

Whole School Physical Education Curriculum Plan 2020/21

EYFS Physical Development							
ELG 4 = Moving and Handling		Children show good control and co- ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.					
ELG 5 = Health and Self-Care		Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Coverage	Knowledge:						
	Skills:	Unit 1 REAL PE I can work on simple tasks my myself I can follow instructions Coordination and footwork One leg static balance	Unit 2 REAL PE I can work sensibly with other, taking turns and sharing Jumping and landing Seated balance	Unit 3 REAL PE I can understand and follow simple rules I can name some things I am good at Balance on a line Static stance balance	Unit 4 REAL PE I can explore and describe different movements Ball skills Counter balance with a partner	Unit 5 REAL PE I can perform a single skill or movement with some control I can move confidently in a range of ways Sending and receiving Reaction/response	Unit 6 REAL PE I know why exercise is important for good health. Ball chasing Floor work
KS1 NC Objectives:		Pupils should be taught to: 1. Master 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					

		<p>2. Participate in team games, developing simple tactics for attacking and defending</p> <p>3. Perform dances using simple movement patterns.</p>					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Coverage	Knowledge:	Personal	Social	Cognitive	Creative	Physical	Health and fitness
	Skills:	1. Co-ordination 10. Static balance- one leg	6. Dynamic balance and agility 2. Static balance - seated	5. Dynamic balance – on a line 4. Static balance - stance	9. co-ordination – ball skills 7. counter balance – with a partner	8. co-ordination – sending and receiving 12. agility	11. ability – ball chasing 3. static balance – floor work
Year 2 Coverage	Knowledge:						
	Skills:	1 – Real PE	1- Real PE 2- Football	1 – Real PE 2 - Netball	1- Real PE 3 – Dance (Science- life-cycle of the butterfly)	1 – Real PE -	1 – Real PE 2- Athletics
KS2 NC Objectives:		<p>Pupils should be taught to:</p> <ol 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>Swimming and water safety - All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ol style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. 					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2

Year 3 Coverage	Knowledge:						
	Skills:	(SA) REAL PE: Personal Cog. Skills = Co-ordination + Static Balance 1, 3, 6	(SA) REAL PE : Social Cog. Skills = Dynamic Balance to agility + Static Balance (SA) Traditional PE = Gymnastics 1, 3, 4, 6	(SA) REAL PE: Cognitive Cog. Skills = Dynamic Balance + Coordination T – Forces in motion 1, 3, 6	(SA) REAL PE: Creative Cog. Skills = Coordination + Counter Balance Dance 4	(SA) REAL PE: Physical Cog. Skills = Agility + Static Balance Netball 1, 2	(SA) REAL PE: Health and Fitness Cog Skills = Agility + Static Balance Athletics 1, 3
Year 4 Coverage	Knowledge:					5	
	Skills:	1+3 = Real PE 6 = PB challenges 2= Netball	1+3 = Real PE 6 = PB challenges 2= Hockey	1+3 = Real PE 6 = PB challenges 7, 8, 9	1+3 = Real PE 6 = PB challenges 7, 8, 9	1+3 = Real PE 6 = PB challenges 7, 8, 9 (5 = Camp!)	1+3 = Real PE 6 = PB challenges 7, 8, 9 T = 4 (Explorers Dance!)
Year 5 Coverage	Knowledge:						
	Skills:	REAL P = 1, 2 & 6 Hockey = 1, 2 & 3	REAL PE = 1, 2, 3 & 6 Dance fitness = 4	REAL PE = 1, 2, 3, 6 Apparatus = 3	REAL PE = 1, 2 & 6 Train like an astronaut = 3	REAL PE = 1, 2, 3 & 6 Orienteering = 5	REAL PE = 1, 3 & 6 Tennis = 2 & 3
Year 6 Coverage	Knowledge:						
	Skills:	1+3 = Real PE 6 = funs 2= rugby	1+3 = Real PE 6 = funs 2= netball	1+3 = Real PE 6= funs 3: gymnastics	1+3 = Real PE 7 3: gymnastics	1+3 = Real PE 6 = funs 4: dance	1+3 = Real PE 6 = funs 2: rounders/ tennis