

National Curriculum Coverage

Physical Education



Early Years Foundation Stage

EYFS (Reception) Unit of Work	Early years outcomes: Prime areas <i>Development Matters 2021 statements</i> <i>Early Learning Goals</i>	Early years outcomes: Specific Areas Development Matters 2021 statements <i>Early Learning Goals</i>
Speed Agility Travel	<ul style="list-style-type: none"> • Use a range of ways to move appropriately inc. jumping, hopping and sliding. • Can climb over, under and through obstacles e.g., large construction and obstacle course. • Begin to develop overall body strength, balance, coordination and agility. • Can throw, kick, pass and catch a large ball. • Able to balance confidently on and off equipment. • Confidently and safely use a range of large and small equipment alone and in a group. • Combine different movements with ease and fluency. 	Gross Motor Skills Children at the expected level of development will: <ul style="list-style-type: none"> • negotiate space and obstacles safely, with consideration for themselves and others; • demonstrate strength, balance and coordination when playing; • move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Manipulation & Coordination	<ul style="list-style-type: none"> • Use a range of ways to move appropriately inc. jumping, hopping and sliding. • Can climb over, under and through obstacles e.g., large construction and obstacle course. • Begin to develop overall body strength, balance, coordination and agility. • Can throw, kick, pass and catch a large ball. • Able to balance confidently on and off equipment. • Confidently and safely use a range of large and small equipment alone and in a group. • Combine different movements with ease and fluency. 	Gross Motor Skills Children at the expected level of development will: <ul style="list-style-type: none"> • negotiate space and obstacles safely, with consideration for themselves and others; • demonstrate strength, balance and coordination when playing; • move energetically, such as running, jumping, dancing, hopping, skipping and climbing Communication and Language Listening, Attention and Understanding To listen to my teachers and friends and follow more complex instructions.

Dance	<ul style="list-style-type: none"> • Use a range of ways to move appropriately inc. jumping, hopping and sliding. • Begin to develop overall body strength, balance, coordination and agility. • Able to balance confidently on and off equipment. • Confidently and safely use a range of large and small equipment alone and in a group. • Combine different movements with ease and fluency. 	<p>Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> • negotiate space and obstacles safely, with consideration for themselves and others; • demonstrate strength, balance and coordination when playing; • move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p>Expressive Arts and Design Explore movement to music</p>
Gymnastics	<ul style="list-style-type: none"> • Use a range of ways to move appropriately inc. jumping, hopping and sliding. • Begin to develop overall body strength, balance, coordination and agility. • Able to balance confidently on and off equipment. • Confidently and safely use a range of large and small equipment alone and in a group. • Combine different movements with ease and fluency. 	<p>Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> • negotiate space and obstacles safely, with consideration for themselves and others; • demonstrate strength, balance and coordination when playing; • move energetically, such as running, jumping, dancing, hopping, skipping and climbing <p>Expressive Arts and Design Explore movement to music</p>
Cooperate & Solve Problems	<ul style="list-style-type: none"> • Use a range of ways to move appropriately inc. jumping, hopping and sliding. • Can climb over, under and through obstacles e.g., large construction and obstacle course. • Begin to develop overall body strength, balance, coordination and agility. • Can throw, kick, pass and catch a large ball. • Able to balance confidently on and off equipment. • Confidently and safely use a range of large and small equipment alone and in a group. • Combine different movements with ease and fluency. 	<p>Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> • negotiate space and obstacles safely, with consideration for themselves and others; • demonstrate strength, balance and coordination when playing; • move energetically, such as running, jumping, dancing, hopping, skipping and climbing











		<p>Personal, Social and Emotional Development Self-Regulation</p> <ul style="list-style-type: none">• Confidently express their feelings and consider the feelings of others.• Responds well to complex instructions in small groups when engrossed in activities and is able to switch attention to different texts.• Can regulate own attention independently when engaged in whole class teaching sessions.• Complete set challenges and task independently showing perseverance and resilience.• Is able to talk about ways that skills can be improved and demonstrate pride in their achievement.
--	--	---

Key Stage 1

National Curriculum Objective	Where My Feet Take Me	At the Zoo	Going on a journey	Up in Flames	United Kingdom	Great Explorers.
	Autumn 1- Gymnastics Multi-skills – Focus on ball skills and point scoring games Autumn 2 - Dance Multi-skills – focus on throwing and catching	Spring 1 - Dance Multi-skills – bat and ball skills – aiming and Striking Spring 2 - Gym Multi-skills – Developing partner work	Summer 1 - Gym Multi-skills- Throwing and catching – aiming games Summer 2 - Multi-skills – group games and inventing rules for point scoring. Multi-skills – bat and ball skills – aiming and striking	Autumn 1 - Gymnastic Multi-skills – throwing and catching Autumn 2 - Gymnastic Multi-skills – Dribbling, kicking and hitting	Spring 1 - Dance Multi-skills – throwing, catching and aiming Spring 2 - Dance Multi-skills- Making up a game	Summer 1 - Gym Multi-skills- Dribbling, kicking and hitting Summer 2 - Athletics Multi-skills – Making up group games and inventing rules.
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						
Watch others and say what they liked about a performance						
Develop and perform simple sequences						



Lower Key Stage 2

National Curriculum Objective	Hidden Depths	A Wave of Change	Voyage of Discovery	Exploring an ancient society	Developing an Empire	Discovering Deva
	Autumn 1 - Invasion Games; Hockey, Gymnastics Autumn 2 - Invasion Games; Hockey, Swimming	Spring 1 - Multi-skills - Gym, Swimming Spring 2 - Dance OAA- team building	Summer 1 - Striking and Fielding games; Rounders and Kick Rounders, Athletics Summer 2 - Net and wall games, Athletics	Autumn 1 - Invasion Games: Tag Rugby, Gymnastics Autumn 2 - Invasion Games: Netball, Indoor Athletics	Spring 1 - Games: Hockey Swimming Spring 2 – Dance, OAA- team building	Summer 1 - Athletics Batting and Fielding games; Cricket Summer 2 – Athletics, Net and wall games
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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						

Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)						
Perform safe self-rescue in different water-based situations						
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						

Upper Key Stage 2

National Curriculum Objective	Across the Atlantic	Invaders and Settlers	Land and Lakes	Wars through time	Conflict and Resolution and exploring America	Our Changing Lives
	Autumn 1 - Gymnastics Forest school Autumn 2 - Invasion Games; Tag Rugby Forest school	Spring 1 and 2 - Dance And Swimming	Summer 1 - Athletics Batting and Fielding games; Cricket Summer 2 - Athletics Net and wall games, OAA	Autumn 1 – Gymnastics Autumn 2 - Dodgeball	Spring 1 – Athletics Spring 2 - Hockey	Summer 1 - Rounders Summer 2 – Rounders and OAA
Use running, jumping, throwing and catching in isolation and in combination						
Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance						
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 meters						

Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)						
Perform safe self-rescue in different water-based situations						
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		