

National Curriculum Statements

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.

- 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.

Term	EYFS Gymnastics/Body Management	Year 1 Football/Outdoor Adventurous Activities	Year 2 Football/Outdoor Adventurous Activities
Autumn 1	<u>Gymnastics</u> • Listen and respond appropriately to instructions. • Jumping and rebounding on and off low apparatus. • Move in a variety of ways changing speed and direction. • Working on apparatus stations to develop travelling skills on various body parts. • Move over, under, around, through on and off apparatus and incorporate balances. <u>Body Management</u> • Move through hoops in different ways • Balance a beanbag. • Reach and stretch to get equipment. • Make bridges with our bodies.	<u>Football</u> • Begin to dribble the ball using different parts of the foot. • Manipulate the ball using different parts of the foot. • Pass the ball accurately using the inside of the foot in an unopposed situation. • Demonstrate basic dribbling and passing accuracy in a game situation. • Receive the ball before making a turn and releasing. • Discuss requirements for each position. <u>OAA</u> • Follow simple instructions to complete a trail. • Find matching symbols. • Copy and create a hoop dance. • Use decision making skills to hide equipment.	<u>Football</u> • Dribble the ball using different parts of the foot. • Manipulate the ball using different parts of the foot in a 1v1 situation • Pass the ball accurately using the inside of the foot in an unopposed situation. • Pass the ball accurately using the inside of the foot in an opposed situation. • Demonstrate basic dribbling and passing accuracy in a game situation. • Receive the ball before making a turn and releasing. • Discuss requirements for each position • Identify space to pass the ball into in a match situation. <u>OAA</u> • Work as a team to complete a task. • Copy and create a simple movement pattern. • Give clues to guide a blindfolded person safely.

Term	EYFS Target Games/Cooperate and Solve Problems	Year 1 Dodgeball/Attack, Defend, Shoot	Year 2 Dodgeball/Gymnastics
Autumn 2	<u>Target Games</u> • Send a variety of objects towards a target. • Select which type of throw to use in to knock down a stationary target. • Develop technique to send kurling stone towards target. • Select a target to throw a beanbag into. • Compete against a partner to score points. <u>Cooperate and Solve Problems</u> • Match colours and symbols. • Work as a team to complete a task. • Use body to make a number shape. • Work with a partner to complete. challenges.	<u>Dodgeball</u> • Send a dodgeball towards a stationary target. • Discuss technique (how we do something) and accuracy (How close the ball is to your target) and their meaning. • Apply basic rules to game situations. • Discuss what a trigger is and identify in a game situation. • Understand risk and reward when attempting to catch a ball. <u>Attack, Defend, Shoot</u> • Hit a target. • Defend a target. • Work with a partner to score points. • Roll and slide balls and beanbags. • Work with a partner to score points. • Use attacking and defending skills in a game.	<u>Dodgeball</u> • Send a dodgeball towards a stationary target. • Discuss technique (how we do something) and accuracy (How close the ball is to your target) and their meaning. • Understand body position required when attempting to catch a ball. • Discuss what a trigger is and identify in a game situation. • Understand risk and reward when attempting to catch a ball. • Apply basic rules to game situations. • Discuss roles for each individual in a match situation. <u>Gymnastics</u> • Combine 4 elements into a floor sequence. • Create power in a variety of different jumps. • Take weight on hands and move in different ways. • Perform a teddy bear roll. • Use flexibility in a bridge and japana gymnastic shape.

Tooting Primary School PE Curriculum – EYFS and KS1

Term	EYFS Dodgeball/Cooperate and Solve Problems	Year 1 Basketball/Attack, Defend, Shoot	Year 2 Basketball/ Hit, Catch, Run
Spring 1	<u>Dodgeball</u> - Develop basic skills for throwing and catching a ball. - Send a ball towards a stationary target. - Discuss technique (how we do something) and accuracy (How close the ball is to your target) and their meaning. - Discuss what a trigger is and identify in a game situation. - Perform different types of throw in a match situation. <u>Cooperate and Solve Problems</u> - Play parachute games. - Make jumping patterns. - Create movement patterns. - Lead a partner in tapping patterns. - Navigate obstacles.	<u>Basketball</u> - Practise bouncing the ball whilst moving. - Demonstrate basic technique for a bounce pass. - Demonstrate basic technique for a chest pass. - Compete in small sided games understanding court boundaries. - Begin to use pass and move tactic. - Understand technique required to score points. <u>Attack, Defend, Shoot</u> - Find pulse on wrist. - Move side to side to defend a goal. - Aim at different targets. - Adapt a game whilst changing rules.	<u>Basketball</u> - Dribble the ball avoiding collisions. - Perform a number of passes to retain possession. - Compete in small sided games understanding court boundaries. - Practise overhead pass to shoot the ball into hoop, explain technique. - Use a whiteboard to discuss tactics/formations and implement in a match. - Understand double dribble rule. <u>Hit, Catch, Run</u> - Hit a ball and score points by running to cones. - Defend a target by kicking. - Bowl underarm with control. - Hit a ball using different bats and techniques. - Throw accurately to a base. - Hit a ball into space away from fielders

