



PHYSICAL EDUCATION

PD1 (Moving and Handling)

This document shows how our PE curriculum develops from Nursery to Year 2.

Intent: EYFS

In the Early Years Foundation Stage (Nursery and Reception) our focus for teaching and learning is on providing a learning environment that enables children to apply and develop their gross physical skills. In Reception, our children also benefit from weekly PE sessions taught by a PE specialist.

	Learning experiences	Key vocabulary	Development Matters in the EYFS
Nursery	<p>Our outdoor learning environments offer opportunities for children to explore small and large scale equipment in both child-led and adult-led learning experiences; climbing and balancing equipment, wheeled toys, bats, racquets, beanbags and balls.</p> <p>Children may dance and move freely to music on CDs during free-flow provision.</p> <p>Adult-led experiences with small equipment e.g. playing throwing and catching games.</p>	<p>Run, walk, move, throw, catch, balance, catch, up, down, crawl, safe, safely, jump, hop, stop, still</p>	<p>Runs safely on whole foot.</p> <p>Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.</p> <p>Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</p> <p>Can kick a large ball.</p> <p>Walks upstairs or downstairs holding onto a rail two feet to a step.</p> <p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Mounts stairs, steps or climbing equipment using alternate feet.</p> <p>Walks downstairs, two feet to each step while carrying a small object.</p> <p>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Can stand momentarily on one foot when shown.</p> <p>Can catch a large ball.</p>

<p>Reception</p>	<p>Our outdoor learning environments offer opportunities for children to explore small and large scale equipment in both child-led and adult-led learning experiences; climbing and balancing equipment, wheeled toys, bats, racquets, beanbags and balls.</p> <p>Autumn 1: Gymnastics Children will learn how to manipulate and move their bodies in different ways in order to create different shapes. They will explore ways of travelling, jumping and balancing.</p> <p>Autumn 2: Multi skills With the use of beanbags, children will practise and improve their throwing and catching skills, developing control. In doing so, they will develop their co-ordination and balance.</p> <p>Spring 1: Gymnastics Children will build upon their skills learnt in Autumn 1, focusing on balance, co-ordination and agility, by introducing apparatus. They will develop control in jumping through mounting and dismounting equipment, travelling in different ways using the equipment, and using equipment in balances.</p> <p>Spring 2: Multi skills Children will develop their existing throwing and catching skills, whilst exploring other ways to control a ball. They will work with others and develop their co-ordination skills through drills.</p>	<p>Run, walk, move, throw, catch, balance, up, down, crawl, safe, safely, jump, hop, stop, still</p> <p>Turn, jump, hop, skip, slide, slither, balance, mat, roll</p> <p>Bean bag, throw, catch, up, down, across</p> <p>Table, bench, horse, mat, balance, hop, jump, turn, skip, slide, on, off, risk, under, over, on top, land, bend</p> <p>Throw, catch, ball, kick, control, partner, up, down,</p>	<p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <ul style="list-style-type: none"> •Mounts stairs, steps or climbing equipment using alternate feet. •Walks downstairs, two feet to each step while carrying a small object. •Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. •Can stand momentarily on one foot when shown. •Can catch a large ball •Experiments with different ways of moving. •Jumps off an object and lands appropriately. •Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. •Travels with confidence and skill around, under, over and through balancing and climbing equipment. •Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. <p>Early Learning Goal (part) Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.</p>
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	<p>Summer 1: Games through multi skills Children will extend their co-ordination skills by using a range of equipment such as racquets, bats, hoops and quoits. They will work with others and develop skills by playing small team games.</p> <p>Summer 2: Athletic style activities Children will develop their balance, co-ordination and agility by running, completing obstacle courses where they have to negotiate space and obstacles and successfully change speed.</p>	<p>Team, partner, score, win, throw, catch, racquet, bat, hit, hoop, quoit, roll, balance,</p> <p>Weave, jump, under, over, run, fast, slow, jog</p>	
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Intent: Year 1 and 2

As the children move into Key Stage 1, we follow on and develop from their experiences in the EYFS. Children in Year 1 and 2 have a weekly PE session that is taught by a specialist PE teacher. They follow a programme of activities across the year to ensure full coverage of the National Curriculum and our curriculum map shows the skills journey that children go on through Key Stage 1.

