

Physical Education

CURRICULUM OVERVIEW 25/26

EYFS/KS1

Term	Autumn	Spring	Summer			
<u>Reception/ Class 1</u>	<p>Gross Motor Skills ELG Children at the expected level of development will: - 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> <p>Fine Motor Skills ELG Children at the expected level of development will: - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; - Begin to show accuracy and care when drawing.</p>					
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
	FMS - Superworm	FMS - Transport	FMS -Rosie’s Walk	FMS –Jack and the Beanstalk	FMS - Seaside	EYFS Fundamental movement skills
	Unit 1&2	Unit 3&4	Unit 5&6	Unit 7&8	Unit 9&10	Unit 11&12
<u>Class 2</u>	FMS- Supertatoe <u>Unit outcomes</u> Can perform an egg roll Can perform Can bounce a ball Can roll a ball with accuracy	FMS - Bouncing and Catching <u>Unit Outcomes</u> Can catch a ball with some level of coordination and consistency. Can bounce a ball with control when moving with the ball Can hop rhythmically on one leg	Forest School To develop team work, communication and co-operation skills	FMS –Piggy in the Middle <u>Unit outcomes</u> Can catch a ball with some level of coordination and consistency. Can change direction with coordination and control Can throw a ball underarm with accuracy.	Dance - Explorers <u>Unit outcomes</u> Can copy basic dance movements and in some cases, repeat them without teacher support. Can perform basic dance movements and develop key travelling skills Can work in pairs to create interesting shapes with their bodies	Striking and fielding <u>Unit outcomes</u> Can catch a ball. Can strike a ball off a tee. Can strike with a drop feed. Can throw a ball overarm when fielding..
	OAA <u>Unit Outcomes</u> Can share ideas and agree on a plan Can travel around safely when working on challenges.	Athletics <u>Unit outcomes</u> Can travel around safely when working on challenges. Can perform at least 5 rhythmical hops. Can roll a ball underarm with opposite foot to arm. Can run and change direction with some control	Gymnastics <u>Unit outcomes</u> Can perform animal movements (crab, caterpillar, bunny hop, bear) with coordination and control. Can perform balances on large body parts (dish, arch, shoulders, bottom). Can perform jumps with different shapes in the air (star, straight, tuck). Can perform rolls with control (pencil, egg, and teddy roll).	FMS Kicking a ball <u>Unit outcomes</u> I can have some control and accuracy with the basic action of kicking. To use kicking skills in different ways on a game. Use kicking skills in different ways in different games.	Net and Wall <u>Unit outcomes</u> Can perform a side gallop. Can return a ball by striking it when thrown to them. Can strike a dropped ball with some consistency.	FMS end of KS1 Assessment <u>Unit outcomes</u> All FMS

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KS2

Term	Autumn		Spring		Summer	
	Unit 1&2	Unit 3&4	Unit 5&6	Unit 7&8	Unit 9&10	Unit 11&12
Class 3	Swimming	Swimming	Dance- Myths and Legends	Cricket	Net and Wall Core unit task 2	Basketball
	<u>Unit outcomes</u> Swim 10m on front and back Swim unaided Confident moving around the pool	<u>Unit outcomes</u> Swim 10m on front and back Swim unaided Confident moving around the pool	<u>Unit outcomes</u> Can select travelling actions to convey different characters, along varied pathways. Can perform a mirrored sequence with a partner that tells a story. Can use travelling actions along varied pathways.	<u>Unit outcomes</u> Can bowl a ball underarm with some control and accuracy. Can catch a small ball. Can return the ball quickly and accurately when fielding. Can show a straight drive. Can throw a ball underarm with some control and accuracy.	<u>Unit outcomes</u> Can hold a racket with the correct technique Can show the ready position Can throw bean bag/ball/shuttlecock into a target or over a barrier Can strike a ball with my hand or racket	<u>Unit outcomes</u> Can dribble a ball with some control. Can throw and catch a bounce pass with consistency and accuracy. Can throw and catch a chest pass with consistency and accuracy. Can use simple tactics without the ball (i.e. moving into a space to receive a pass. Communicate showing where they want the ball). To show determination by simply not giving up.
	Forest School	Forest School	OAA - Team wrk and problem solving	Health related Fitness	Athletics	On the Attack
	<u>Unit outcomes</u> To develop team work, communication and co-operation skills	<u>Unit outcomes</u> To develop team work, communication and co-operation skills	<u>Unit outcomes</u> Can lift equipment and travel safely during crossing the swamp. Can travel and balance during "line up". Can travel and carry equipment during millipede challenges.	<u>Unit outcomes</u> To perform a pull throw for distance To perform a sprinting technique with control To perform balance type activities with control To perform different types of jumps	<u>Unit outcomes</u> Can demonstrate a pull throw with some accuracy and control. Can demonstrate a push throw with some accuracy and control. Can demonstrate a sling throw with some accuracy and control. Can perform a hop, step and jump with some control. Can perform a standing long jump (with two feet take off and land at the	<u>Unit outcomes</u> Can pass and move into a space with help. Can shoot a ball one handed with consistency and accuracy Can throw and catch a bounce pass with consistency and accuracy. Can use simple tactics with the ball

