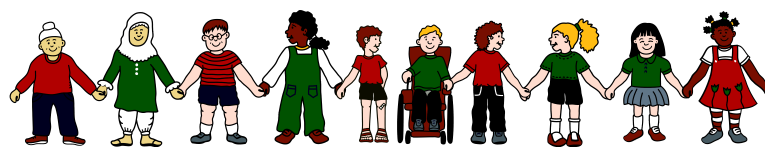


THE  
GILES NURSERY AND  
INFANTS' SCHOOL



# Curriculum Journey

## P.E.

# Nursery

**Subject: Physical Development**

**Autumn Term**

**Topic: Nursery rhymes and celebrations**

**Key Vocabulary:** jump, kick, catch, walk, run, throw

**Child initiated learning (indoor & outdoor free-flow - all areas of EYFS curriculum covered)**

**Daily routines and activities (Autumn main focus C & L and PSED but all areas of EYFS curriculum covered)**

Morning greeting & getting ready for class

Stop, look & listen

Practise segmenting and blending daily vocabulary.

Singing x 3

Story & rhyme time x 2

Handwashing and toilet time

Snack time

Counting activities, shape songs and activities

Adult led activity/Circle Time

Group discussion and sharing news

Preparing for home time

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
<i>Introduce outside area. Set up obstacle course. Introduce cutting and other fine motor skills.</i>	Matching developing skills to tasks and activities in the setting..	Know how to use some of the equipment.
<i>Continue to use obstacle set up and practising some cutting of lines and curves.</i>	Matching developing skills to tasks and activities in the setting	Knowing how to safely use equipment and fine motor tools such as tweezers, scissors.
<i>Brain Gym. Using scarves and ribbons to fly like the ladybirds.</i>	Able to remember sequences and patterns of movements related to music and rhythm.	Know how to make large circular movements with the scarves.
<i>Using small equipment such as balls ,beanbags and hoops.</i>	Able to successfully grip some of the items introduced.	Knowing how to throw a ball or beanbag using the under arm technique.

Using bricks to build walls.		
Continue with ball games. Practise rolling, throwing and catching. Circle games in the garden.	Able to develop and co-ordinate their grip of larger items.	Knowing how to sometimes catch, roll and throw a ball.
Cutting and weaving large weaving frames. Ring games. Cutting some patterns.	Use one-handed tools and equipment such as snips in paper with scissors.	Knowing how to pick up scissors using a comfortable grip.
Yoga and mindfulness activities.	Develop movement and balance.	Knows how to stand on one leg.
Patterns in the garden using bell and streamer sticks. Make firework patterns and jumping rockets.	Able to use large muscle movements to wave flags and streamers.	Knowing how to make large circles with a streamer.
Making a large spider web. Circle game: Who can catch the fly? Making rangoli patterns outside with chalk.	Choose the right resources to carry out their own plan.	Knowing how to work together as a team.
Moving around the garden in a variety of different ways. Make sandwiches for Teddy's Birthday party.	Able to find a comfortable grip to spread honey onto the bread.	Knowing how show good control of a one handed tool.

<i>Santa's Sleigh and reindeers. Use small and large equipment outside.</i>	Start taking part in group activities which they make up themselves.	Knowing the importance of collaborative work.
<i>Party dances and games.</i>	Able to use and remember sequences and patterns of movements related to music and rhythm.	Knowing how to move to beats and rhythm.

# Nursery

**Subject: Physical Development**

**Spring Term**

**Topic: Jungle animals and growing**

**Key Vocabulary: jump, kick, catch, walk, run, throw, climb, under, over**

**Child initiated learning (indoor & outdoor free-flow - all areas of EYFS curriculum covered)**

**Daily routines and activities (Autumn main focus C & L and PSED but all areas of EYFS curriculum covered)**

Morning greeting & getting ready for class

Stop, look & listen

Practise segmenting and blending daily vocabulary.

Singing x 3

Story & rhyme time x 2

Handwashing and toilet time

Snack time

Counting activities, shape songs and activities

Adult led activity/Circle Time

Group discussion and sharing news

Preparing for home time

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Large and small outdoor equipment. Winter walk.	Continue to develop movement, balancing, riding scooters and bikes and ball skills.	Knowing how to balance and hold a pose for a minute.
Large and small equipment. Animal moves.	Use large muscle movements to negotiate space.	Aware of space around them.
Dancing to African music.	Making movements related to rhythm and music.	Knowing how to move their bodies to a musical beat.
Dancing to dragon movements/Chinese music.	Moving together to make a dragon.	Knowing how to move their bodies to a musical beat

Animal hunt with large and small equipment.	Go up steps and stairs. Climb apparatus using alternate feet.	Knowing how to climb steps safely.
Large and small equipment. Parachute games.	Collaborate with others to manage large items.	Knowing how to work together successfully.
Ring games Cutting shapes	Using a comfortable grip and show good control when picking up a smaller item.	Knows how to use their dominant hand when picking up a one-handed tool.
Observing the effects of activity on their bodies.	Able to run fast and check heart rate.	Knows that physical activities change the heart beat and make us warmer.
Play dough frogs. Go for a walk and look for signs of spring.	Able to go up steps and stairs.	Knowing how to alternate feet in order to climb over an apparatus. ( ie, wooden stye)
Yoga activity. Story of a seed to flower through body movements and lots of stretching.	Co-ordinate body movements.	Knows how to negotiate space around them.

Coats and zippers.

Able to become more independent when getting dressed.

.Knowing how to do up a zip.

# Nursery

**Subject: Physical development**

**Summer Term**

**Topic: Sand and water**

**Key Vocabulary:** jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Child initiated learning (indoor & outdoor free-flow - all areas of EYFS curriculum covered)**

**Daily routines and activities (Autumn main focus C & L and PSED but all areas of EYFS curriculum covered)**

Morning greeting & getting ready for class

Stop, look & listen

Practise segmenting and blending daily vocabulary.

Singing x 3

Story & rhyme time x 2

Handwashing and toilet time

Snack time

Counting activities, shape songs and activities

Adult led activity/Circle Time

Group discussion and sharing news

Preparing for home time

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
<i>Jumping frogs.</i>	Hop, skip and jump	Balance on one leg.
<i>Ball games</i>	Able to catch and throw a large ball.	Knows how to take part in team games.
<i>Yoga to the Rainbow fish.</i>	Use body movements in response to music.	Knows how to negotiate space.
<i>Make a bridge.</i>	Collaborate with others to move large equipment.	Knowing how to plan and work as a team.

