

Physical Education			
Autumn	Spring	Summer	
INTENT			
End of EYFS	End of KS1	End of KS2	
Pupils will be given the opportunity to: • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. • Progress towards a more fluent style of moving, with developing control and grace. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport. • Develop their fine motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. • Combine different movements with ease and fluency.	Pupils will be given the opportunity to: • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination • Begin to apply these movements and skills in a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns.	Pupils will be given the opportunity to: • 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 • Swim competently, confidently and proficiently over a distance of at least 25 metres including using a variety of strokes and performing safe self-rescue.	

IMPLEMENTATION

Core Skills	End of EYFS	End of KS1	End KS2
Dance	- To explore changes in directions and levels. - Use variety of moves. - Link dance moves together. - Show increasing control.	- Explore different levels and speeds of movement with direction. - To compose and perform different dances. - To dance to music, showing rhythm and control.	- To identify and practise the patterns and actions of the chosen dance style. - To demonstrate an awareness of the music's rhythm and phrasing when improvising. - To create and perform an individual dance that reflects the chosen dance style. - To create partnered dances that reflect the chosen dancing style and apply the key components of dance. - To create group dances that reflect the dance style. - To perform a dance using a range of movement patterns. - To perform and evaluate their own and others' work.
Ball games	- To explore static balancing and understand the concept of bases. - To combine a number of coordination drills, using upper and lower body movements. - To aim a variety of balls and equipment accurately. - To time running to stop or intercept the path of a ball. - To travel in different ways, showing clear transitions between movements. - To travel in different directions (side to side, up and down) with control and fluency. - To practise ABC (agility, balance and coordination).	- To explore different levels and speeds of movement. - To compose and perform simple dance phrases. - To show contrasts in simple dances with good body shape and position. - To develop a range of dance movements and Improve timing. - To work to music, creating movements that show rhythm and control.	- To identify and practise the patterns and actions in a street dance/ classical style. - To demonstrate an awareness of the music's rhythm and phrasing when improvising. - To create a dance that represents a street dance/ classical style. - To create a dance as a group, using any street dance moves. - To create a dance as a group, using any street dance moves. - To perform and analyse own and others' performance.
Catching and throwing	- To practise basic sending and receiving. - To use throwing and catching skills in a basic activities.	- To learn skills for playing striking and fielding games. - To position the body to strike a ball.	- To throw and catch under pressure. - To use fielding skills to stop the ball effectively. - To learn batting control.

	- To develop accuracy of throwing and consistent catching. - To strike with a racket or bat.	- To develop catching skills. - To throw a ball for distance. - To practise throwing skills in a circuit. - To play a game fairly and in a sporting manner. - To use fielding skills to play a game.	- To learn the role of backstop. - To play in a tournament and work as team, using tactics in order to beat another team. - To play in a tournament and work as team, using tactics in order to beat another team.
Athletics	- To recognise varying speeds when running. - To explore arm and leg mobility.	- To run with agility and confidence. - To learn the best Jumping techniques for distance. - To throw different objects in a variety of ways. - To hurdle an obstacle and maintain effective running style. - To run for distance. - To complete an obstacle course with control and agility.	- To investigate running styles and changes of speed. - To practise throwing with power and accuracy. - To throw safely and with understanding. - To demonstrate good running technique in a competitive situation. - To explore different footwork patterns. - To understand which technique is most effective when jumping for distance. - To utilise all the skills learned in this unit in a competitive situation.
Swimming			- 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.
IMPACT			
Pupil Voice			
Subject Monitoring			