



Kingsland CE Primary School



A Rich and Vibrant PE Curriculum

EYFS (Class 1)	KS1	KS2
<p>DM Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility.</p> <p>Combine different movements with ease and fluency</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</p> <p>Watch and talk about dance and performance art, expressing their feelings and responses.</p> <p>ELG: Gross Motor Skills - 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>ELG: Being Imaginative and Expressive</p>	<p>National Curriculum Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• 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• Participate in team games, developing simple tactics for attacking and defending• Perform dances using simple movement patterns	<p>National Curriculum Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and in combination• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending• Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]• Perform dances using a range of movement patterns• Take part in outdoor and adventurous activity challenges both individually and within a team• Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

PE Curriculum Activities will include:

Phase	Swimming	Games	Core Skills	Outdoor Adventurous Activities
EYFS	Swimming	Team games	Body Management Gymnastics Manipulation and Coordination Dance Cooperate and Solve Problems Speed Agility Travel Athletics / Sports' Day	
KS1	Swimming	Send & Return Hit Catch Run Attack Defend	Gymnastics Dance Movement Run Jump Throw Athletics / Sports' Day	
KS2	Swimming (Y3/4/5)	Football Netball Hockey Tag Rugby Handball Cricket Rounders Lacrosse	Dance Gymnastics Athletics / Sports' Day	Outdoor Adventurous Activities Oaker Wood (Y3/4) School Venture (Y4/5) Manor Adventure (Y5/6)

Swimming

National Curriculum	Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Perform safe self-rescue in different water-based situations	<p>Enter the water safely</p> <p>Exit the water safely</p>	<p>Recognise and identify the purpose of beach flags</p> <p>Give examples of two pool rules</p>	<p>Know how to signal for help</p>	<p>Jump in from poolside and submerge (minimum depth of 1 metre)</p> <p>Identify an open water hazard near your home or school</p>	<p>Jump into the water, submerge, surface and swim back to the point of entry (minimum depth 1 metre)</p> <p>Perform a sequence of changing shapes (minimum of three) whilst floating on the surface</p> <p>Perform a 'shout and signal' rescue</p> <p>Explain how you would get help</p> <p>Exit the water safely without using steps</p>	<p>Jump into the water, submerge, surface and swim back to the point of entry (at least full reach depth)</p> <p>Perform a horizontal stationary scull on the back</p> <p>Travel on back and log roll 180 degrees in one continuous movement onto front</p> <p>Travel on front and log roll 180 degrees in one continuous movement onto back</p> <p>Swim 10 metres, choice of stroke is optional</p> <p>Give two examples of where it is safe to swim and why</p>	<p>Perform three different shaped jumps into deep water (to include a straddle jump)</p> <p>Perform a head first scull for 5 metres</p> <p>Tread water for 30 seconds</p> <p>Swim 10 metres wearing clothes - as a minimum T-shirt and shorts</p> <p>Exit deep water without the use of steps</p>
<p>Use a range of strokes effectively (including skills to help them reach this objective)</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p>	<p>Enter water without hesitation</p> <p>Happy to have water over face</p> <p>With support can raise feet off the floor</p> <p>Splash water by kicking legs</p>	<p>Move forwards, backwards and sideways for a distance of 5 metres, feet may be on or off the floor</p> <p>Scoop the water and wash face, be comfortable water showered from overhead</p> <p>Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged</p>	<p>Move from a horizontal floating position on the front and return to standing</p> <p>Move from a horizontal floating position on the back and return to standing</p> <p>Push and glide on the front in a horizontal position, to or from the pool wall</p> <p>Push and glide on the back in a horizontal position from the pool wall</p>	<p>Fully submerge to pick up an object. Perform a tuck float and hold for five seconds</p> <p>Push from a wall and glide on the front with arms extended</p> <p>Push from a wall and glide on the back (optional with arms extended)</p> <p>Perform a rotation from the</p>	<p>Push and glide towards the pool floor with arms extended</p> <p>Push and glide on the front with arms extended and log roll onto the back</p> <p>Push and glide on the front with arms extended and log roll onto the front.</p> <p>Travel 5 metres on the front, perform a tuck to rotate onto the back and return to the side</p>	<p>Kick 10 metres backstroke</p> <p>Kick 10 metres front crawl</p> <p>Kick 10 metres butterfly or breaststroke on the front or on the back</p> <p>Swim 10 metres, choice of stroke is optional</p> <p>Swim 10 metres, choice of stroke is optional</p>	<p>Swim 10 metres front crawl.</p> <p>Swim 10 metres backstroke.</p> <p>Swim 10 metres breaststroke</p> <p>Tread water for 30 seconds</p> <p>Perform a handstand or forward somersault, tucked in the water</p> <p>Swim 25 metres (choice of stroke optional)</p>

		Take part in a movement games	Travel on the back for 5 metres Travel on the front for 5 metres Float on the back	front to the back, then return to standing Perform a rotation from the back to the front, then return to standing	Travel 10 metres on the front with feet off the pool floor Travel 10 metres on the back with feet off the pool floor		Swim 10 metres wearing clothes - as a minimum T-shirt and shorts
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Games

EYFS (Class 1)	KS1	KS2
<p>ELG: Gross Motor Skills</p> <ul style="list-style-type: none"> - 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>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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 • Participate in team games, developing simple tactics for attacking and defending 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Core Skills

EYFS (Class 1)	KS1	KS2
<p>ELG: Gross Motor Skills</p> <ul style="list-style-type: none"> - 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>ELG: Being Imaginative and Expressive Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p>	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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 • Perform dances using simple movement patterns 	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • Perform dances using a range of movement patterns • Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Outdoor Adventurous Activities

KS2

Pupils should be taught to:

- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Vocabulary

Year R	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
ball move throw jump roll run	dance hit kick skills stroke swim leap push	rules action balance climb curl opponent repeat sequence stretch teammate travel	activity control field game overarm position tactics team underarm	accuracy challenge communicate coordination distance hurling opposition physical possession putting	athletics backhand direction forehand gymnastics precision racquet speed stamina strength	attacking cardiovascular competition defending demonstrate endurance exercise fitness flexibility performance