Maths week. Jump, hop and move to a larger number line.	Able to balance on one leg.	Knowing how to hold a pose for a few seconds.
Crab walk race.	Able to crawl, walk and run.	Knowing how to successfully negotiate their space on an obstacle course.
Move like sea creatures Cutting fish shapes	Able to make larger and smaller body movements. Use a comfortable grip with a pencil.	Knows how to pick up a one-handed tool with their dominant hand.
Throwing and catching hoops and beanbags.	Able to throw and catch some items successfully.	Know how to work together in a group activity.
Pirate yoga.	Able to make small and large body movements.	Awareness of space around them.

Jumping the waves	Able to skip, hop and jump	Balance on one leg.
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Walking the plank.	Working collaboratively to move planks of wood.	Knowing how to balance and walk across the plank successfully.
<i>Sand and water activities</i>	Can successfully use a comfortable grip with good control.	Knowing how to choose the correct tools for pouring, scooping and sifting.
<i>Hand writing patterns</i>	Able to use comfortable pencil grip and control.	Knowing how to use dominant hand when holding a pencil.

# Reception

**Subject: Physical Development: An introduction to PE**

**Topic: Imaginative story telling linked to the Three Little Pigs**

**Term: Autumn 1**

## Key Vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Exercises with the sports apprentice.	Carrying out the different physical activities.	Exercises to keep healthy. The effect of exercise on your body.
Move safely and sensibly in a space with consideration of others.	Change direction to avoid others. Look for a space away from others.	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.
Develop moving safely and stopping with control.	Stop in a balanced position on your feet. Take small steps to help stop.	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.
Use equipment safely and responsibly.	Listen to the instructions carefully. Use a range of equipment safely.	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.
Use different travelling actions whilst following a path.	Follow a path across the room. Travel using different parts of the parts of the body.	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.
Work with others co-operatively and play as a group.	Listen to the instructions carefully. Work together to complete a task.	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.
Follow, copy and lead a partner.	Move at a steady speed so that your partner can stay with you. Watch where your partner is going.	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.

# Reception

**Subject: Physical Development: Fundamentals**

**Topic: Imaginative story telling linked to the Three Little Pigs**

**Term: Autumn 1**

## Key Vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

Activity	Skills	Knowledge
Exercises with the sports apprentice.	Carrying out the different physical activities.	Exercises to keep healthy. The effect of exercise on your body.
Developing balancing whilst stationary and on the move.	Squeeze muscles to make them tense. Hold arms out wide to help. Look straight ahead. Balance on the whole foot.	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.
Develop running and stopping.	Bend knees to help stop. Take big steps to run and small steps to stop.	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.
Develop change direction.	Bend knees and push off in opposite direction. Turn body to face a new direction. Use small steps to help change direction.	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.
Develop jumping and landing.	Bend knees to jump and land. Look straight ahead and keep chest up.	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.
Develop hopping and landing with control.	Bend knees to help landing to help balance. Keep head up. Squeeze muscles to balance.	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.
Explore different ways to travel.	Crawl using hands and feet. March with high knees. Use the pattern step, jump, step to gallop.	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.

# Reception

**Subject: Physical Development: Introduction to PE**

**Topic: Wolves and environments**

**Term: Autumn 2**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Move around safely in space.	Stop and change direction to avoid others in a small game situation. Move into an empty space away from others in a small game.	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.
Follow instructions and stop safely.	Keep a safe distance from a partner in front. Look for a space when travelling around Use small steps and bend knees to help stop safely.	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.
Stop safely and develop control when using equipment.	Keep the ball close to them. Use soft touches to keep control.	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.
Follow instructions and play safely as a group.	Look in the direction of travel. Take turns in small teams.	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.
Follow a path and take turns.	Stay safe by looking over your shoulder to avoid others when travelling backwards. Listen carefully to the rules to ensure playing fairly.	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.
Work co-operatively with a partner.	Use finger tips to roll a ball. Check that your partner is ready. Communicate with your partner.	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.

# Reception

**Subject: Physical Development: Fundamentals**

**Topic: Wolves and environments**

**Term: Autumn 2**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

## Reception vocabulary

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Develop balancing.	Squeeze muscles to help balance. Use wide arms to help balance.	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.
Develop running and stopping.	Bend knees to help stop. Keep chest up.	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.
Develop changing direction.	Bend knees and push off in opposite direction. Turn body to face a new direction. Use small steps to help change direction.	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.
Develop jumping and landing.	Bend knees to jump and land. Look straight ahead and keep chest up.	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.
Develop hopping	Bend knees when landing. Keep chest up to stop falling forwards.	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.
Explore different ways to travel using equipment.	Crawl using hands and feet. March with high knees.	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.

# Reception

**Subject: Physical Development: Gymnastics**

**Topic: Food technology and science investigations linked to The Gingerbread Man**

**Term: Spring 1**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**travel, forwards, backwards, sideways, shape**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Copy and create shapes with your body.	Sit up tall in a tuck shape. Squeeze muscles to help keep shape. Straighten arms and legs when holding straight and star shapes.	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.
Create shapes whilst on apparatus.	Squeeze muscles to help keep shape. Straighten arms and legs when holding straight and star shapes. Bend knees when landing.	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>Develop balancing and taking weight on different body parts.</p>	<p>Squeeze muscles to help balance.          Concentrate and look at something when balancing.          Explore travelling actions that could include sliding, jumping, or spinning.</p>	<p>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>Develop jumping and landing safely.</p>	<p>Bend knees when landing and land on toes first.          Keep head and chest up when jumping.          Jump your arms and legs out wide together.          Arms in line with your shoulders.</p>	<p>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>Develop rocking and rolling.</p>	<p>Stay in shape during the roll.          Hold a balance.</p>	<p>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>Copy and create short sequences linking actions together.</p>	<p>Travel over, around and along apparatus.          Use rolls, jumps, balances and shapes to create a sequence.</p>	<p>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>

# Reception

**Subject: Physical Development: Ball Skills**

**Topic: Food technology and science investigations linked to The Gingerbread Man**

**Term: Spring 1**

## **Key vocabulary**

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**Stop, bounce**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Develop rolling a ball to a target.	Bend down low and step forwards when rolling a ball. Point hands towards the target.	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.
Develop stopping a rolling ball.	Keep eyes on the ball. Move your feet to the ball. Use wide fingers to grip the ball.	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.
Develop accuracy when throwing to a target.	Keep eyes on a target. Let go with fingertips pointing towards the target.	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.
Develop bouncing and catching a ball.	Use two hands to catch a ball and pull it into the chest. Move feet to the ball. Push the ball towards the floor.	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.
Develop dribbling a ball with your feet.	Keep the ball close to your feet. Use soft, small touches with your feet.	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.
Develop kicking a ball.	Put the standing foot next to the ball. Use the inside of your foot to kick the ball.	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.

