with team members well in order to win and complete the challenge. Develop and adapt simple strategies in order to improve as a team. Respect their team and other teams involved in challenge.</p> <p>Health and Wellbeing Consolidate agility Consolidated balancing: explore balancing on apparatus Introduce and explore coordination: dribbling and kicking</p>	<p>Linking movements together Creating a motif with characterisation, expression, and emotion Extending our motifs with different</p> <p>Ball skills (hands 1) Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing, and receiving to score a point</p>	<p>movements, understanding that flow means moving from one action to another without stopping. Understand why applying flow to movements is so important.</p> <p>Linking Use a variety of apparatus when we are creating a movement sequence. Link movements and balances together applying champion gymnastics criteria, on the floor and apparatus</p> <p>Ball skills (feet 1) Develop dribbling/passing/receiving/keeping possession Combine dribbling, passing and receiving keeping possession/to score a point</p>	<p>understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent</p> <p>Dance Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequencing, relationships and performance</p>	<p>Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations</p> <p>Rackets, bats and balls Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent Introduce hitting (sending/striking) with a ball into a space: Where and why? Striking the ball (with a bat) into space with intent</p>	<p>Dodge within a game and explain where and when they would be used Jump purposefully within a game Link jumping and movement to execute them in combination</p> <p>Games for understanding Attacking and defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics</p>
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		Apply dribbling, passing, and receiving as a team to score a point			
Key Stage 2					
<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</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 ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best. 					
Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Netball Pass the ball using a chest pass, bounce pass and a shoulder pass. Pass the ball keeping possession to beat an opponent. Move around the court to score points.	Dance Responding to stimuli Developing characters and extending the story Creating motifs with a partner In character Developing characterisation	Gymnastics Symmetry and Asymmetry Identify what symmetry and asymmetry means. Execute balances and movements in both symmetrical and asymmetrical ways.	Football Dribble the ball, keeping possession to beat an opponent. Change direction keeping control of the ball. Use the correct technique when dribbling, using the inside and outside	Tennis Introduce tennis, outwitting an opponent Creating space to win a point Consolidate how to win a game (introduce rackets) Introduce the forehand	Athletics running, especially at the start of a race. Run for speed in a tram, using a relay baton, holding our hands ready, palm upwards when waiting for the baton.



<p>Move away and in front of a defender to receive a pass. Know and explain when to shoot in a game and from where.</p> <p>Health and mindfulness Exploring relaxation techniques Applying relaxation techniques and using them effectively Performing balanced meditative poses Using props to help us balance in our meditative poses</p>	<p>Handball Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting Develop passing and shooting</p>	<p>Link travel and movements together with control and good body tension.</p> <p>Understand that excellence refers to when we control our bodies, so they are silent, expending our fingers and toes and are able to hold out balances still for at least 4 seconds</p> <p>Peer and Self Assess Peer and self assess their work, identifying strengths and weaknesses in our own and others' performances</p> <p>Basketball Dribble the ball keeping possession</p>	<p>of the feet, keeping head up and the ball close to feet. Use the correct technique when passing over a short distance.</p> <p>OOA Create and apply simple tactics for completing challenges quickly. Communicate effectively, listening when others are speaking and using a clear voice when communicating our own ideas. Collaborate with own team members, applying rules of the game. Collaborate with the opposing teams, applying the rules of the game.</p>	<p>Dance Responding to stimuli Developing character dance into a motif Develop sequences with a partner in character that show relationships Extending sequences with a partner in character</p>	<p>Throwing for distance. Explaining why we need to use the correct technique to send an object further. Use their arms in a pump motion to run for speed.</p> <p>Rounders Introduction to rounders Introduce overarm throwing Apply overarm and underarm throwing Introduce stopping the ball Application of stopping the ball in a game</p>
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		<p>to beat an opponent. Change direction keeping control of the ball Apply correct technique for dribbling, using the tips of fingers on one hand. Keeping knees bent and head up. Use chest pass accurately to pass. Stepping into the pass, pushing the ball away from our body with two hands towards our partner's hands/target. Use passing and dribbling to create space in a game scenario.</p>			
Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
OOA Identify the attributes of an effective team e.g., integrity,	Handball Refine passing and receiving	Dance Extending sequences with a partner in character	Tag Rugby Carry the ball securely when moving, using two hands.	Tennis Developing the forehand	Athletics Accelerate when running for distance.



