

Physical Education – Overview of Learning EYFS and KS1

| Games | | | | | | |
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| Foundation Stage | <p><u>Locomotion: Walking</u></p> <ul style="list-style-type: none"> Explore walking Develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game | <p><u>Locomotion: Jumping</u></p> <ul style="list-style-type: none"> Explore jumping Develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping | <p><u>Ball Skills: Hands 1</u></p> <ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing | <p><u>Ball Skills: Feet 1</u></p> <ul style="list-style-type: none"> Explore moving with a ball using our feet Develop moving with a ball using our feet Develop dribbling Understand dribbling against an opponent Dribbling competitions | <p><u>Ball Skills: Hands 2</u></p> <ul style="list-style-type: none"> Explore throwing Explore throwing (underarm) Explore throwing (overarm) Explore rolling Explore stopping a ball (small ball) Explore catching | <p><u>Games For Understanding</u></p> <ul style="list-style-type: none"> Taking Turns Keeping the Score Understanding rules: Playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game |
| Year 1 | <p><u>Locomotion: Running</u></p> <ul style="list-style-type: none"> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running: Apply running into a competitive game | <p><u>Locomotion: Jumping</u></p> <ul style="list-style-type: none"> Recap jumping Developing jumping Jumping circuits: Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game | <p><u>Ball Skills Hands 1</u></p> <ul style="list-style-type: none"> Develop bouncing: Introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce stopping a ball Develop stopping, combining sending skills Combine sending and receiving skills | <p><u>Ball Skills: Feet 1</u></p> <ul style="list-style-type: none"> Recap moving with a ball using our feet Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point | <p><u>Ball Skills: Hands 2</u></p> <ul style="list-style-type: none"> Introduce throwing with accuracy (beanbags) Apply throwing with accuracy in a team (beanbags) Extend throwing with accuracy Introduce stopping a ball (small ball) Develop sending (rolling) skills to score a point Consolidation of sending (rolling) and stopping skills to win a game | <p><u>Games For Understanding</u></p> <ul style="list-style-type: none"> Understanding the principles of attack Applying attacking principles into a game Understand the principles of defence Applying defending principles into a game Consolidate attacking Consolidate defending |
| Year 2 | <p><u>Locomotion: Dodging</u></p> <ul style="list-style-type: none"> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams Consolidate dodging | <p><u>Locomotion: Jumping</u></p> <ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations | <p><u>Ball Skills: Hands 1</u></p> <ul style="list-style-type: none"> Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Develop passing and receiving to score a point Combine dribbling, passing and receiving to score a point | <p><u>Ball Skills: Feet 1</u></p> <ul style="list-style-type: none"> Develop dribbling: Keeping possession Develop passing and receiving: Keeping possession Combine dribbling, passing and receiving, keeping possession Develop dribbling to score a point Combine dribbling, passing and receiving to score a point Apply dribbling, passing and receiving as a team to score a point | <p><u>Ball Skills: Hands 2</u></p> <ul style="list-style-type: none"> Develop pupils application and understanding of underarm throwing Consolidate pupils application and understanding of underarm throwing Applying the underarm throw to win a game Applying the underarm throw to beat an opponent Introduce overarm throwing: Applying overarm throwing to win a game | <p><u>Games For Understanding</u></p> <ul style="list-style-type: none"> Attacking as a team Defending as a team Understanding the transition between defence and attack Create and apply attacking tactics Create and apply defensive tactics |