# Reception

**Subject: Physical Development: Gymnastics**

**Topic: Safe Journeys linked to The Gingerbread Man**

**Term: Spring 2**

## **Key vocabulary**

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**travel, forwards, backwards, sideways, shape**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Create short sequences using balances, shapes and travelling actions.	Hold shapes and balances for 5 seconds. Squeeze muscles to help keep shape and balance.	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.
Develop balancing using apparatus safely.	Squeeze muscles to help keep balance. Travel carefully and slowly.	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>Develop balancing and taking weight on different body parts.</p>	<p>Squeeze muscles to help balance. Concentrate and look at something when balancing. Explore travelling actions that could include sliding, jumping, or spinning.</p>	<p>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>Develop jumping and landing safely from a height.</p>	<p>Bend your knees when landing. Keep chest up tall so don't fall forwards.</p>	<p>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>Develop rocking and rolling.</p>	<p>Keep legs and feet together on the straight roll. Stay curled up in the barrel roll.</p>	<p>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>Explore travelling around, over and through apparatus.</p>	<p>Hold shapes and balances for 5 seconds. Travel using different parts of body.</p>	<p>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>

# Reception

**Subject: Physical Development: games**

**Topic: Life cycles linked to The Little Red Hen**

**Term: Spring 2**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**Forwards, space, stop, backwards, tag, team**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start,**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Work safely and develop running and stopping.	Take small steps to help stop. Travel in own safe space.	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.
Develop throwing and learn how to keep score.	Release equipment with hand pointing towards target. Work together with a partner to keep score.	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.
Be able to play games showing an understanding of the different roles within it.	Change direction to avoid others. Listen carefully to the rules of each game.	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.
Follow instructions and move safely when playing tagging games.	Move at a steady pace. Understand the rules of the game. Look and move into a space safely.	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.
Work co-operatively and learn to take turns.	Move in time with a partner. Work co – operatively with a partner and small group.	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.
Work with others to play team games.	Work co – operatively with a partner and small group. Move at a steady pace. Understand the rules of the game.	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.

# Reception

**Subject: Physical Development: Ball Skills**

**Topic: Safe Journeys linked to The Gingerbread Man**

**Term: Summer 1**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**Stop, bounce**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Develop rolling and tracking a ball.	Bend down low and step forwards when rolling a ball. Point hands towards the target. Move feet to get in line with the ball when receiving it.	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.
Develop accuracy when throwing to a target.	Keep eyes on the target. Use one hand to throw. Step forward with your opposite foot to throwing hand.	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.
Develop dribbling with hands.	Push the ball as it starts to move down towards the floor. Use soft hands to push the ball.	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.
Develop throwing and catching with a partner.	Use two hands to catch a ball and pull it into the chest. Check that partner is looking before passing.	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.
Develop dribbling a ball with your feet.	Keep the ball close to your feet. Use soft, small touches with your feet.	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.
Develop kicking a ball to a target.	Put the standing foot next to the ball. Use the inside of your foot to kick the ball. Stop the ball by placing foot on top of ball. Focus on ball as it comes towards you.	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.

# Reception

**Subject: Physical Development: dance**

**Topic: Life cycles linked to The Little Red Hen**

**Term: Summer 1**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**Move, dance**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Use counts of 8 to know when to change action.	Count to 8 to help you stay in time. Stretch whole body out wide	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.
Explore different body parts and how they move.	Move body in a range of ways. Use soft, bent knees to take off and land.	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.
Explore different body parts and how they move and remember and repeat actions.	Explore how your body moves, copy basic body actions and rhythms.	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.
Express and communicate ideas through movement exploring directions and levels.	Use high, medium and low levels in a dance.	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.
Copy and repeat actions showing confidence and imagination.	Move in time to a beat. Use big, clear movements to tell a story.	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.
Move with control and coordination, linking, copying and repeating actions.	Explore how your body moves, copy basic body actions and rhythms.	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.
Sports Day practice	To be able to run a race. To be able to balance the egg on the spoon and move. To be able to remain calm at the end of a race. To be able to manipulate the hoops to be able to move through them at speed.	To understand that not everyone can win and that is okay. To understand how a race works. To understand how to balance an egg on a spoon and move carefully. To understand how the hoop race works.

# Reception

**Subject: Physical Development: games**

**Topic: Growing linked to The Little Red Hen**

**Term: Summer 2**

## Key vocabulary

**Revisit nursery vocabulary:**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Reception vocabulary**

**Forwards, space, stop, backwards, tag, team**

**Ongoing Reception keywords:**

**GMS: over, under, through, along, direction, stretch, reach, space, stop, start,**

**FMS: cut, write, hold, 'Pick and Flick'**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Aim when throwing and practice keeping score.	Release equipment with hand pointing towards target. Work together with a partner to keep score.	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.
Follow instructions and move safely when playing tag games.	Look for space away from taggers. Stop and change direction to avoid bumping into others.	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.
Learn to play against a partner.	Listen carefully to instructions. Show sportsmanship values.	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.
Develop coordination and play by the rules.	Listen carefully to the instructions on how to play the game. Use opposite leg to arm when running.	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.
Explore striking a ball and keeping score.	Hit the ball in the middle of the racket. Point the racket where you want the ball to go.	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.
Work cooperatively as a team.	Work co – operatively with a partner and small group. Move at a steady pace. Understand the rules of the game.	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.

