

P.E.

Key Outcomes		
By the end of EYFS...	By the end of KS1...	By the end of KS2
<p>Pupils will be provided with a range of opportunities to develop their gross and fine motor skills incrementally to support healthy bodies and social and emotional well-being. Opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, will allow children to develop fine motor skill proficiency, control and confidence.</p> <p>Experiences will be provided, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.</p> <p>Carefully created and designed games and opportunities for play will support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.</p>	<p>Pupils should:</p> <ul style="list-style-type: none"> - develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others - be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations <p>Pupils will:</p> <ul style="list-style-type: none"> - perform 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 	<p>Pupils should</p> <ul style="list-style-type: none"> - 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. - 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. <p>Pupils will:</p> <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], and 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.E. Topic Overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Gymnastics	Ball Skills	Team games	Gymnastics	Dance	Athletics
Y1	Throwing and catching	Throwing and catching	Dance	Fundamental movement skills	Net wall (Tennis)	Games (Football)
	Gymnastics	Gymnastics	Games	Games (target related)	Athletics – Track / Running	Athletics (Field)
Y2	Throwing and catching	Throwing and catching	Dance	Dance	Games (football)	Net wall (Tennis)
	Gymnastics	Gymnastics	Fundamental movement skills	Games (bench ball/dodgeball)	Athletics (endurance and sprints)	Athletics (Field)
Y3	Outdoor Adventurous Activities /Team building challenges	Gymnastics	Gymnastics	Invasion Games	Swimming	Swimming
	Fundamental movement skills	Fundamental movement skills	Dance	Invasion Games	Net wall (tennis)	Strike and fielding (Cricket, stumps and bats)
Y4	Outdoor Adventurous Activities /Team building challenges.	Fundamental movement skills/'Fun Fitness'	Gymnastics	Dance	Athletics (endurance and sprints)	Athletics (field)
	Fundamental movement skills	Invasion Games (bench ball/basketball/ Handball)	Invasion Games (bench ball/basketball/ Handball)	Invasion Games (Tag Rugby)	Net wall (tennis/ badminton)	Strike and fielding (cricket, stumps and bats)
Y5	Swimming	Swimming	Dance	Gymnastics	Outdoor Adventurous Activities /Team building challenges.	Athletics (field)
	Net wall (tennis/badminton)	Invasion Games (basketball/ handball/netball)	Invasion Games (hockey and football)	Invasion Games (tag rugby)	Strike and fielding (cricket and rounders)	Athletics (track)
Y6	Net wall (tennis/badminton)	Invasion Games (handball/netball)	Dance	Gymnastics	Athletics (track, endurance and sprints)	Athletics (field)
	Outdoor Adventurous Activities	Fundamental movement skills/'Fun Fitness'	Invasion Games (hockey and football)	Invasion Games (Tag Rugby)		Strike and fielding (cricket and rounders)