<p>communication, cooperation and collaboration. Hold a positive approach to challenges. Understand how and why communication is needed to express how they feel when working as part of a team. Understand what verbal and nonverbal communication and when each should be used.</p> <p>Hockey Hold a hockey stick safely. Dribble the ball, using the stick. Keep the ball under control when dribbling. Pass the ball adopting the correct technique. Holding the stick</p>	<p>Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting Introduce defending</p> <p>Gymnastics Create a bridge balance with a partner using different levels and different connection points. Reflect and evaluate using their observations to make accurate improvements to our own and others performances.</p> <p>Sequences Create sequences combining movements and bridge balances in pairs, applying flow</p>	<p>Developing sequences with a partner in character that show relationships and interlinking dance moves. Sequences, relationships, choreography and performance</p> <p>Netball Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork</p>	<p>Pass the ball using a swing pass technique. Stand in the correct place when receiving the ball, especially after a person has been tagged. Tag opponents correctly, taking the tag and identifying this by shouting 'tag'. Know how to score a try. Understand why the ball carrier needs to move forwards to gain space. Stand in the correct place to defend, to try and prevent the attackers from scoring a try.</p> <p>Basketball Effectively dribble the ball to keep possession.</p>	<p>Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point</p> <p>Swimming</p>	<p>Use their bodies to throw with a greater distance. Increase their stride pattern to enable them to maintain speed during the middle of a race. Use their bodies to jump as far as possible, using a combination of jumps.</p> <p>Cricket Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds Striking with intent</p>
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<p>with the left hand at the top. Shoot from a good position and be able to explain why. Choose the location of where they will shoot from to increase their chances of scoring. The differences between intercepting, blocking and tackling and explain when, where and why these are used in a game.</p>	<p>and challenging their creativity. Understand why it is important to explore bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus.</p>		<p>Know when to pass to keep possession. Know where to shoot from and why. Understand what triple threat means within basketball. Develop ability to mark players to try and gain possession. Explain why they have chosen to dribble, pass or shoot using the knowledge of 'triple threat'.</p>		
Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Hockey Man-to-man mark in a game and explain when this should be applied. Explain the term goal side means. Apply different methods of</p>	<p>OOA Take responsibility for others and lead others in an effective way. Plan a route effectively in order to locate as many points as possible.</p>	<p>Gymnastics Counter balance Understand what counter balance and counter tension means, understanding the difference between them.</p>	<p>Dance (the circus) Develop character movements linked to prejudices Create movements that represent different characters and</p>	<p>Badminton Exploring different forehand and backhand shots Applying different forehand/backhand shots to win a point</p>	<p>Rounders Develop fielding tactics maximising players Understand what happens if the batter misses the ball</p>



<p>defending, tackling, marking, blocking or intercepting in order to prevent the attackers from scoring. Play a role within a team when attacking or defending. Combine passing and dribbling to create an attack that results in a successful shooting opportunity.</p> <p>Dodgeball Introduce jumping and ducking Introduce blocking Consolidate catching Develop throwing and accuracy and power over an increased distance Understand where we throw and why we need to throw</p>	<p>Manage time and avoid being late back and understand why this is important.</p> <p>Football Turn correctly, whilst keeping control of the ball during a game. Shoot towards a goal, within the allowed areas and be able to explain this. Use a drag back during a game Shoot to score a goal using the correct technique. Use different methods of defending in a game. Man-to-man mark during a game and able to explain why and when this should be used. Know and be able to retell the basic rules governing</p>	<p>Create and execute counter balance and counter tension balances with a partner using a variety of levels and connection points.</p> <p>Create a sequence by accurately combining movements and balances, with flow and accurate timings within the counter balance and counter tension theme.</p> <p>Include a change of speed within their movements and through their transitions.</p> <p>Tag Rugby Know when and why a 'miss pass' may be applied in a game situation.</p>	<p>performers in a circus Extending our performance incorporating props and apparatus linked to the variety of performers</p> <p>Tennis Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a point</p>	<p>Consolidate outwitting an opponent Doubles: understanding and applying tactics to win a point</p> <p>Netball Effectively apply passing and moving skills to keep possession. Name the four positions used in Bee Netball (fliers) GD, GD, GS, GA and understand each role. Apply knowledge of footwork in a game. Knowing they can jump and land or keep both feet grounded. The landing foot cannot then be moved. Use the term footwork and understand how to control our feet</p>	<p>Refine fielding tactics, what players where? Applying tactics in mini games</p> <p>Athletics Maintain their race speed until they have crossed the finish line and explain why this is crucial. Hurdle safely, applying the correct technique. Evaluate their own and others sprinting technique making suggestions on how we can improve our own and others performance.</p>
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with accuracy and power Explore basic attacking and defending tactics	football; free kick and penalty kick.	Pass the ball quickly and efficiently once they have been tagged. Use a swing and loop pass appropriately as the game needs it. Know how to stay onside and why an offside call would be made.		and the ball in a game.	
Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Netball Marking effectively in a game and explain when this should be used. Identify the position of who they are marking during a game and why, Use different passes effectively in a game and explain why each one would be used. Know and recall the 5 positions in Bee Netball	Gymnastics Understand what matching movements mean and carry out matching movements to their peer. Perform movements at an excellent standard, with accurate timing and fluidity. Mirroring	OOA Understand and explain what it takes to be an effective leader and why it is so important for the success of a team. Understand the STEP principle (space, task, equipment, people) Use the STEP principle when	Football Apply a variety of attacking tactics in a game to create shooting opportunities. Apply a variety of defending tactics in a game to prevent attacking opportunities. Understand the consequences in a game when rushing into a tackle or miss-timing a tackle	Badminton Introduction to badminton Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand: creating space to win a point Controlling the game from the serve	Athletics Apply accurate head, arm and foot technique to run quicker. Select specific peers for events in order to be successful. Transfer their body weight to push a shot put throw the javelin further. Cricket



<p>(stinger) GD, GD, C, GA, GD and understand each rule. Apply all knowledge to create a game where they can play as an attacker or defender. Use defensive knowledge to regain possession if they lose possession. Organise a team, selecting who to play in each position and understanding why.</p> <p>Health related exercises Develop a secure understanding of cardio fitness Develop a secure understanding of flexibility fitness Develop a secure understanding of strength fitness</p>	<p>Mirror a movement from a peer and understand what mirroring means.</p> <p>Create a sequence of movements, bringing together a combination of both matching and mirroring movements, excluding with accuracy using a range of apparatus.</p> <p>Quidditch Pass Quaffle to keep possession. Understand purpose of Beater and their defending roles within the activity. Understand the role 'Chaser' attacker. Know when and how to shoot. Know how and when to dodge to avoid being hit and to keep possession.</p>	<p>leading an activity .</p> <p>Tag Rugby Apply different attacking tactics in game situations as needed and be able to explain when and why they should be used.</p> <p>Position themselves as a team defensively to prevent an attack.</p> <p>Reduce the space available to attackers when they are defending to prevent them from scoring.</p>	<p>Manage a team, selecting players to play in certain positions and understand what attributes are required to be successful in these positions.</p> <p>Dance (carnival) Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery</p>	<p>Hockey Apply different attacking tactics during a game to create shooting opportunities. Apply different defending tactics during a game to prevent attacking opportunities Officiate the game fairly applying the rules correctly.</p>	<p>Understand concept of batting and fielding Striking with intent Develop understanding of batting and fielding, refining skills and using tactics Introduce umpiring and scoring Create, understand and apply attacking and defensive tactics in a game</p>
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	<p>Know where is best to position both attackers and defenders to increase chances of winning a goal. Understand the role of the sneaker and snitch within a game and identify who is best to play each role.</p> <p>How to apply the basic rules of Quidditch and able to take responsibility for officiating and managing own game.</p>				
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