# Year 1

**Subject: PE - Yoga**

**Topic: Ourselves and Our Senses; The Natural World - Animals**

**Term: Autumn**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Key vocabulary**

**Year 1 vocabulary**

**breath, balance, strength, pose**

**Activity**

**Skills**

**Knowledge**

Explore yoga and mindfulness.	Learn a range of yoga poses Link poses to a story Link movement and breathing	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.
Copy and remember poses.	Copy and remember a range of poses Extend the time a pose is held through balance	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.
Develop flexibility when holding poses.	Know what flexibility means Stretch muscles through a range of poses	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.
Develop balance whilst holding poses.	Link balances with yoga poses Hold a balance	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.
Create yoga poses using a hoop.	Hold a range of poses using a hoop (equipment)	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.
Create a yoga flow with a partner.	Choose poses to create a sequence (flow)	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.

# Year 1

**Subject: PE - Fundamentals**

**Topic: Ourselves and Our Senses; The Natural World**

**Term: Autumn**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

## Year 1 vocabulary

**Balance, direction, land, safely**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Explore balance, stability and landing safely.	Demonstrate control in take-off and landing when jumping.	Master basic movements including running, jumping, throwing and catching, as well as developing balance,

	Swing arms when jumping to create more height.	agility and co-ordination, and begin to apply these in a range of activities.
Explore how the body moves differently when running at different speeds.	Keep a steady breath. Move arms faster to help move quickly. Run on the balls of your feet.	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.
Explore changing direction and dodging.	Move feet to change direction. Push off in a new direction to stay balanced.	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.
Explore jumping, hopping, and skipping actions.	Land on the balls of your feet to stay balanced. Move from one foot to another with soft, bent knees. Swing your arms to move forwards.	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.
Explore co-ordination and combining jumps.	Keep in time with a partner. Keep body upright.	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.
Explore combination jumping and skipping in an individual rope.	Keep shoulders back and swing skipping rope overhead. Jump or step over rope, keeping wrists low.	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.

# Year 1

**Subject: PE – Fitness**

**Topic: Ourselves and Our Senses; The Natural World**

**Term: Autumn**

## Key vocabulary

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce  
backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Year 1 vocabulary**

Healthy, exercise, strong

**Activity**

**Skills**

**Knowledge**

Develop knowledge about how exercise can make you feel.	Think carefully about how exercise makes you feel.	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
Develop knowledge about how exercise can make you strong and healthy.	Notice how your heartbeat changes during exercise. Show perseverance during activities.	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
Develop knowledge about how exercise relates to breathing.	Notice how exercise changes your breathing. Move into a space quickly.	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
Develop my understanding of how exercise helps my brain.	Communicate clearly with your partner. Consider activities/ skills which can be improved with exercise.	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
Develop my understanding of how exercise helps my muscles.	Think about how your muscles feel after exercise.	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
Begin to understand the importance of daily exercise.	Try your best in the challenges you are set. Share your ideas and listen to your team mates.	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

# **Year 1**

**Subject: PE – Team building**

**Topic: Ourselves and Our Senses; The Natural World**

**Term: Autumn**

## **Key vocabulary**

### **Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

### **Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

## **Year 1 vocabulary**

**Teamwork, talk**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Co-operate and communicate with a partner to solve challenges.	Listen to each other and share ideas. Communicate with a partner.	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
Explore and develop teamwork skills. Develop communication skills.	Communicate with others. Listen carefully to instructions.	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.
Use communication skills to lead a partner.	Listen to a partners instructions. Use clear, short instructions.	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
Plan with a partner and small group to solve problems.	Include everyone in your group. Listen to the instructions that your leader is giving. Use short instructions to help a partner and group.	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
Communicate with a group to solve challenges.	Listen to each other's ideas. Work together to make decisions.	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

# Year 1

**Subject: PE – Target Games**

**Topic: Houses and Homes / People Who Help Us**

**Term: Spring**

**Key vocabulary**

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Year 1 vocabulary**

aim, target, distance

**Activity**

**Skills**

**Knowledge**

<p>To develop underarm throwing towards a target.</p>	<p>Opposite hand to point at target. Stand with legs spilt, opposite leg to throwing arm forward.</p>	<p>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>
<p>To develop throwing for accuracy.</p>	<p>Time the release of the throw when arm is in line with the shoulder. Opposite hand to point at target. Stand with legs spilt, opposite leg to throwing arm forward.</p>	<p>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>
<p>To develop underarm and overarm throwing for accuracy.</p>	<p>Face body and target arm towards the target (underarm.) Face body side on (overarm.)</p>	<p>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>
<p>To develop throwing for accuracy and distance using underarm and overarm.</p>	<p>Face body and target arm towards the target (underarm.) Face body side on (overarm.) Opposite hand to point at target. Stand with legs spilt, opposite leg to throwing arm forward.</p>	<p>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>
<p>To select the correct technique for the situation.</p>	<p>Face body and target arm towards the target (underarm.) Face body side on (overarm.) Stand with legs spilt, opposite leg to throwing arm forward.</p>	<p>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>

# Year 1

**Subject: PE – Ball Skills**

**Topic: Houses and Homes / People Who Help Us**

**Term: Spring**

**Key vocabulary**

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce  
backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Year 1 vocabulary**

far, aim, control

Activity	Skills	Knowledge
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<p>Develop control and co-ordination when dribbling a ball with your hands.</p>	<p>Use soft touches with hands to keep good control. Use wide fingers to move the ball.</p>	<p>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. Know the language of direction, left, right, forwards, backwards.</p>
<p>Explore accuracy when rolling a ball.</p>	<p>Keep eyes on the target. Keep knees bent and body low. Release the ball when fingertips are pointing towards the target. Stand with your legs split (one in front of the other).</p>	<p>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. Understand the terms space and control.</p>
<p>Explore throwing with accuracy towards a target.</p>	<p>Face body and target arm towards the target. Opposite hand to point at the target, keep eyes on the target. Release the ball when fingertips are pointing towards the target. Stand with your legs split (one in front of the other).</p>	<p>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. Understand the term space. Recognise the need to get low to the ground to roll the ball</p>
<p>Explore catching with two hands.</p>	<p>Keep eyes on the ball. Use a ready position with bent knees, feet shoulder width apart, on your toes. Use wide fingers with little fingers apart (hands – down position).</p>	<p>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. Know the language of direction, left, right, forwards, backwards. Understand the terms space and control</p>
<p>Explore control and co-ordination when dribbling a ball with your feet.</p>	<p>Keep the ball close to you. Keep head up. Use both feet to move the ball. Use different parts of your foot (sole, toe, heel, inside, outside) when dribbling a ball.</p>	<p>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. Understand the need to use equipment with control to ensure safety, working with a partner</p>

