# The Physical Education Curriculum

## Early Years Structure

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| **Key Stage 1 readiness skills**   * To negotiate space and obstacles safely, with consideration for themselves and others. * To revise and refine a range of fundamental movement skills e.g. rolling, crawling, walking, jumping, running, hopping, skipping and climbing. * To use a more fluent style of moving, developing control and grace. * To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education. * To use their core muscle strength to achieve a good posture. * To combine different movements with ease and fluency. * To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. * To develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. * To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. |

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| **Organisation of knowledge:** | | |
| Introduction to PE  Ball Skills | Dance  Fundamentals | Games  Gymnastics |

## Key Stage 1 Structure

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| **Physical Education skills to be developed across units:**   * Movements skills, extending their agility, balance, coordination, individually and with others * Movements skills, developing their running, jumping, throwing and catching * To be able to engage in competitive and co-operative physical activities * Perform dances using simple movement patterns |

**Disciplinary knowledge to be developed within all units:**

1. What types of movement can I perform?
2. Can I perform a range of movements on my own and with others?
3. Can I perform a range of movements with balance, agility and co-ordination?
4. What games have I played with and against others?
5. Do I know how to work in a team with someone else?
6. What strategies do I know for winning a game?
7. Can I link simple movement patterns together to create a dance?

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| **Organisation of knowledge:** | | | |
| Fundamentals  Gymnastics  Yoga | Ball Skills  Dance  Fitness | Team Building  Invasion  Target Games | Sending and Receiving  Net and Wall  Striking and Fielding  Athletics |
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## Key Stage 2 Structure

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| **Physical Education skills to be developed across units:**   * Linking skills to make actions and sequences of movement (e.g. running, jumping, throwing and catching) * Communicating, collaborating and competing with and against each other. * Apply principles of attacking and defending * How to evaluate and compare performance, recognise success and achieve personal bests in physical activities and sports * Flexibility, strength, technique, control and balance * Perform dances using a range of movement patterns |

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| **Disciplinary knowledge to be developed within all units:**   1. What types of actions and sequences can I perform? 2. Can I communicate and collaborate with others? 3. Can I compete with and against myself and others? 4. Can I evaluate and compare mine and others performances? 5. Can I plan and perform a range of movements with balance, agility and co-ordination? 6. What strategies do I know for attacking and defending? 7. Can I link a range of movement patterns together to create a dance? |

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| **Organisation of Knowledge:** | | | |
| Athletics  Yoga  Basketball  Cricket | Dance  Dodgeball  Fitness  Football | Gymnastics  Golf  Handball  Hockey | Tennis  Netball  OAA  Rounders  Tag Rugby |

## Swimming

**Physical education skills to be developed across units:**

* The ability to swim competently, confidently and proficiently over 25metres
* A range of strokes e.g. front crawl, backstroke and breaststroke
* Safe self-rescue in different water-based situations

**Disciplinary knowledge to be developed within all units:**

1. Can I swim 25m confidently?
2. Can I use a range of strokes effectively?
3. I can performs safe self-rescue in different water-based situations?