



The Big Ideas For Physical Education.

Key Concepts

Foundation Stage

Pupils skills based on Early Learning Goals: Physical Development.

Key Stage 1

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.

Key Stage 2

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.

Foundation Stage	
National Curriculum Objectives	Key Knowledge and vocabulary
<p>Early Learning Goals : Physical Development</p> <p>Summer Term - Explicit PE teaching</p>	<p><u>Gross Motor Skills</u></p> <p>Learning how to use large equipment safely, following rules. Using bikes, scooters and trikes in the outdoor area. Travelling over and under the outside structure. Making obstacle courses with planks, crates and outdoor equipment for children to travel over in different ways and balance. Using bats and balls in the outdoor area to hit, throw and kick. Flippy flappys to encourage crossing the centre line with large scale movements. Tree climbing in the forest.</p> <p><u>Athletics</u></p> <p>Share my space. Coordinate a run and jump. Throw a ball accurately. Work cooperatively.</p> <p><u>Target Games</u></p> <p>Take turns. Throw underarm using both hands. Kick a ball accurately. Roll. Link movements together.</p> <p><u>New Vocabulary</u></p> <p>Coordinate, cooperate, accurate, underarm, link.</p>

Year 1	
National Curriculum Objectives	Key Knowledge and vocabulary
<ul style="list-style-type: none"> ● Master basic movements including running, jumping, throwing and catching. ● Developing balance, agility and co-ordination, and begin to apply these in a range of activities. ● Perform dances using simple movement patterns. ● Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Dance</u> Use my body to create theme related shapes, movements and actions to express ideas and feelings Remember and perform simple movement patterns. Travel safely in a space using different speeds. Communicate effectively with a partner.</p> <p><u>Gymnastics</u> Balance and spin on points. Use push and pull movements to travel along the floor along short and long pathways. Make left and right turns correctly.</p> <p><u>Locomotion</u> Jump in a variety of ways including from a standing position. Jump with a small run and with a scissor kick. Jump for distance. Skip.</p> <p><u>Invasion Games</u> Pass and receive a ball. Confidently move and change direction. Move and control a ball when dribbling with a stick or with feet.</p> <p><u>Target Games.</u> Coordinate punting a ball. Strike a ball using equipment. Choose different throws (underarm / overarm.)</p> <p><u>Striking and Fielding Games</u> Strike a ball / stop a ball. Bowl overarm at a target. Pick up a ball with one hand and throw it underarm. Chase and retrieve a ball.</p> <p><u>New Vocabulary</u> Movement, pattern, travel, speed, balance, spin, push, pull, short, long, pathway, right turn, left turn, jump, skip, scissor, direction, dribbling, control, punt, strike, bowl, coordinate.</p>

Year 2	
National Curriculum Objectives	Key Knowledge and vocabulary
<ul style="list-style-type: none"> ● Master basic movements including running, jumping, throwing and catching. ● Developing balance, agility and co-ordination, and begin to apply these in a range of activities. ● Perform dances using simple movement patterns. ● Participate in team games, developing simple tactics for attacking and defending. 	<p><u>Dance</u> Use my body to create theme related shapes, movements and actions to express ideas and feelings Remember and perform simple movement patterns. Travel creatively and safely in a space using different pathways and levels. Demonstrate agility, balance and coordination. Communicate effectively with a partner.</p> <p><u>Gymnastics</u> Move using zig-zag, straight and curved pathways / Travel backwards and sideways. Demonstrate curling, arching and stretching movements. Be able to jump 90 degrees. Sequence movements with seamless transition between.</p> <p><u>Fundamental Movement Skills</u> Jump for height and distance. Skip with a rope. Receive and trap a ball / Pass a ball in different ways. Consistently catch a ball / Dribble a ball with a hand.</p> <p><u>Invasion Games</u> Throw overarm for my partner to catch after one bounce Catch a ball consistently Track an opponent Apply attacking and defending skills Pass the ball consistently with control</p> <p><u>Net and Wall Games</u> Send and receive a ball with some degree of accuracy. Strike a ball with some degree of accuracy Send a ball with increasing accuracy Develop a good grip and stance Return a ball after one bounce that has been thrown to me by a partner Strike a backhand from my own feed.</p>

Target Games

Throw a ball underarm with either hand and with some accuracy at a target.

Kick a ball with some accuracy with both feet

Roll with good technique and some accuracy with either hand

Punt a ball with some accuracy with both feet.

Aim with accuracy at a target so it hits on the second bounce

Throw flatter and with more force

Striking and Fielding Games

Catch a ball after one bounce

Bowl overarm with a straight arm

Pick up a ball one handed and return it underarm

Strike a ball to leg from a short delivery

I can back my friends up in the field

Chase a ball and throw it back accurately

New Vocabulary

Express, agility, coordination, zig-zag, degrees, transition, attack, defend, stance, curved, arched, force, return.

