|  |
| --- |
| C:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA3BB429.tmpC:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA3BB429.tmp**Flookburgh C of E Primary School**Physical Education Knowledge: EYFS |
| **Personal, Social and Emotional Development**: Managing Self | **Personal, Social and Emotional Development**: Building Relationships | **Physical Development:** Gross Motor Skills | **Expressive Arts and Designs:** Being Imaginative and Expressive |
| * Be confident to try new activities and show independce, resilience and perseverance in the face of a challenge.
* Explain the reasons for rules, know right from wrong and try to behave accordingly.
* Manage their own basic hygience and personal needs, including dressing
 | * Work and play cooperatively and take turns with others.
 | * Negotiate space and obstacles safely, with consideration for themselves and otehrs.
* Demonstrate stength, balance and coordination when playing.
* Move enrgetically, such as running, jumping, dancing, hopping, skipping and climbing.
 | * Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.
 |

|  |
| --- |
| C:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B89FDD96.tmpC:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B89FDD96.tmp**Flookburgh C of E Primary School**Physical Education : Key Stage 1 |
|  | **Gymnastics Movement** | **Basic Movements and Team Games** | **Dance** |
| National curriculum | * *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 participate in team games, developing simple tactics for attacking and defending*​
 | *Perform dances using simple movement patterns*​ |
| Knowledge acquired | * Make body curled, tense, stretched and relaxed​
* Control body when travelling and balancing​
* Copy sequences and repeat them​
* Roll, curl, travel and balance in different ways​
* Plan and perform a sequence of movements​
* Improve sequence based on feedback​
* Think of more than one way to create a sequence which follows some ‘rules’​
 | * Throw underarm​
* Throw and kick in different ways​
* Use hitting, kicking and/or rolling in a game​
* Decide the best space to be in during a game​
* Use a tactic in a game​
* Follow rules
 | * Perform own dance moves​
* Copy or make up a short dance​
* Move safely in a space​
* Change rhythm, speed, level and direction in dance​
* Make a sequence by linking sections together​
* Use dance to show a mood or feeling
 |

|  |
| --- |
| C:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B89FDD96.tmpC:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B89FDD96.tmp**Flookburgh c of e primary school**Physical education: lower key stage 2 |
| **Athletics** | **Competitive games** | **Gymnastics** |
| * *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]*​

​ |
| * Run at fast, medium and slow speeds; changing speed and direction​
* Take part in a relay, remembering when to run and what to do​
* Sprint over a short distance and show stamina when running over a long distance​
* Jump in different ways​
* Throw in different ways and hit a target, when needed
 | * Be aware of space and use it to support team-mates and to cause problems for the opposition​
* Know and use rules fairly​
* Throw and catch accurately with one hand​
* Hit a ball accurately with control​
* Vary tactics and adapt skills depending on what is happening in a game
 | * Adapt sequences to suit different types of apparatus and criteria​
* Explain how strength and suppleness affect performance​
* Move in a controlled way​
* Include change of speed and direction in a sequence​
* Work with a partner to create, repeat and improve a sequence with at least three phases
 |
| * **Dance**
 | * **Outdoor and adventurous activity**
 | * **Evaluate**
 |
| * *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*​
 |
| * Improvise freely and translate ideas from a stimulus into movement​
* Share and create phrases with a partner and small group
* Remember and repeat dance perform phrases​
* Take the lead when working with a partner or group​
* Use dance to communicate an idea
 | * Follow a map in a familiar context​
* Use clues to follow a route​
* Follow a route safely​
* Follow a map in a (more demanding) familiar context​
* Follow a route within a time limit
 | * Compare and contrast gymnastic sequences​
* Recognise own improvement in ball games​
* Provide support and advice to others in gymnastics and dance​
* Be prepared to listen to the ideas of others
 |

|  |
| --- |
| C:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B89FDD96.tmpC:\Users\srobinson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B89FDD96.tmp**Flookburgh C of E Primary School**Physical Education: Upper Key Stage 2 |
| **Athletics** | **Competitive Games** | **Gymnastics** |
| * *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]*​​ |
| * Controlled when taking off and landing​
* Throw with increasing accuracy​
* Combine running and jumping​
* Demonstrate stamina and increase strength
 | * Gain possession by working a team and pass in different ways​
* Choose a specific tactic for defending and attacking​
* Use a number of techniques to pass, dribble and shoot​
* Agree and explain rules to others​
* Work as a team and communicate a plan​
* Lead others in a game situation when the need arises
 | * Make complex extended sequences​
* Combine action, balance and shape​
* Perform consistently to different audiences​
* Combine own work with that of others​
* Sequences to specific timings
 |
| **Dance** | **Outdoor and Adventurous Activity** | **Evaluate** |
| * *Perform dances using a range of movement pattern*s
 | * *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*​
 |
| * Compose own dances in a creative way​
* Perform dance to an accompaniment​
* Dance shows clarity, fluency, accuracy and consistency​
* Develop sequences in a specific style​
* Choose own music and style
 | * Follow a map into an unknown location​
* Use clues and a compass to navigate a route​
* Change route to overcome a problem​
* Use new information to change route​
* Plan a route and a series of clues for someone else​
* Plan with others, taking account of safety and danger
 | * Pick up on something a partner does well and also on something that can be improved​
* Know why own performance was better or not as good as their last​
* Know which sports they are good at and find out how to improve further
 |