					same time, arms swing behind body).	
	Unit 1&2	Unit 3&4	Unit 5&6	Unit 7&8	Unit 9&10	Unit 11&12
Class 4	Hockey <u>Unit outcomes</u> Can dribble a ball with a hockey stick with consistency, accuracy, confidence and control. Can perform a push pass and receive a pass with consistency, accuracy, confidence and control. Can shoot at a goal using a hockey stick with consistency, accuracy, confidence and control	Dance - The Highway Man <u>Unit outcomes</u> .Can exaggerate their body movements and shapes, as well as use facial expressions to describe language Can convey a character through movement Can use different travelling actions along varying pathways. Can perform actions to portray the character of the Highwayman	Swimming <u>Unit outcomes</u> Swim 10m on front and back Swim unaided Confident moving around the pool Can swim 25m	Swimming <u>Unit outcomes</u> Swim 10m on front and back Swim unaided Confident moving around the pool Can swim 25m	Circuit Training <u>Unit outcomes</u> To develop fitness, strength and Stamina	Tennis <u>Unit outcomes</u> Hold a racket correctly Show a forehand shot after the ball has bounced (show good backswing, follow through and feet positioning) Show a backhand after the ball has bounced Hit a ball into a target area using a forehand Hit a ball into a target area using a backhand
	Athletics <u>Unit outcomes</u> Can perform a sling and heave throw. Can use the correct running techniques at different speeds. Can perform a combination of jumps.	Gymnastics <u>Unit outcomes</u> Identify which sequences were performed with fluency, accuracy and consistency. Willingness to try out different partner balances with a partner. A willingness to accept help from their partner.	Cricket <u>Unit outcomes</u> Can bowl overarm accurately and consistently. Can field a ball and throw back overarm with accuracy and consistency. Can strike a ball from a cricket tee. Can strike a bowled ball.	OAA- Team work and problem solving <u>Unit outcomes</u> Can experiment with different ways of communicating directions to guide the robot. Can transport the ball and bucket to the safe area. Can guide their blindfolded partner in a safe manner with clear instructions.	Forest School <u>Unit outcomes</u> To develop team work, communication and co-operation skills	Forest School <u>Unit outcomes</u> To develop team work, communication and co-operation skills
	Unit 1&2	Unit 3&4	Unit 5&6	Unit 7&8	Unit 9&10	Unit 11&12
Class 5	Hockey <u>Unit outcomes</u> Can dribble a ball with a hockey stick with consistency, accuracy,	Circuit Training <u>Unit outcomes</u> To develop fitness, strength and Stamina	Dance <u>Unit outcomes</u> Can convey Robin Hood and other characters through body actions and	Rugby <u>Unit outcomes</u> To understand the tactics in invasion games.	Orienteering <u>Unit outcomes</u> Can guide their blindfolded partner in a safe manner with clear instructions.	Tennis <u>Unit outcomes</u> Hold a racket correctly Show a forehand shot after the ball

	<p>confidence and control.</p> <p>Can perform a push pass and receive a pass with consistency, accuracy, confidence and control.</p> <p>Can shoot at a goal using a hockey stick with consistency, accuracy, confidence and control.</p>		<p>shapes.</p> <p>Can adopt different body shapes to show contrasting characters.</p> <p>Can carry out actions with control and fluency.</p> <p>Can perform showing expressive and exaggerated movements.</p>	<p>Can perform a sideways/backwards pass with accuracy and control.</p> <p>Can move into space to receive a ball.</p>	<p>Can experiment with different ways of communicating directions to guide the robot.</p> <p>Can transport the ball and bucket to the safe area.</p>	<p>has bounced (show good backswing, follow through and feet positioning)</p> <p>Show a backhand after the ball has bounced</p> <p>Hit a ball into a target area using a forehand</p> <p>Hit a ball into a target area using a backhand</p>
	<p>Athletics</p> <p><u>Unit outcomes</u></p> <p>Can perform a sling and heave throw.</p> <p>Can use the correct running techniques at different speeds.</p> <p>Can perform a combination of jumps.</p>	<p>Aerobics/Yoga</p> <p><u>Unit outcomes</u></p> <p>To develop fitness, strength, stamina and flexibility</p>	<p>Forest School</p> <p><u>Unit outcomes</u></p> <p>To develop team work, communication and co-operation skills</p>	<p>Forest School</p> <p><u>Unit outcomes</u></p> <p>To develop team work, communication and co-operation skills</p>	<p>Rounders</p> <p><u>Unit outcomes</u></p> <p>Can bowl underarm accurately and consistently.</p> <p>Can field a ball and throw back overarm with accuracy and consistency.</p> <p>Can strike a bowled ball or from a drop feed</p>	<p>Gymnastics</p> <p><u>Unit outcomes</u></p> <p>Can perform a counter-tension balance with a partner using apparatus.</p> <p>Can perform counter balances with a partner in a sequence with travelling, jumping and rolling.</p>