



Physical Education

Substantive Concepts and Disciplinary Knowledge:

- Fundamental Movement Skills.
- Agility, Balance, Co-ordination.
- Tactical awareness, Competitive application, Leadership.

	Autumn	Spring	Summer
Nursery	Movement and Body Awareness Move in different ways, negotiate space and develop balance and coordination. Dance and Movement Respond to music through movement and simple actions.	Developing Movement Skills Develop running, jumping, balancing and changing direction. Movement to Music Copy and create simple movements and actions.	Games and Ball Skills Develop throwing, catching, kicking and moving with control. Active Play Use movement skills with increasing confidence in games and physical challenges.
Reception	Games: First PE Develop spatial awareness, movement, balance and coordination. Gymnastics Travel, balance and create simple shapes and movements with control.	Dance: Jungle Move imaginatively to music, copying and creating movements. Games: Multi Skills Develop running, jumping, throwing, catching and coordination	Athletics Develop running, jumping and throwing skills. Games: Football Develop kicking, dribbling and simple game skills. FUNDamentals Apply balance, agility and coordination with increasing control.



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Year 1	Ball Skills (outdoor) Dribbling, rolling, throwing and catching a ball. Invasion Games (indoor) Dodgeball Throwing for accuracy and distance Fitness Understand importance of daily exercise. Fundamentals (outdoors) Running, balancing, jumping with accuracy. Dance-Dinosaur (indoor) Create dance using themed music.	Gymnastics (indoor) Travelling, linking and performing shapes, balances and jumps. Net and Wall-Tennis (outdoor) Racquet and ball skills. Athletics Jumping and throwing for distance and accuracy. Dance-Winter (indoor) Create dance using themed music. Sending and Receiving/Invasion Rugby FUNdamnetals (outdoor) Understand simple tactics for attacking and defending.	Athletics (outdoor) Sprinting, jumping and throwing skills for distance and accuracy Striking and fielding Tactics and rules of fielding. Striking and fielding KWIKCricket (outdoor) Throwing, catching and striking a ball. Team Building Speaking, listening. leadership and teamwork skills. Yoga-Jungle Yoga (indoor) Different poses using flexibility and balance.
Year 2	Fundamentals (outdoor) Jumping, hopping and skipping with balance. Dance- Great fire of London (indoor) Create dance using expressions and character. Gymnastics (including wall bars) (indoor) Sequence of shapes, balances and jumps on apparatus Ball skills (outdoor) Dribbling, kicking, rolling, throwing and catching with accuracy.	Sending and Receiving/Invasion Rugby FUNdamnetals (outdoor) Understand simple tactics for attacking and defending. Dance-Holi festival (indoor) Create dance using expressions and character. Yoga- Jungle theme (indoor) Strength, flexibility and flow in a range of movements. Target Games Dodgeball (outdoor) Aiming, throwing and hitting skills with a target Fitness Stamina, balance, agility and coordination.	Net and Wall Tennis (outdoor) Ready position and returning Athletics (outdoor) Sprinting, jumping and throwing skills for distance and accuracy Striking and fielding Tactics and rules of fielding. Team Building OAA (outdoor) Co-operation, communication and teamwork



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Year 3	Invasion Games (outdoor) Netball. Defending and attacking skills Dance- Eco warrior (indoor) Creating partner dance sequences Fundamentals (outdoor) Y3/4 Balancing, agility, balance. Gymnastics (indoor) Shape jumps, rolls, transitions.	Invasion Games (outdoor) Tag rugby Defending and attacking skills. Yoga (indoor) Breath, flexibility and strength. Ball Skills Basketball (outdoor) Y3/4 Tracking, dribbling, catching techniques. Dance-Romans (indoor) Creating partner dance sequences.	Track and field Athletics (outdoor) Sprint, relay and jump techniques. Striking and Fielding Kwik cricket (outdoor) - Bowling, batting, fielding. Net and Wall (outdoor) Tennis skills Forehand and backhand skills Fitness Speed, strength, stamina, coordination.
Year 4	Invasion Games Dodgeball (indoor) Keeping possession, scoring, tactics. OAA (outdoor) Orientation and navigation. Gymnastics (indoor) Individual and partner balances. Invasion Games Netball (outdoor) Passing, moving, shooting skills.	Invasion Games Basketball. (outdoor) Dribbling, attacking and defending. Dance-Greatest showman (indoor) Formations, canon, unisons. Fitness-Circuits (indoor) Stamina, strength, speed. Invasion Games Handball (outdoor) Throwing, catching, basic rules.	Track and Field Athletics (outdoor) Power, distance throws/jumps. Striking & Fielding. Dance-Egyptians (indoor) Formations, canon, unisons. Invasion Games Football (outdoor) Possession and space. Apply in game. Yoga (indoor) Creating yoga flow sequences.



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