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| | Dance | | |
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| EYFS | <p style="text-align: center;"><u>Ourselves</u></p> <ul style="list-style-type: none"> • Ourselves: Moving in sequence • Ourselves: Responding in movement to words and music • Ourselves: Moving with props and contrasting tempos • Ourselves: Creating their own movements • Ourselves: Exploring opposites and creating simple movement sequences • Ourselves: Working with a partner exploring character movements | <p style="text-align: center;"><u>Nursery Rhymes</u></p> <ul style="list-style-type: none"> • Humpty Dumpty: Moving in sequence • Jack and Jill: Creating our own movements • Hickory, dickory, dock: Creating simple movement sequences • Three little pigs: Responding in movement to words and music • The big bad wolf: Exploring contrasting tempos • Little Miss Muffet: Working with a partner exploring character movements | <p style="text-align: center;"><u>Ourselves</u></p> <ul style="list-style-type: none"> • Ourselves: Moving in sequence • Ourselves: Responding in movement to words and music • Ourselves: Moving with props and contrasting tempos • Ourselves: Creating their own movements • Ourselves: Exploring opposites and creating simple movement sequences • Ourselves: Working with a partner exploring character movements |
| Year 1 | <p style="text-align: center;"><u>Growing</u></p> <ul style="list-style-type: none"> • Growing: Responding to rhythm • Developing the growing plant 'dance' • Introduction to motifs • Creating motifs • Creating movement sequences • Relationships and performance | <p style="text-align: center;"><u>Twinkl Seasons</u></p> <ul style="list-style-type: none"> • Show control during travel, jump and spin • Keep to the beat of the music when performing • Work in a group to perform a canon • Combine actions to create a short motif • Mirror the movements of a partner • Shape their bodies appropriately to represent an object and respond to changes in speed | <p style="text-align: center;"><u>Maypole</u></p> <ul style="list-style-type: none"> • Barber's pole & Spiders Web |
| Year 2 | <p style="text-align: center;"><u>Water</u></p> <ul style="list-style-type: none"> • Water: Responding to stimuli • Developing whole group movement • Improvisation and physical descriptions • Creating sequences • Creating contrasting movement sequences • Sequences, relationships and performance | <p style="text-align: center;"><u>Country Dancing</u></p> <ul style="list-style-type: none"> • Clap, stamp and skip in time to country dancing music. • Learn and perform country dancing moves - right hand turn, left hand turn, do si do, swing and thread the needle • Work in larger groups to perform a circle dance • Link moves and create own variations in a small group and perform these in time to the music | <p style="text-align: center;"><u>Maypole</u></p> <ul style="list-style-type: none"> • Spider's web, • Plait • Double plait |

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| Gymnastics | | | |
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| EYFS | <p style="text-align: center;"><u>Moving</u></p> <ul style="list-style-type: none"> • Explore moving and making shapes using different body parts • Explore moving in different directions • Explore big and small ways of moving and making shapes • Moving in pairs • Creating shapes in pairs • Zonal work | <p style="text-align: center;"><u>High, Low, Over, Under</u></p> <ul style="list-style-type: none"> • Introduction to high • Introduction to low • Introduction to the apparatus • High and low on apparatus • High, low, over and under • High, low, over and under extended | |
| Year 1 | <p style="text-align: center;"><u>Body Parts</u></p> <ul style="list-style-type: none"> • Introduction to 'big' body parts • Introduction to 'small' body parts • Combining big and small with wide, narrow and curled • Transition between wide narrow and curled using big and small body parts • Adding (linking) movements together • Creative ways of adding (linking) movements together | <p style="text-align: center;"><u>Wide, Narrow, Curled</u></p> <ul style="list-style-type: none"> • Introduction to 'Wide' • Introduction to 'Narrow' • Introduction to 'Curled' • Exploring the difference between wide, narrow and curled • Transitioning between wide, narrow and curled movements • Linking two movements together | <p style="text-align: center;"><u>Val Sabin – Rocking and Rolling</u></p> <p>Different ways of rolling</p> <ul style="list-style-type: none"> • Can you travel in different ways? • Can you balance in different ways? • Can you climb safely? • Can you curl in different ways? • Can you stretch in different ways? • Can I choose the best movements to show different ideas? • Can you copy sequences & repeat them? • Can I show control and co-ordination when travelling or balancing? |
| Year 2 | <p style="text-align: center;"><u>Pathways</u></p> <ul style="list-style-type: none"> • Exploring zig-zag pathways • Developing zig-zag pathways on apparatus • Exploring curved pathways • Developing curved pathways on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance | <p style="text-align: center;"><u>Linking</u></p> <ul style="list-style-type: none"> • Developing 'Linking' • Linking on apparatus • Jump, roll, balance sequences • Jump, roll, balance on apparatus • Creation of sequences • Completion of sequences and performance | <p style="text-align: center;"><u>Val Sabin – Turning, Spinning & Twisting</u></p> |