

PHYSICAL EDUCATION - Year 1

Activity Content Coverage

Games activities: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner.

Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner.

Experience a variety of games equipment; practicing with a partner; competition, simple rules

Gymnastic activities: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts).

Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus.

Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts -shape/levels/direction, improving actions, making up a sequence.

Outdoor Play activities: Skills of travelling, climbing, jumping, chasing, independence, cooperation, taking turns, handling small apparatus safely.

Develop an awareness of basic safety practices, outdoor space, sharing with different age groups and fair play.

Experience large apparatus, playground markings/zones, a range of small equipment.

Sports Day Athletic activities: Skills of running, throwing, jumping, direction, control, accuracy.

Develop an understanding of safe practice linked to the activities.

Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development

PHYSICAL EDUCATION - Year 2

Activity Content Coverage

Games activities: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players.

Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups.

Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending.

Gymnastic activities: Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping.

Develop and consolidate work identified in this section from Year One with emphasis in repeating sequences of movements, linking activities on floor/apparatus, using pupils' own choices to link skills and actions in short movement phrases.

Experience consolidating work identified in this section from Year One, adapting and improving control of actions.

Outdoor Play activities: Skills of travelling, climbing, jumping, chasing, independence, cooperation, taking turns, handling small apparatus safely.

Develop an awareness of basic safety practices, outdoor space, sharing with different age groups and fair play.

Experience large apparatus, playground markings, and a range of small equipment.

Sports Day Athletic activities: Skills of running, throwing, jumping, direction, control, accuracy and distance.

Develop an understanding of safe practice linked to the activities.

Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development

PHYSICAL EDUCATION - Year 3

Activity Content Coverage

Games: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space.

Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition.

Develop team games, making up games, own game practices, understanding of game principles.

Gymnastic: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner.

Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus.

Develop an understanding of actions ending one movement – starts next; making decisions to affect their actions.

OAA: Improve skills of principles of safety in the outdoors, planning and recording in different activities, problem solving.

Experience OAA in different environments; working individually/small groups.

Develop responding to challenges in different environments, correct use of appropriate equipment, and understanding of safety practices.

Athletic: Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance.

Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques.

Develop understanding of safe practice linked to activities, comparing and improvement of own performance.

PHYSICAL EDUCATION - Year 4

Activity Content Coverage

Games: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space.

Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition.

Develop team games, making up games, own game practices, understanding of game principles.

Gymnastic: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions.

Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice.

Develop an understanding of selecting more relevant actions, continuity when linking movement actions.

OAA: Improve skills of principles of safety in the outdoors, planning and recording in different activities, problem solving.

Experience OAA in different environments; working individually/small groups.

Develop responding to challenges in different environments, correct use of appropriate equipment and understanding of safety practices.

Athletic: Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance.

Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques.

Develop understanding of safe practice linked to activities, comparing and improvement of own performance.

PHYSICAL EDUCATION - Year 5

Activity Content Coverage

Games: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space.

Experience small sided and simplified versions of different types of games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition.

Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles.

Gymnastic: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions.

Experience working within prescribed areas, considering and developing rules and scoring systems.

Develop an understanding of selecting more relevant actions, continuity when linking movement actions.

OAA: Improve skills of safety principles in the outdoors, planning, recording, navigation and evaluation in different activities, problem solving,

Experience OAA in different environments; working individually/small groups.

Develop responding to challenges in different environments and conditions, correct use of appropriate equipment, understanding of safety practices.

Athletic: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed.

Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques.

Develop understanding of safe practice linked to activities, comparing and improving own performance.

PHYSICAL EDUCATION - Year 6

Activity Content Coverage

Games: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space.

Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team work; refining their own games, competition.

Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles.

Gymnastic: Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions.

Experience performing and practising sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts.

Develop selecting own ideas and relevant apparatus to develop more complex sequences.

OAA: Improve skills of safety principles in the outdoors, planning, recording, navigation and evaluation in different activities, problem solving,

Experience OAA in familiar/unfamiliar environments; working individually/small groups.

Develop responding to challenges in different environments and conditions, correct use of appropriate equipment, understanding of safety practices.

Athletic: Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed.

Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques.

Develop understanding of safe practice linked to activities, comparing and improving own performance.