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EYFS

Subject specific focus from statutory framework for Early Years Foundation Stage

Providers must support children in the specific area of:

• Physical Development

Physical development involves providing opportunities for young children to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Guidance from Development Matters (2013)

Early Years Outcomes- 40-60+ months

Moving and Handling

- 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.
- Uses simple tools to effect changes to materials.
- Handles tools, objects, construction and malleable materials safely and with increasing control.
- Shows a preference for a dominant hand.
- Begins to use anticlockwise movement and retrace vertical lines.
- Begins to form recognisable letters.
- Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.

Health and Self Care

- Eats a healthy range of foodstuffs and understands need for variety in food.
- Usually dry and clean during the day.
- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
- Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
- Shows understanding of how to transport and store equipment safely.
- Practices some appropriate safety measures without direct supervision.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Moving and Handling- Fine motor skills focus -to develop confidence in using one handed tools, such as, scissors, pencils, paintbrushes Gross Motor skills focus-BEAM assessments Self-Care- To gain a greater independence of own physical needs and to practise good hygiene self-care.	Moving and Handling – Fine motor skills focus-to begin to form recognisable letters Gross Motor skills focus - Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development.	Health and Self-Care - Healthy Heroes Challenges – Introduced in Spring 1. Questionnaire filled out initially by parents to help us focus on areas in specific need. Moving and Handling – Fine Motor Skills – Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development.	Health and Self-Care - Healthy Heroes Challenges – Introduced in Spring 1. Questionnaire filled out initially by parents to help us focus on areas in specific need. Moving and Handling – Fine Motor Skills – Gross Motor skills focus -Lancashire scheme of work -5 skills at 5years- underarm, over arm, catching, underarm rolling and running fast skill development.	Moving and handling – using simple tools to effect change in materials, handles tools safely – making treasure boxes Sports Day	Health and self-care Managing our own basic hygiene routines – circle time on toilets and appropriate use of toilets Moving and handling – Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

KS1 – National Curriculum for Physical Education

Key stage 1

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



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- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

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1	<p>Games – fundamental movement skills</p> <p>Complete KS1 assessment of skills.</p> <p>Kicking Can I explore different ways of kicking objects. Can I explore different ways of kicking objects with increasing accuracy and control. Can I receive a kick with control. Can I intercept a ball. Can I explore kicking with a variety of equipment Can I choose skills effectively for a game Can I strike a ball off a tee</p> <p>Underarm Throw Can I explore throwing equipment underarm Can I apply the skill of an underarm throw in different ways Can I underarm throw into a target Can I underarm throw for longer distances Can I underarm throw accurately with both hands.</p> <p>Rolling Ball Can I explore rolling different equipment Can I roll accurately Can I roll with both hands Can I apply simple tactics in a rolling game</p>	<p>Games- fundamental movement skills / Dance</p> <p>Overarm Can I explore the skill of throwing overarm Can I develop the skill of throwing overarm for distance Can I develop the skill of throwing overarm for accuracy Can I understand simple tactics in a game Can I apply simple tactics in a throwing game</p> <p>Catching/Bouncing Can I explore the skill of catching a ball Can I catch a ball with two hands Can I develop the skill of bouncing a ball with control Can I apply simple bouncing tactics in a game Can I bounce a ball while travelling in a game</p> <p>Jumping Can I explore the skill of jumping for height. Can I explore the skill of jumping for distance.</p> <p>Travel Can I increase my speed when running Can I gallop Can I skip Can I hop</p>	<p>Gymnastics- fundamental movement skills</p> <p>Can I develop the basic skills of travelling Can I develop the basic skills of rolling Can I develop the basic skills of jumping Can I perform basic skills with straight and tuck shapes Can I link basic movements together Can I apply the skills of travelling, rolling and jumping with two different shapes Can I link basic movements together to create a sequence Can I adapt the sequence to perform on apparatus</p>	<p>Dance -fundamental movement skills</p> <p>Can I explore movement ideas based around a theme of penguins/toy story/polar bears. Can I watch, copy and discuss the ideas Can I watch, copy and discuss the ideas Can I create friendship circle dances Can I create movement phrases with a clear start and finish Can I create a sequence with a travel, turn and jump Can I compose and link moves to create a movement phrase using different directions. Can I perform actions quickly and slowly Can I use contrasting dynamics in a dance phrase Can I recognise how their body feels when still and when exercising Can I use "weight" and "speed" to compose a movement phrase with a clear beginning, middle and end Can I explore and perform contrasting actions individually, in pairs, in groups and as a class</p>	<p>Athletics- fundamental movement skills</p> <p>Can I develop the skill of running fast Can I develop the skill of hopping Can I develop the skill of rolling a ball with accuracy Can I develop the skill of changing direction Can I develop the skill of underarm throwing Can I develop the skill of jumping for distance Can I develop posture when walking and running Can I complete jumping challenges Can I apply changing direction in relay type races Can I complete run, jump and throw challenges</p>	<p>Games/ Athletics fundamental movement skills</p> <p>Children are to play a range of small group games with a focus on tactics.</p> <p>Teachers are to ensure all skills have been covered and choose skills which need developing further relating to the specific cohort.</p>
Year	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2