<p>Explore tracking a ball that is coming towards me.</p>	<p>Adjust body, so that it is line with the ball. Communicate with a partner.</p>	<p>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. Understand the need to use equipment with control to ensure safety, working with a partner</p>
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# Year 1

**Subject: PE – Invasion games**

**Topic: Houses and Homes / People Who Help Us**

**Term: Spring**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce

backwards, sideways, shape, tag, team, move, dance

FMS: cut, write, hold, 'Pick and Flick'

## Year 1 vocabulary

defence, attack, score

**Activity**

**Skills**

**Knowledge**

Develop dribbling towards a goal. Understand what being 'in possession' means	Keep the ball close to your feet using soft touches. Push the ball slightly ahead of you when dribbling at speed.	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
Develop passing to a teammate with your feet. Understand who to pass to and why when playing against a defender.	Look where your teammates are before sending the ball. Pass away from the defender so that they cannot gain possession. Use the inside of foot to pass.	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
Develop dribbling a ball with hands Move towards a goal with the ball.	Keep the ball close to keep control of it. Keep head up to see the defender. Move away from the defender and into space.	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
Develop throwing to a teammate. Support a teammate when in possession.	Move away from the defender and into space. Point hands in the direction of the pass.	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
Move into space showing an awareness of defenders.	Call to teammates when you are free. Look at for the defenders and move into space towards the goal.	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
Be able to stay with a player when defending.	Stay close to the attacker using quick changes of direction.	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

# Year 1

**Subject: PE - Gymnastics**

**Topic: Houses and Homes / People Who Help Us**

**Term: Spring**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce

backwards, sideways, shape, tag, team, move, dance

FMS: cut, write, hold, 'Pick and Flick'

## Year 1 vocabulary

Straight roll, barrel roll, tuck, pike, straddle, forward roll, balance

**Activity**

**Skills**

**Knowledge**

Explore travelling movements using the space around you.	Use different parts of the body to travel on. Use high and low levels to travel.	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
Develop quality when performing gymnastic shapes.	Stay still and strong in shape. Point fingers and extend toes. Squeeze muscles when holding the shape.	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
Develop stability and control when performing balances.	Hold a balance for 3 seconds. Squeeze muscles to help hold the balance. Explore balancing on different body parts and heights. Move with quality and control.	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
Develop technique and control when performing shape jumps.	Change travelling actions between jumps. Bend knees when landing	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
Develop technique in the barrel, straight and forward roll.	Keep in the same shape throughout the roll. <b>Barrel roll</b> Keep in a tucked position throughout the roll. <b>Straight roll</b> Roll onto your stomach into an arch shape, so that there is a slight bend in your back with arms and legs still straight.	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
Link gymnastic actions to create a sequence.	Use a starting and finishing position. Use rolls, jumps, balances and travelling movements in your sequence.	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

# Year 1

**Subject: PE – Net and Wall**

**Topic: Growing and Lifecycles / At the Seaside**

**Term: Summer**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce

backwards, sideways, shape, tag, team, move, dance

FMS: cut, write, hold, 'Pick and Flick'

### Year 1 vocabulary

target, hitting, defending

### Activity

To defend space, using the ready position.

### Skills

Feet hip width apart and knees bent.  
Move feet in line with the ball as it comes towards you.  
Think about where to throw the ball and how to make it more challenging for a partner.

### Knowledge

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

To play against an opponent and keep the score.	Underarm throw the ball with one hand. Keep score for each point that is scored. Think about where a partner is standing before throwing the ball.	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
To develop control when handling a racket.	Hold the racket towards the bottom of the handle. Keep the ball in the centre of the racket face.	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
To develop racket and ball skills.	Keep the ball in the centre of the racket. Watch the ball as it bounces back up. Use small movements to hit the racket.	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
To develop sending a ball using a racket.	Move feet to the ball. Stand sideways on and push the ball back using the centre of the racket. Point the racket at a partner after you have pushed the ball.	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
To develop hitting over a net.	Finish racket face pointing at where you want the ball to go. Look at where the other team are standing and throw or hit the ball away from them.	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

# Year 1

**Subject: PE – Dance**

**Topic: Growing and Lifecycles / At the Seaside**

**Term: Summer**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce

backwards, sideways, shape, tag, team, move, dance

FMS: cut, write, hold, 'Pick and Flick'

### Year 1 vocabulary

Swaying, floating, pose, slow

## Activity

Explore travelling actions and use counts of 8 to move in time with the music.

## Skills

Move into a space and move to the beat.  
Use space and change direction.  
Use interesting shapes and different levels.

## Knowledge

Perform dances using simple movement patterns.

Remember and repeat actions and respond imaginatively to a stimulus.	Change direction and speed to add interest to the dance. Use clear actions to help tell the story.	Perform dances using simple movement patterns.
Copy, remember and repeat actions that represent the theme.	Move confidently and use expression. Use clear actions.	Perform dances using simple movement patterns.
Copy, repeat, create and perform actions that represent the theme.	Draw the shape of the pathway as you travel. Change levels to add interest to the dance.	Perform dances using simple movement patterns.
Use expression and create actions that relate to the story.	Use counts of 8 to help stay in time with the music and each other. Use expression to help show a character.	Perform dances using simple movement patterns.
Use a pathway when travelling.	Discuss and share ideas with a partner to create actions. Use change of level, speed and direction to add interest to the dance.	Perform dances using simple movement patterns.
Copy, repeat and choose actions that represent the theme.	Change your facial expression to represent the theme. Use big arm circles as they jump. Use controlled actions and landings.	Perform dances using simple movement patterns.
Show changes in expression, level and shape.	Use controlled movements and clear changes of levels when jumping.	Perform dances using simple movement patterns.

# Year 1

**Subject: PE – Striking and fielding**

**Topic: Growing and Lifecycles / At the Seaside**

**Term: Summer**

## Key vocabulary

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Year 1 vocabulary**

target, batter, bowler, hit, score

## Activity

Develop underarm throwing and catching and put this into small sided games.

## Skills

Point hand where you want the ball to go.  
Step forward with opposite foot to throwing arm.  
Use two hands to collect the ball.  
Watch the ball when it is coming towards you.

