

	EYFS	KS1	KS2		
	Reception	Year 1/2	Year 3/4	Year 4/5	Year 5/6
PE Big Ideas: Applying physical skills Personal Social Cognitive Creative Knowledge and understanding of health and fitness.	<u>Introduction to P.E.</u> <u>Dance</u> <u>Gymnastics</u> <u>Ball Skills</u> <u>Fundamentals</u> <u>Games</u>	<u>Fundamentals</u> Balancing, running, changing direction, jumping, hopping and skipping <u>Ball skills:</u> Throwing and catching, rolling, hitting a target, dribbling with hands and feet, kicking a ball. <u>Dance:</u> Explore how their body can move to express an idea, mood, character or feeling <u>Gymnastics/Fitness:</u> Explore and develop basic gymnastic actions on the floor and using apparatus. Take part in a range of fitness activities to develop components of fitness. <u>Sending and receiving:</u> throwing and catching, tracking and retrieving a ball and striking a ball. Begin self-managing small teams. <u>Target games</u> develop the skills of throwing, rolling, kicking and striking to target. begin to self-manage their own games selecting and applying the skills they have learnt appropriate to the situation. <u>Athletics:</u> Running at different speeds, jumping and throwing. Opportunities to work collaboratively as well as independently. Learn how to improve by identifying areas of strength as well as areas to develop.	<u>Games</u> Tennis/badminton: Use a variety of techniques. <u>Dance:</u> Experiment with actions, dynamics, directions, levels. Remember and repeat dance phrases. <u>Gymnastics:</u> Create a sequence using apparatus. Devise, revise, perform, changing speed, level and direction. <u>Basketball</u> <u>Hockey/Golf</u> Developing accuracy of aiming at a target. Develop understanding of techniques and working towards challenges both individually and with others. <u>Athletics:</u> Run at speed, jump from standing, use over/under arm technique Swimming: 25/50m water skills	<u>Games</u> Tennis/badminton: Use a variety of techniques. <u>Dance:</u> Learn different dance styles, explain pattern and form. Controlled expression and emotion. <u>Gymnastics:</u> Decide strategies. Create shapes and balances linking, whilst still travelling <u>Basketball</u> <u>Hockey/Golf</u> Developing accuracy of aiming at a target. Develop understanding of techniques and working towards challenges both individually and with others. <u>Athletics:</u> Choose the best pace, range of accurate throws hitting targets. Combine running and jumping. Swimming: 25/50m water skills	<u>Fitness</u> <u>Dance:</u> Choreograph creative and imaginative dances independently and in groups <u>Gymnastics:</u> develop balancing, rolling, jumping and inverted movements. Exploring partner relationships such as canon, synchronisation, matching and mirroring. <u>Badminton</u> <u>Games</u> Football: maintaining possession and moving the ball towards goal to score <u>Athletics:</u> Using different styles and combinations of running, jumping and throwing. Athletic activities covered: long distance running, sprinting, relay, triple jump, shot put and javelin. Swimming: 25/50m water skills