2	<p>Fundamental movement & ball skills Core Task – Piggy in the Middle</p> <p>Can I develop the skill of throwing underarm Can I develop the skill of catching Can I develop the skill of dodging Can I apply the skill of throwing underarm with accuracy Can I develop the skill of passing and moving into space Can I develop simple tactics Can I apply throwing, moving and catching in a simple team game</p>	<p>Dance Core Task – Dance performance</p> <p>Can I explore different ways of travelling and using space. Can I create travelling patterns using a stimulus Can I create pathways using a stimulus Can I recreate ideas, adding expression Can I develop and improve my work Can I create effective travelling pathways individually and in a group Can I perform in a whole class performance (assessed and recorded) and respond to own work</p>	<p>Gymnastics Core Task – Gymnastic Performance</p> <p>Can I develop the skill of jumping in different shapes Can I develop the basic skills of travelling on hands and feet Can I develop the skill of balancing on different body parts. Can I develop the basic skill of rolling Can I link actions of movement together to create a simple sequence. Can I develop the basic skills of travelling, balancing, jumping and rolling. Can I link actions of movement together to create a simple sequence Can I adapt a sequence of moves to apparatus</p>	<p>Net/wall skills</p> <p>Can I develop the skill of throwing underarm Can I develop the skill of catching Can I develop the skill of side gallop Can I apply the skill of throwing underarm with accuracy Can I demonstrate the ready position and how to hold a bat Can I develop the skill of striking a ball Can I develop simple tactics Can I apply striking a ball and tactics in a simple team game</p>	<p>Athletics</p> <p>Can I develop the skill of running fast Can I explore different ways of throwing Can I throw underarm accurately Can I throw overarm for distance Can I throw overarm with accuracy Can I explore jumping for distance Can I explore a push throw Can I complete an obstacle course Can complete run, jump and throw challenges Can I compete in races Can I pass a baton in a relay race</p>	<p>Games Core Task – Striking and Fielding</p> <p>Can I develop the skill of throwing overarm for distance Can I develop the skill of running Can I develop the skill of striking a ball Can I develop the skill of striking a ball with accuracy Can I develop the skill of fielding a ball Can I strike ball in a simple game Can I develop simple tactics Can I apply striking a ball, throwing and fielding in a simple team game Can I apply tactics in a simple striking/fielding game</p> <p>KS1 Assessment of skills</p>	
KS2 – National Curriculum for Physical Education							
	<p>Key Stage 2 Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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] • 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. 			<p>Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2.</p> <p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations. 			