## Knowledge

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

Develop overarm throwing.	Step forwards with the opposite foot to throwing arm. Have throwing elbow in line with shoulder. Point hand towards a target. When 'batting,' use an overarm throw to throw the ball as far as possible and away from the fielders.	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
Develop striking a ball with my hand and equipment.	Strike the ball using the centre of the racket. Watch the ball as it is coming towards you.	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
Retrieve a ball when fielding.	Get in front of the ball. Use two hands to collect the ball. Stand in a balanced position. Watch the ball as you catch it.	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
Understand how to get a batter out.	When batting, bat away from the fielders. When fielding, retrieve the ball and send it to the bowler.	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
Develop decision making and understand how to score points.	Make decisions about when to run by looking at the ball and fielders. Run around the outside of the bases after you hit the ball.	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

# Year 1

**Subject: PE – Athletics**

**Topic: Growing and Lifecycles / At the Seaside**

**Term: Summer**

## Key vocabulary

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Year 1 vocabulary**

fast, slow aim

## Activity

Learn to move at different speeds for varying distances.

## Skills

Run using opposite leg forward to arm.  
Take bigger strides when running faster.  
Use a slower pace for longer distances.

## Knowledge

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

Develop a foundation for balance and stability.	Jump and land with soft knees. Keep your chest up whilst moving. Move slowly to help maintain a balance.	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
Develop agility and co-ordination.	Bend low and push off quickly to change direction. Keep chest up whilst moving. Keep feet shoulder width apart when changing direction.	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
Explore hopping, jumping and leaping for distance.	Bend low and push off quickly to change direction. Bend knees and land with control. Look forwards as you jump. Swing arms forward when jumping.	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
Develop throwing for distance.	Step forwards with opposite foot to throwing arm. Throw with a balanced stance. Use an underarm throw for a short distance and an overarm throw for a further distance.	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
Develop throwing for accuracy.	Increase the swing of your arm to throw an object further. Point hand at a target after you throw. Step forward with opposite foot to throwing arm. Throw with more force to hit targets further away.	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

# Year 2

**Subject: Team building**

**Topic: Life in the UK: Then and now**

**Term: Autumn**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

### Revisit Year 1 vocabulary:

**Teamwork, talk**

## Year 2 vocabulary

**map, direction, communicate**

### Activity

Follow instructions and work with others.

### Skills

Listen or read instructions carefully, think about the information before completing the actions.  
Make a plan before beginning.

### Knowledge

Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities.  
Understand the importance of safety in PE.

		Understand the importance of warming up and staying hydrated during PE.
Co-operate and communicate in a small group to solve challenges.	Decide with others on a plan to help you to complete a challenge. Use clear instructions.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Create a plan with a group to solve the challenges.	Discuss all of ideas, saying why they might help to solve the challenge. Reflect on what your team did well and how you can improve.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Communicate effectively and develop trust.	Use clear, short instructions when guiding your partner.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Work as a group to solve problems.	Focus on what your team is doing and your plan. Use positive language when communicating with teammates.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

<p>Work with a group to copy and create a basic map.</p>	<p>Listen to and share ideas. Include all members of the team.</p>	<p>Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
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## Year 2

**Subject: PE - Fundamentals**

**Topic: Life in the UK: Then and now**

**Term: Autumn**

### Key vocabulary

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce  
backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

<p><b>Revisit Year 1 vocabulary</b>  <b>Balance, direction, land, safely</b></p>		
<p><b>Year 2 vocabulary</b></p> <p><b>Jog, sprint, dodge, speed, left, right</b></p>		
<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Develop balance, stability, and landing safely.	Hold arms out and focus on something still to help balance. Look ahead and land with bent knees.	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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Explore how the body feels differently when running at different speeds.	Run on the balls of your feet. Use arms to help move forwards.	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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Develop changing directions and dodging.	Push off strongly in a new direction. Turn body to face a new direction.	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. Understand how to use apparatus during PE safely.

		<p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop and explore jumping, hopping and skipping actions.</p>	<p>Bend knees when jumping and landing.</p> <p>Keep looking forward to stay balanced.</p> <p>Swing arms and push hips forward.</p>	<p>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> <p>Understand how to use apparatus during PE safely.</p> <p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop co-ordination and combining jumps</p>	<p>Keep body upright.</p> <p>Land on the balls of your feet to help spring back up.</p>	<p>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> <p>Understand how to use apparatus during PE safely.</p> <p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop combination jumping and skipping in an individual rope.</p>	<p>Practise small spring jumps on the balls of feet.</p> <p>Turn the rope from the wrists.</p> <p>Keep hands wide to create a gap to step through.</p>	<p>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> <p>Understand how to use apparatus during PE safely.</p> <p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p> <p>Know how to devise their own rules and game.</p>

# Year 2

**Subject: Fitness**

**Topic: Life in the UK: Then and now**

**Term: Autumn**

## Key vocabulary

### Revisit Nursery vocabulary

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

### Revisit Reception vocabulary

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

### Revisit Year 1 vocabulary:

Healthy, exercise, strong

## Year 2 vocabulary

### Speed, sprint, steady

Activity	Skills	Knowledge
To learn how to run for a long time.	Take bigger steps when sprinting. Run at a speed that can be maintained.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE.

		Understand the importance of warming up and staying hydrated during PE.
To develop jumping in a long rope using timing.	Watch the rope coming as it comes over head and jump just before it gets to you.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
To develop co-ordination in individual skipping.	Jump, bend, jump, bend rhythm. Turn first then jump.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
To develop stamina and change of direction.	Bend down low and push off quickly when changing direction. Use small steps so that you can change direction quickly.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
To explore exercises to develop strength.	Complete the exercises carefully and slowly.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

<p>To develop agility, balance and co-ordination.</p>	<p>Use your arms to help you move quickly. Soft bent knees when landing and squeeze leg muscles to help you balance. Land on the balls of feet.</p>	<p>Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
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## Year 2

**Subject: PE - Dance**

**Topic: Life in the UK: Then and now**

**Term: Autumn**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary:  
Swaying, floating, pose, slow**

**Year 2 vocabulary**

**Perform, movements, rhythm, direction, speed**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
To perform dances using simple movement patterns in the context of 'significant historical events'.  Understand how dance can be used to communicate.	Use movement and gestures to communicate ideas and feelings. Act and react with a partner. Act and react with a group.	Perform dances using simple movement patterns.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE.
To perform dances using simple movement patterns in the context of 'significant historical events'.  Use different dance movements to communicate an idea.	Work with others to tell a story about the past. Remember and repeat simple movement phrases and put them together to make a dance. Move in canon with a group. Refine my movements to add fluency.	Perform dances using simple movement patterns.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE.
To perform dances using simple movement patterns in the context of 'significant historical events'.  Dance in different formations to communicate different ideas.	Work with others to tell different parts of a story. Move in formation. Move fluently between different formations.	Perform dances using simple movement patterns.  Understand the importance of safety in PE.

