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## Physical Education- Curriculum Overview

### Curriculum Intent

Our Physical Education curriculum has been designed to engage, inspire and challenge ALL pupils to succeed and exceed in sport and other physically demanding activities. It provides opportunities and encourages pupils to become physically confident in a way which supports their health and fitness whilst building character and helping to embed values such as fairness and respect.

Our curriculum allows pupils to:

- Succeed and excel in physical education and competitive sport.
- Become physically confident to support their health and fitness
- Compete in sport and other activities
- Build character and embed values eg. Fairness and respect.
- Lead healthy, active lives

In addition to the National Curriculum aims, our school vision sets out the following aims which will be achieved through the teaching of high-quality physical education sequences of learning:

- Pupils are happy in their learning and set high expectations of themselves in all areas
- Children taking ownership of their own learning journey
- We have an engaging, ambitious and inclusive curriculum which results in happy learners
- We celebrate and share our successes

The Physical Education curriculum reflects our school values in the following ways:

**Ready:**

We always try our best  
 We keep going when things get difficult  
 We set high expectations of ourselves  
 We are positive about new challenges

**Respectful:**

We look after our environment and our equipment  
 We respect difference and know that we are all equal

**Responsible:**

We look after ourselves and each other

	Autumn 1	Autumn 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Nursery</b>	Yoga Cricket	Yoga Dance/gymnastics	Yoga	Yoga Dance/gymnastics	Yoga Wheelchair basketball	Yoga Mini Olympics Cricket
<b>Reception</b>	Yoga Cricket Multiskills (ready steady go)	Yoga Dance/gymnastics Getting sporty- running	Yoga Cricket Getting sporty-throwing and catching	Yoga Dance/gymnastics Train 4 sport	Yoga Football Wheelchair basketball	Yoga Mini Olympics Cricket
<b>Year 1</b>	Yoga Cricket Multiskills (ready steady go)	Dance/gymnastics Getting sporty - running	Yoga Cricket Getting sporty-throwing and catching	Dance/gymnastics Train 4 sport	Yoga Football Wheelchair basketball	Mini Olympics Cricket

<b>Year 2</b>	Cricket Multiskills (ready steady go)	Yoga Dance/gymnastics Getting sporty – running	Cricket Getting sporty-throwing and catching	Yoga Dance/gymnastics Train 4 sport	Football	Yoga Mini Olympics
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<b>Dance &amp; Gymnastics - Knowledge and Skills Progression</b>				
	<b>Nursery</b>	<b>Reception</b>	<b>Y1</b>	<b>Y2</b>
<b>Declarative Knowledge (knowing what)</b>	I can complete a simple sequence of movements to music.	I can move fluently with control and grace.	I can twist and turn and change direction during travelling moves. I can link travelling moves.	I will explore, remember, repeat and link a range of actions with co-ordination, control and awareness of the expressive qualities of dance.
<b>Procedural knowledge (knowing how)</b>	I will explore movements and sequences related to music and rhythm	I will explore and copy basic body actions and rhythms. I will negotiate space confidently. I will begin to respond with my body to different types of music.	I will move confidently and safely in my own general space using changes of speed, level and direction. I will compose and link movements to make simple beginnings, middles and ends. I will perform movement phrases using a range of body actions and body parts	I will explore the change of rhythm, speed, level and direction. I will compose and perform short dances that express and communicate moods, ideas and feelings choosing and varying simple compositional ideas.

<b>Multiskills - Knowledge and Skills Progression</b>				
	<b>Nursery</b>	<b>Reception</b>	<b>Y1</b>	<b>Y2</b>
<b>Declarative Knowledge (knowing what)</b>	Awareness of space Change direction. Run on balls of feet	Move in a space without bumping into others. Can travel and stop on a signal with control.	Can move around a space aware of others.	Continue to develop the basic skills of running: Head still, Body straight Pump arms (lips to hips)

<b>Procedural knowledge (knowing how)</b>		Can begin to jump with two feet. Can hop on one leg	Can stop and change direction on a signal awareness of others and space. Can begin to run using the basic skills of running: Head still, Body straight Pump arms (lips to hips) High knees Short steps then build to longer strides when running. Can link jumping and running	High knees Short steps then build to longer strides when running. Run for longer periods of time. Can show a different between running and sprinting.
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<b>Ball skills - Knowledge and Skills Progression</b>				
	<b>Nursery</b>	<b>Reception</b>	<b>Y1</b>	<b>Y2</b>
<b>Declarative Knowledge (knowing what)</b>  <b>Procedural knowledge (knowing how)</b>	Can bounce and catch a large ball.	Can catch a large ball. Throw and catch a ball to yourself, throw with one hand and catch with 2. Can show increasing control over an object in pushing, patting, throwing when playing racing and chasing games with other children. Aim a ball at a target by bowling underarm. Strike a bowl with a bat from a batting tee.	Can throw and catch a ball with a partner stood 3 metres away. Learn about catching technique correct shape of hands and pulling ball towards you on impact with the hands. Can show control and accuracy with basic actions for rolling, underarm, throwing, striking a ball and kicking. Strike a moving ball bowled by a class member. Fielding skills – stopping a moving ball both rolling and bouncing towards you.	Can throw and catch a ball with a partner stood 5 metres away. Can perform a range of rolling, throwing, striking, kicking, catching and gathering skills Learn about catching technique correct shape of hands and pulling ball towards you on impact with the hands. Understanding bowling at the stumps concentrating on direction – introduce the concept of a “wide delivery” Striking a ball at a greater distance to score more runs.

### Team games - Knowledge and Skills Progression

	Nursery	Reception	Y1	Y2
<b>Declarative Knowledge (knowing what)</b>  <b>Procedural knowledge (knowing how)</b>	I can start taking part in group activities which we make up for ourselves or in teams		Engage in competitive physical activities (both against self and against others) Participate in team games Choose and use skills in different ways and in different games and try to win by changing way they use their skills. Understand Understanding sportsmanship	Engage in competitive physical activities. Participate in team games varying skills and showing some understanding of simple tactics Understanding and displaying sportsmanship Understand different roles a player has in a game, bowler, batter, fielder, goalkeeper, striker etc. How to score in games – goals, runs etc Understand the rules of the game and importance of game official eg. Umpire, referee etc. and showing respect.

### Lead healthy, active lives- Knowledge and Skills Progression

	Nursery	Reception	Year 1	Year 2
<b>Declarative Knowledge (knowing what)</b>  <b>Procedural knowledge (knowing how)</b>	I know when I do an activity/exercise I will get warmer and breathe quicker	I know that for good health I need to have a healthy diet and exercise.	I can explore how my body feels when still and when exercising	I can describe how my body feels during exercise. I know the importance of exercise for healthy body and mind. I can make healthy choices for a healthier me.

### Evaluating and improving performance

	Reception	Year 1	Year 2
<b>Responding</b>	Talk about their	Describe what they have done.	Talk about differences between their own and others

<b>to performance</b>	performance.	Watch others to say what they are doing.	performance. Suggest improvements based on observations.
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<b>Vocabulary Progression</b>		
<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>
Throw	Sportmanship	Sportmanship
Catch	Umpire	Umpire
Elbows	Referee	Referee
Hips	Underarm	Underarm
Balls of feet	Bowling	Bowling
stop	Fielder	Fielder
sidesteps	goalkeeper	goalkeeper
	sprint	sprint