# The Physical Education Curriculum

## Early Years Structure

|  |
| --- |
| **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.
 |

|  |
| --- |
| **Organisation of knowledge:** |
| Introduction to PEBall Skills | DanceFundamentals | GamesGymnastics |

## Key Stage 1 Structure

|  |
| --- |
| **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?

|  |
| --- |
| **Organisation of knowledge:** |
| FundamentalsGymnasticsYoga | Ball SkillsDanceFitness | Team BuildingInvasionTarget Games | Sending and ReceivingNet and WallStriking and FieldingAthletics |
|  |  |  |  |

## Key Stage 2 Structure

|  |
| --- |
| **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
 |

|  |
| --- |
| **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?
 |

|  |
| --- |
| **Organisation of Knowledge:** |
| AthleticsYogaBasketballCricket | DanceDodgeballFitnessFootball | GymnasticsGolfHandballHockey | TennisNetballOAARoundersTag 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?