



PE Overview

EYFS Area of Learning: Physical Development Aspects: Gross Motor Skills	PE National Curriculum KS1 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			PE National Curriculum KS2 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.				
Children at the expected level of development will:	Pupils should be taught to:	KS1 Cycle 1	KS1 Cycle 2	Pupils should be taught about:	LKS2 Cycle 1	LKS2 Cycle 2	UKS2 Cycle 1	UKS2 Cycle 2
Negotiate space and obstacles safely, with consideration for themselves and others.	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	Multi-skills Ball Skills Tennis Athletics Martial Arts Gymnastics		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	Basketball, Football, Quick Sticks, Tag Rugby, Rounders, Cricket, indoor and outdoor athletics.			
Demonstrate strength, balance and coordination when playing.	participate in team games, developing simple tactics for attacking and defending	Kwik Cricket Dodgeball Football		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Gymnastics / Dance Athletics Martial Arts			
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	perform dances using simple movement patterns.	Jungle Dance Olympic Dance	Winter Dance Fairy Tale Dance	perform dances using a range of movement patterns	Romans Dance Olympic Dance	Greatest Showman Dance Eco Warrior Dance	WW2 Dance Science Dance	Egyptian Dance Stomp Dance
				take part in outdoor and adventurous activity challenges both individually and within a team	Orienteering – whole school competition			
Opportunities provided in planned provision and also taught explicitly through the following units.				compare their performances with previous ones and demonstrate improvement to achieve their personal best.	This objective is taught within the ATHLETICS and SWIMMING units of work			
Multi-Skills Dance / Gymnastics Enjoy a Ball / Ball Skills				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 5 10 lessons	