		Understand the importance of warming up and staying hydrated during PE.
To perform dances using simple movement patterns in the context of 'significant historical events'.  Communicate feelings through dance.	Work in a group to express the feelings of a group. Use expression, gesture and movement to express anger, and pleasure. Change my movements to show contrasting emotions. Listen to ideas and improve my movements.	Perform dances using simple movement patterns.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE
To perform dances using simple movement patterns in the context of 'significant historical events'.  Refine and improve my movements.	Repeat and practise my movements to improve them. Add fluency to my movements. Listen to and use ideas to improve my movements.	Perform dances using simple movement patterns.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE.
To perform dances using simple movement patterns in the context of 'significant historical events'.  Change the rhythm of my movement to communicate different ideas.	Move to a steady rhythm. Use different parts of my body to make a rhythm. Speed up and slow down and maintain the rhythm.	Perform dances using simple movement patterns.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE.

# Year 2

**Subject: PE – Gymnastics**

**Topic: A Land Far, Far Away - Antarctica and Native Americans**

**Term: Spring**

**Key vocabulary**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary**

**Straight roll, barrel roll, tuck, pike, straddle, forward roll, balance**

**Year 2 vocabulary**

**Straight, back support, star, body tension, sequence**

**Activity**

**Skills**

**Knowledge**

Perform gymnastic shapes and link them together.	Hold a shape for 5 seconds Link gymnastic shapes together.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Use shapes to create balances.	Hold a balance for 5 seconds Squeeze muscles so they feel hard.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Link travelling actions and balances using apparatus.	Change levels within a sequence. Use different body parts to travel on.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Demonstrate different shapes, take off and landings when performing jumps.	Keep head and chest up. Bend knees when jumping and landing. Use shape jumps to make a sequence interesting.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Develop rolling and sequence building.	Keep your shape throughout the roll. Transition smoothly from one action to another.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

Develop sequence work on apparatus.	Use a starting and finishing position. Use rolls, jumps, balances, travelling movements and shapes to create a sequence.	Master basic movements including balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
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## Year 2

**Subject: PE – Games: Ball skills**

**Topic: A Land Far, Far Away - Antarctica and Native Americans**

**Term: Spring**

### Key vocabulary

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce  
backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary:**

**far, aim, control**

**Year 2 vocabulary**

**target, overarm, underarm, dribbling**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
To be able to roll a ball to hit a target.	Bend down low and place opposite foot to rolling arm forward. Let go of the ball when arm is pointing at the target.	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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Develop co-ordination and be able to stop a rolling ball.	Keep eyes on the ball. Move feet to receive the ball.	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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

<p>Develop technique and control when dribbling a ball with your feet.</p>	<p>Keep the ball close to your feet using soft touches. Use different parts of the foot to control the ball. Use soft touches with the feet to keep good control.</p>	<p>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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop control and technique when kicking a ball.</p>	<p>Direct the inside of the foot at a target. Use the inside of the foot to kick the ball.</p>	<p>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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop co-ordination and technique when throwing and catching.</p>	<p>Let go of the ball when the hand is pointing at the target. Place hands together to catch the ball with two hands. Put the opposite foot forward to throwing arm. Watch the ball as it comes towards you.</p>	<p>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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop control and co-ordination when dribbling a ball with your hands.</p>	<p>Spread fingers wide and push the ball with finger tip.</p>	<p>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. Understand how to use apparatus during PE safely. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE. Know how to devise their own rules and game.</p>

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## **Year 2**

**Subject: PE – Games: Invasion games**

**Topic: A Land Far, Far Away - Antarctica and Native Americans**

**Term: Spring**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary**

**defence, attack, score**

## Year 2 vocabulary

### Chest pass, bounce pass, send, receive, possession

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Understand what being in possession means and support a teammate to do this.	Keep the ball close to body to keep possession. Look up and around to see team mates, space and defenders.	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. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Use a variety of skills to score goals.	Control the ball during shooting action. Travel at speed when performing a shot.	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. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop stopping goals.	Be ready and react quickly when someone is about to shoot. Keep eyes on the ball. Do not be afraid of the ball.	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. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Learn how to gain possession of the ball.	Stand so you can see the attacker and ball. Get close to the attacker to intercept it. Run into space to move away from a defender.	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. Understand how to use apparatus during PE safely.

		Understand the importance of warming up and staying hydrated during PE.
Develop an understanding of marking an opponent.	Stand sideways so can see the attacker and the ball.	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. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE
Learn to apply simple tactics for attacking and defending	Communicate with teammates. Apply skills learned in the game situations.	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. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.

## Year 2

**Subject: PE – Dance**

**Topic: A Land Far, Far Away - Antarctica and Native Americans**

**Term: Spring**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary**

**Swaying, floating, pose, slow**

**Year 2 vocabulary**

**Mirror, pathway, timing**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Repeat, link and choose actions. Create actions and accurately copy other's actions.	Use changes in level or direction when travelling. Use counts of 8 to stay in time with the music.	Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Copy, remember and repeat actions using facial expressions to show different characters.	Use different levels and shapes. Use clear, confident shapes. Try to move at exactly the same time as each other in unison.	Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Perform in unison creating shapes with a partner.	Change your expression to show the different characters. Use clear, exaggerated actions.	Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Be able to mirror a partner and create ideas. Copy, repeat and create actions in response to a stimulus.	Share ideas to create your actions. Squeeze muscles to keep balanced. Use clear pathways when travelling. Use interesting shapes when balancing.	Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

Copy, create and perform actions considering dynamics.	Use different directions and levels in your performance. Use different speeds when performing actions.	Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Create a short dance phrase with a partner showing clear changes of speed.	Choose actions that show clear changes in speed. Show stillness when holding your shape/balance.	Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

## Year 2

**Subject: PE – Striking and fielding**

**Topic: Nature Detectives - Habits and Lifecycles**

**Term: Summer**

**Revisit Nursery vocabulary**

jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll

**Revisit Reception vocabulary**

over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary**  
**target, batter, bowler, hit, score**

**Year 2 vocabulary**  
**Backstop, fielding, send, receive, runs**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Track a rolling ball and collect it.	Move feet to get in line with the ball Move towards the ball as soon as it rolled.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop accuracy in underarm throwing and consistency in catching when fielding a ball.	Bring the ball in to your body. Finish with your hand pointing towards a target. Look at the ball. Meet the ball with hands out ready to catch. Step forward with opposite foot to throwing hand.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop accuracy with overarm throwing to send a ball over a greater distance.	Finish with hand pointing towards the target. Keep elbow high in line with the shoulder.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop striking for distance and accuracy.	Follow through with a piece of equipment or hand/foot to help to get power. Look at where the fielders are standing before deciding where to hit.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely.