In addition to their PE sessions, children in Year 1 and 2 also have daily 'wake and shake' movement sessions in their classrooms on the interactive whiteboards. The playground area has been designed with markings to stimulate physical activity and children in Year 1 and 2 also take turns as classes to access the large climbing equipment in the playground at playtime and lunchtime.

Children in Year 1 and 2 have the opportunity to take part in sports festivals outside of school with other local Infant schools. These are organised by our specialist PE teacher.

The National Curriculum Key Stage 1 Programmes of Study for Physical Education tell us:

- 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.
- Pupils should be taught to:
 - 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

	Learning experiences	Key vocabulary	National Curriculum Programmes of Study for KS1
Year 1	Autumn 1: Multi skills with games Children will develop their throwing ability and build upon their skills by aiming for targets. They will practise this individually, through drills, and with others in games. Target practise will also be used to increase agility, balance and co-ordination with the focus of running and jumping. For example, hitting targets with different body parts.	Target, aim, practise, throw, miss, over arm	<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

	<p>Autumn 2: Gymnastics Using both the floor and apparatus (including wall bars), children will develop their movement skills, balance and co-ordination. They will learn how to sequence movements, balances and jumps they have been taught and have explored, on the floor and apparatus.</p> <p>Spring 1: Multi skills with games Children will use their already gained throwing and catching skills and develop the catching element further. They will explore and increase ability in these skills by using a range of different equipment such as quoits, balls differing in size and material, etc.</p> <p>Spring 2: Multi skills with team games Children will continue to develop their co-ordination skills and their ball skills and further these by using them in a range of activities and small games.</p> <p>Summer 1: Team games Children will be introduced to attacking and defending in a range of drills and small group games, providing them with opportunities to practise their skills in game situations.</p>	<p>Balance, jump, land, turn, spin, climb, travel, table, horse, beam, bench, mat, safe, risk, link, sequence</p> <p>Throw, catch, ball, up, down, under arm, balance</p> <p>Kick, pass, throw, catch, under arm, overhead, team, score, ball</p> <p>Attack, defend, score, draw, win, lose,</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • access a broad range of opportunities to extend their agility, balance and coordination, individually and with others • 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 • 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 • engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. • participate in team games, developing simple tactics for attacking and defending
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	<p>Summer 2: Athletics Children will engage in increasingly competitive activities, both against self and others. They will work on their agility, balance and co-ordination through running, jumping and obstacle style activities.</p>	<p>Run, weave, over, under, jump, race, improve, time</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • 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.
Year 2	<p>Autumn 1: Multi skills with team games Using a range of equipment types, children will focus on attacking and defending in a range of drills and small group activities.</p> <p>Autumn 2: Gymnastics- floor Children will build upon their existing movement skills and learn about travelling in different ways, in different directions using levels. They will develop their balance through holding different body shapes and using counter balances with a partner. Children will develop their jumping skills and will sequences different movements both individually and in partner work.</p> <p>Spring 1: Gymnastics- apparatus Using the floor skills learnt in the previous half term, children will build different pieces of apparatus into sequences by travelling, balancing etc, on the equipment. They will also use the wall bars</p>	<p>Attack, defend, mark, team</p> <p>Speed, direction, partner, balance, sequence, movement, jump, leap, turn</p> <p>Horse, bench, mat, beam, wall bars, table, sequence, balance, roll, leap, turn, risk</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 • access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. • master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

	<p>to develop strength, balance and co-ordination allow themselves to manage risks.</p> <p>Spring 2: Team games Children will learn more about game tactics and have the opportunity to explore and practise attacking and defending within a range of team games involving balls, where they can use and further their existing ball skills.</p> <p>Summer 1: Athletics Children will engage in competitive activities, both against self and others. They will develop their ability and agility whilst negotiating obstacles in races, learn athletic style jumps and healthy lifestyle.</p> <p>Summer 2: Team games Children will learn summer team games where they have to use their multi skills and tactics in order to achieve as a team.</p>	<p>Attack, defend, tactics, mark, team, collaborate, kick, dribble, pass</p> <p>Race, improve, run, standing long jump, fitness, health, wellbeing, time, stop watch</p> <p>Team, score, fielder, batter, bat, back stop, run, bowler, ball</p>	<ul style="list-style-type: none"> • master basic movements including running, jumping, 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 • master basic movements including running, jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • 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
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