Term	EYFS Robin Hood/ Speed, Agility, Travel	Year 1 Kwik Cricket/Cricket (Surrey County Cricket)	Year 2 Cricket (Surrey County Cricket)/Zumba
Spring 2	<u>Robin Hood</u> - With a partner; perform a throw, catch and bounce using a tennis ball. - Travel at speed avoiding collisions. - Understand and apply basic rules. - Discuss tactics within your team. - Play competitively in small teams. <u>Speed, Agility Travel</u> - Move in different directions. - Keep body safe in running games. - Jump in different directions - Stop safely. - Move at slow and fast speeds. - Stop in different ways.	<u>Kwik Cricket & Cricket (Surrey County Cricket)</u> - Strike a ball from a batting tee to score runs. - Grip bat correctly and understand how to send the ball in a certain direction. - Develop hand-eye coordination by sending and receiving a tennis ball in a variety of ways with a partner. - Understand throwing technique when aiming at a stationary target. - Be able to participate and work as part of a team. - Work as a team to get the ball back to batting tee as quickly as possible to reduce opponents run rate.	<u>Cricket (Surrey County Cricket)</u> - Strike a ball from a batting tee to score runs. - Direct a ball from a batting tee. - Strike a ball from an underarm bowl. - Choose most effective way to return the ball to bowler/batting tee. - Track, intercept and stop a moving ball. - Discuss tactics when fielding. <u>Zumba</u> - Perform dances using a range of movement patterns.

Term	EYFS Athletics/Speed, Agility, Travel	Year 1 Athletics/Zumba	Year 2 Athletics/Run, Jump, Throw
Summer 1	<u>Athletics</u> - Understand running technique to go faster. - Aim a variety of objects at a stationary target. - Throw a javelin using pull throw technique. - Run, hop, skip and jump in isolation and in combination. - Demonstrate running and throwing explain techniques required to go faster/throw further. <u>Speed, Agility, Travel</u> - Move beanbags and balls. - Move in different ways. - Jump on, off and over. - Perform circle dances. - Use strength to hold shapes. - Work as part of a team.	<u>Athletics</u> - Explain running technique to go faster. - Aim a variety of objects at a stationary target. - Throw a javelin using pull throw technique. - Run, hop, skip and jump in isolation and in combination. - Demonstrate running and throwing explain techniques required to go faster/throw further. - Discuss organisation and reasoning for a relay race. <u>Zumba</u> - Perform dances using a range of movement patterns.	<u>Athletics</u> - Explain running technique to go faster. - Develop throwing style when throwing a javelin breaking down steps for technique. - Demonstrate jumping technique. - Give feedback to team mates after an activity. - Discuss organisation and reasoning for a relay race. - Link running and jumping movements. <u>Run, Jump, Throw</u> - Move quickly whilst being aware of others around. - Create power with legs to generate speed. - Move through an obstacle course with speed and control. - Choose best throw for different situations. - Perform static and dynamic balances.
Term	EYFS Tennis/Zumba	Year 1 Tennis/Gymnastics	Year 2 Tennis/Run, Jump, Throw
Summer 2	<u>Tennis</u> - Balance a sponge ball or a beanbag on racquet strings. - Work with a partner to stop and return a beanbag. - Use palm of hand to send the ball to partner. - Bounce ball accurately to partner. - Send a ball towards a stationary target using a racquet. - Return ball to partner using a racquet. <u>Zumba</u> - Perform dances using a range of movement patterns.	<u>Tennis</u> - Balance a sponge ball or a beanbag on racquet strings. - Work with a partner to stop and return a ball. - Use palm of hand to send the ball to partner. - Bounce ball over the net accurately to partner. - Send a ball towards a stationary target using a racquet. - Return ball to partner using a racquet. - Serve the ball over the net. <u>Gymnastics</u> - Carry and set up apparatus safely. - Perform shapes on large and small body parts. - Take off and land using shapes in jumps. Travel on feet showing good body tension.	<u>Tennis</u> - Use correct grip when sending a ball. - Send ball to target with accuracy using a forehand shot. - Serve the ball over the net to partner. - Score games independently using the correct scoring system. - Bounce on toes to have bigger chance of returning the ball. - Play competitive matches whilst having the opportunity to umpire. <u>Run, Jump, Throw</u> - Work individually to run over a larger distance. - Improve strength to increase jumping distance. - Generate power when throwing objects. - Listen to others by working together to achieve the highest possible score.