Year 3

National Curriculum Objectives

- 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]
- Apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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.

Key Knowledge and vocabulary

Dance

Develop a motif demonstrating some agility, balance, coordination and precision
Creatively change static actions into travelling movements
Communicate effectively with a partner
Communicate effectively within a group
Evaluate the work of others using accurate technical language

Gymnastics

Step gracefully and with control including changing levels
Hold balances with good control
Explore a variety of rolls
Perform a range of gymnastic movements at my own level
Link movements seamlessly

Striking and Fielding Games

Dribble a ball confidently
Develop my dribbling technique
Receive / pass / throw a ball accurately and powerfully as required
Pass in a variety of ways using good technique/Send using a javelin style pass accurately
Perform a jab tackle
Pass and receive the ball on the move
Throw/shoot/bowl accurately using good overarm technique and with a run up.
Intercept passes
Stand sideways on with a high back lift ready to receive a ball
Back up my fellow fielders in the field and communicate effectively.
Perform well in a range of positions in a competitive game

Net and Wall Games

Control a ball using both hands and feet to perform various skills including receiving and trapping

Control the ball on the move (dribble) and keep my head up to be aware of my environment

Pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass

Use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot with a ball.

I can defend and attack well, making good decisions when in possession of the ball. Communicating effectively with team mates.

Invasion Games

Dribbling a ball confidently

Demonstrated ability balance and coordination.

Comment constructively on the work of others.

Change direction easily.

Passing and controlling a ball.

Pass in a variety of ways, using good technique.

Work effectively as part of a team.

Apply skills in different situations.

Move into space after passing.

Shielding and defending when in possession.

Show leadership skills and some ability to inspire others.

Demonstrate understanding of rules and accept decisions given.

New Vocabulary

Motif, precision, static / travelling, technical, seamlessly, javelin, jab, tackle, intercept, receiving, trapping, dribble, chest pass, bounce pass.

Year 4

National Curriculum Objectives

- 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]
- Apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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.

Key Knowledge and vocabulary

Dance

Develop a motif demonstrating some agility, balance, coordination and precision
Creatively change static actions into travelling movements
Communicate effectively with a partner
Communicate effectively within a group
Evaluate the work of others using accurate technical language

Gymnastics

Support my body weight on my hands and feet only
Spin and take my weight in my hands
Create sequences involving different controlled rolls and front and back supports / other balances / mirror with a partner
Work in different formations within a sequence alone or in a pair.
Forward roll with good technique and control moving into a rolling sequence seamlessly.
Roll backwards and come to standing without knees touching the mat
Create a sequence involving a variety of rolls
Produce a sequence of rolls which show elements of unison, canon and mirroring

Striking and Fielding Games

Dribble a ball confidently
Develop my dribbling technique
Receive / pass / throw a ball accurately and powerfully as required
Pass in a variety of ways using good technique/Send using a javelin style pass accurately
Perform a jab tackle / Pass and receive the ball on the move
Throw/shoot/bowl accurately using good overarm technique and with a run up.
Intercept passes
Stand sideways on with a high back lift ready to receive a ball
Back up my fellow fielders in the field and communicate effectively.
Perform well in a range of positions in a competitive game
Scoop a ball up from the floor / Pass a rugby ball backwards accurately/consistently
Pocket pass with accuracy from my right and left and missing players out in a line.

Grip a golf club appropriately / Adopt a stance to strike a ball
Putt a ball towards a target and develop my technique
Putt a ball towards a target with some accuracy and a reasonable weight of shot
Strike the ball through the air with an iron/Chip the ball over short distances and develop my technique..

Net and Wall Games

Control a ball using both hands and feet to perform various skills including receiving and trapping

Control the ball on the move (dribble) and keep my head up to be aware of my environment

Pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass

Use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot with a ball.

I can defend and attack well, making good decisions when in possession of the ball. Communicating effectively with team mates.

Invasion Games

Dribbling a ball confidently

Demonstrated ability balance and coordination.

Comment constructively on the work of others.

Change direction easily.

Passing and controlling a ball.

Pass in a variety of ways, using good technique.

Work effectively as part of a team.

Apply skills in different situations.

Move into space after passing.

Shielding and defending when in possession.

Show leadership skills and some ability to inspire others.

Demonstrate understanding of rules and accept decisions given.

New Vocabulary

Support, control, unison, canon, mirror, scoop, pocket pass, strike, chip, putt.