		Understand the importance of warming up and staying hydrated during PE.
Develop decision making to get a batter out.	Look at where the batter is before making a decision about where to send the ball. Make sure the person you are throwing to is looking at you.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.

## Year 2

**Subject: PE – Athletics**

**Topic: Nature Detectives - Habits and Lifecycles**

**Term: Summer**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary**  
**fast, slow aim**

**Year 2 vocabulary**  
**Height, take off, landing, sprint**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
Develop the sprinting action	Balance when running by alternating arms and legs. Run on the balls of your feet. Take big strides when running fast.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop jumping for distance.	Bend knees to help push off. Look forward to take off and land. Soft bent knees when landing. Swing your arms up at take off.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop technique when jumping for height.	Drive arms upwards to help jump higher. Jump from a balanced started position.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop throwing for distance.	Place opposite throwing leg to throwing arm forward. Stand sideways on to the direction of the throw. Throw from a balanced starting position.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely.

		Understand the importance of warming up and staying hydrated during PE.
Develop throwing for accuracy.	Keep eyes looking at the target. Point hand at a target after you throw. Throw from a balanced starting position.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.
Develop technique when taking part in an athletics carousel.	Keep soft knees when linking running and jumping movements. Try and keep a consistent rhythm by counting strides.	Master basic movements, developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand how to use apparatus during PE safely. Understand the importance of warming up and staying hydrated during PE.

## Year 2

**Subject: PE - Yoga**

**Topic: Nature Detectives - Habits and Lifecycles**

**Term: Summer**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

<p><b>Revisit Reception vocabulary</b>  <b>over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance</b>  <b>FMS: cut, write, hold, 'Pick and Flick'</b></p>		
<p><b>Revisit Year 1 vocabulary</b>  <b>breath, balance, strength, pose</b></p>		
<p><b>Year 2 vocabulary</b>  <b>coordination, agility, body tension</b></p>		
<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
<p>Develop balance, agility and coordination through yoga by stretching up and bending forward.</p>	<p>Stretch my body up smoothly.  Fold my body forwards in a smooth and comfortable movement.  Move between yoga poses while keeping my balance.  Follow instructions to keep safe through a series of movements.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE.</p>
<p>Increase coordination while on all fours.</p>	<p>Arch my back up smoothly and comfortably.  Dip my back down smoothly and comfortably.  Keep my balance while moving between yoga poses.  Follow instructions to keep safe through a series of movements.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.  Understand the importance of safety in PE.  Understand the importance of warming up and staying hydrated during PE.</p>

Develop agility by correctly coming into and out of the dog pose.	<p>Move smoothly into the dog pose.</p> <p>Move back to all fours smoothly.</p> <p>Keep my balance while moving between yoga poses.</p> <p>Follow instructions to keep safe.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p>
Develop agility by varying the speed of movements and poses.	<p>Move slowly and smoothly.</p> <p>Move smoothly at increased speed.</p> <p>Keep my balance while moving between yoga poses.</p> <p>Follow instructions to keep safe through a series of movements.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p>
Develop balance in standing positions. Develop balance, agility and coordination through yoga, by following my peers.	<p>Stay steady on two feet.</p> <p>Balance on one leg.</p> <p>Follow instructions to keep safe.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Understand the importance of safety in PE.</p> <p>Understand the importance of warming up and staying hydrated during PE.</p>

<p>Develop balance, agility and coordination through yoga, by working with my peers. Develop balance when moving between yoga positions.</p>	<p>Move smoothly between poses. Create a movement pattern. Follow instructions to keep safe.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
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## Year 2

**Subject: PE – Net and Wall games**

**Topic: Nature detectives – habitats and lifecycles.**

**Term: Summer**

**Revisit Nursery vocabulary**

**jump, kick, catch, walk, run, throw, climb, under, over, hop, skip, roll**

**Revisit Reception vocabulary**

**over, under, through, along, direction, stretch, reach, space, stop, start, travel, forwards, bounce backwards, sideways, shape, tag, team, move, dance**

**FMS: cut, write, hold, 'Pick and Flick'**

**Revisit Year 1 vocabulary:  
target, hitting, defending**

**Year 2 vocabulary**

**Receive, return**

<b>Activity</b>	<b>Skills</b>	<b>Knowledge</b>
To use the ready position to defend space on court	Return to the centre of your space each time. Use the ready position to defend a space.	Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Develop returning a ball with hands	Move quickly from the ready position to meet the ball. Watch the ball carefully as it comes towards you.	Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.
Play against a partner	Move quickly from the ready position to meet the ball Watch the ball carefully as it comes towards you. Keep your score and be honest.	Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.

<p>Use racket skills and use them to return a ball</p>	<p>Begin in the ready position to prepare for a ball coming towards you. Hold the racket on the grip with a relaxed grip.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
<p>Develop returning a ball using a racket</p>	<p>Begin in the ready position to prepare for a ball coming towards you. Hold the racket on the grip with a relaxed grip. Make contact with the ball when your racket is facing your target.</p>	<p>Master basic movements including developing balance, agility and co-ordination, and begin to apply these in a range of activities. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>
<p>Play against an opponent using a racket.</p>	<p>Make contact with the ball when your racket is facing your target. Move quickly from the ready position to meet the ball. Send the ball into spaces away from your opponents.</p>	<p>Perform dances using simple movement patterns. Understand the importance of safety in PE. Understand the importance of warming up and staying hydrated during PE.</p>