Year 5	
National Curriculum Objectives	Key Knowledge and vocabulary
<ul style="list-style-type: none"> ● 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] ● Apply basic principles suitable for attacking and defending. ● Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] ● 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. 	<p><u>Dance</u> Develop a motif demonstrating some agility, balance, coordination and precision Creatively change static actions into travelling movements Communicate effectively within a group Evaluate the work of others' using accurate technical language</p> <p><u>Gymnastics</u> Roll over my partner who is in a long pencil shape Form strong arches and bridges Leapfrog others safely Create opportunities for others to travel over and under me Work with a partner to travel over and under on both floor and benches/apparatus. Travel in lots of interesting ways over benches creating fluent and controlled sequences</p> <p><u>Team Building and Problem Solving</u> Communicate verbally and non verbally Perform calmly under pressure Work effectively with others and put my trust in them. Work with others to apply a plan Keep going when things are not necessarily going as I would want them to.</p> <p><u>Striking and Fielding Games (including frisbee.)</u> Send a frisbee accurately using the backhand Catch a frisbee consistently with 2 hands and 1 hand. catch dummy passes Throw a frisbee on the forehand side Build attacks, gradually retaining possession carefully Time my runs to breach my opponent's defence. Receive / pass / throw and bowl a ball accurately and powerfully as required Pass in a variety of ways using good technique/Send using a javelin style pass accurately Perform a jab tackle / Pass and receive the ball on the move Throw/shoot/bowl accurately using good overarm technique and with a run up. Intercept passes</p>

Stand sideways on with a high back lift ready to receive a ball
Back up my fellow fielders in the field and communicate effectively.
Perform well in a range of positions in a competitive game
Scoop a ball up from the floor / Pass a rugby ball backwards accurately/consistently
Pocket pass with accuracy from my right and left and missing players out in a line.

Net and Wall Games

Demonstrate skill and close control
Identify which shooting technique to use to be successful
Communicate well with my teammates
Combine skills to create a goal scoring opportunity
Send a netball in a variety of ways
Pass accurately and using a variety of passes
How to disguise my passes
Position myself to take rebounds from missed shots
Play shots we have decided on as a team
Shoulder pass accurately and with force

Invasion games

Demonstrate skill and close control
Pass the ball and move into space
Send and receive in a variety of ways
Use required skills to defend against an opponent
Co-operate, communicate and collaborate with team mates
Officiate games when required
Play competitive games whilst controlling emotions
Play within the rules and settle any disputes without adult intervention
Demonstrate leadership skills
Show tactical awareness
Understand what infringements look like
Play purposefully, understanding when to defend or attack

New Vocabulary

landing foot, pivot and stepping, shoulder pass accurately and with force, motif, static, leapfrog, dummy pass, breach, shoulder pass.

Year 6

National Curriculum Objectives

- 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]
- Apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 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.

Key Knowledge and vocabulary

Dance

Develop a motif demonstrating some agility, balance, coordination and precision
Creatively change static actions into travelling movements
Communicate effectively within a group
Evaluate the work of others' using accurate technical language

Gymnastics

Hold controlled balances on a variety of points and patches on a given number of body parts.
Hold a range of symmetrical and asymmetrical counter balances / with a partner.
Perform a sequence in canon at different levels

Leadership

Children take part in the Sports Leader Playmaker Award after SATs.

Health related fitness

Sustain my pace when running
Motivate myself to do my best in a range of exercises
Show determination and perseverance
Perform a variety of exercises with control and good technique
Improve on previous performances
Communicate and negotiate with others to agree what we are going to do as a group / Work as part of a group to set up a circuit of exercises.

Striking and Fielding Games

Time my runs to breach my opponent's defence.
Receive / pass / throw and bowl a ball accurately and powerfully as required
Pass in a variety of ways using good technique/Send using a javelin style pass accurately
Perform a jab tackle / Pass and receive the ball on the move
Throw/shoot/bowl accurately using good overarm technique and with a run up.
Intercept passes
Stand sideways on with a high back lift ready to receive a ball
Back up my fellow fielders in the field and communicate effectively.
Perform well in a range of positions in a competitive game
Scoop a ball up from the floor / Pass a rugby ball backwards accurately/consistently

Pocket pass with accuracy from my right and left and missing players out in a line.

Net and Wall Games

Demonstrate skill and close control

Identify which shooting technique to use to be successful

Communicate well with my teammates

Combine skills to create a goal scoring opportunity

Send a basketball in a variety of ways

Pass accurately and using a variety of passes

Disguise my passes

Position myself to take rebounds from missed shots

Play shots we have decided on as a team

Shoulder pass accurately and with force

Invasion games

Demonstrate skill and close control

Pass the ball and move into space

Send and receive in a variety of ways

Use required skills to defend against an opponent

Co-operate, communicate and collaborate with team mates

Officiate games when required

Play competitive games whilst controlling emotions

Play within the rules and settle any disputes without adult intervention

Demonstrate leadership skills

Adapt tactics if they are not working in a game situation

Understand what infringements look like

Develop a range of attacking strategies and skills

Moves fluently and can complete a wide range of skills confidently and competently

Evaluates the work of others using technical language

New Vocabulary

Symmetrical, asymmetrical, counter balance, non-verbal, sustain, motivate, perseverance, determination, negotiate.