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3	<p>Gymnastics Invasion Skills- Tag Rugby</p> <p>Can I balance on one foot Can I balance on 2 and 3 small body parts Can I travel on 4 points with control Can I create a sequence of travel and balance Can I perform different rolling actions including: pencil roll, teddy bear roll and egg roll Can I perform straight and star jumps Can I perform a tuck jump Can I create a sequence of six actions (using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed) Can I suggest how my performance and my partners performance could be improved Can I use the apparatus to perform travelling and balancing on small body parts</p> <p>Can I pass a ball using a chest pass and catch from a chest pass Can I pass a ball using a bounce pass Can I explain when to use a bounce pass Can I run into space to receive a pass Can I pass to a teammate in space when playing a game Can I use a simple tactic of pretending to throw one way and then the other to outwit an opponent</p>	<p>Football Net and Wall Skills- Tennis</p> <p>Can I throw ball/bean bags/shuttlecock into target. Can I intercept an object thrown Can I throw ball over a barrier Can I a ball with two hands Can I catch a ball with one hand Can I explain which throw is best for shorter / longer passes Can I strike a ball with my hand Can I strike a ball with a racket Can I outwit my opponent when playing a game Can I suggest what I need to do to improve</p>	<p>Striking and Fielding Skills Dance</p> <p>Can I strike a ball with a rounders bat Can I strike a ball with a cricket bat Can I accurately complete an underarm throw Can I accurately complete an overarm throw Can I catch a ball I have thrown upwards Can I catch underarm throws from a partner Can I catch overarm throws from a partner</p> <p>Can I interpret a visual stimulus and link movements to it Can I travel using different pathways and levels. Can I work co-operatively to select roles Can I link travel, jump, turn and stillness to depict a stimulus Can I slow actions down, showing good control and fluency Can I link the five dance elements within a group to depict a story (body, space, time, energy and action)</p>	<p>Cricket and Football Invasion Skills- High Five/ Dodgeball</p> <p>Can I pass a ball using a chest pass and catch from a chest pass Can I pass a ball using a bounce pass Can I explain when to use a bounce pass Can I run into space to receive a pass Can I pass to a teammate in space when playing a game Can I use a simple tactic of pretending to throw one way and then the other to outwit an opponent Can I try to intercept a ball when defending Can I evaluate mine and my attacker's success when throwing and catching</p>	<p>Athletics Striking and Fielding Games - Cricket/Rounders</p> <p>Can I strike a ball with a rounders bat Can I strike a ball with a cricket bat Can I accurately complete an underarm throw Can I accurately complete an overarm throw Can I catch a ball I have thrown upwards Can I catch underarm throws from a partner Can I catch overarm throws from a partner</p>	<p>Athletics Ball Skills</p> <p>Can I throw for distance using 2 different throws- push and pull throw Can I perform 3 different jumps- 2 feet to 2 feet, 1 foot to 2 feet, hop. Can I run at different paces Can I perform a sprint start Can I pass a quoit/baton to a teammate when stationary Can I evaluate my own and other performances.</p>



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4	<p>Invasion Games Gymnastics</p> <p>Can I try to intercept a ball when defending Can I evaluate mine and my attacker's success when throwing and catching</p> <p>Can I turn while travelling on hands and feet Can I perform front and back support Can I balance on left foot Can I balance on right foot Can I balance in a dish shape Can I balance in an arch shape Can I perform a stretch jump and turn (1/4 or 1/2) Can I perform rolling actions with accuracy Can I perform forward roll Can I attempt shoulder stand and arabesque Can I create a simple sequence of six moves (one balance, one roll, one jump and three others) Can I perform created routine in a competition Can I combine and perform a sequence with that of a partner Can I make simple judgements about the quality of my performance Can I perform a matched partner balance Can I perform a mirrored partner balance Can I explain the difference between a matched and mirrored shape Can I travel into and out of a matched and mirrored shape with a partner Can I perform matched and mirrored shapes with a</p>	<p>Football Net and Wall Skills- Tennis</p> <p>Can I throw ball/bean bags/shuttlecock into target. Can I intercept an object thrown Can I throw ball over a barrier Can I a ball with two hands Can I catch a ball with one hand Can I explain which throw is best for shorter / longer passes Can I strike a ball with my hand Can I strike a ball with a racket Can I outwit my opponent when playing a game Can I suggest what I need to do to improve</p>	<p>Striking and Fielding Games - Cricket and Football Dance</p> <p>Can I perform movements of different sizes Can I carry out movements with control and fluency Can I make contrasting movements using different body parts Can I comment on others work Can I link a travel to a gesture fluently and with control Can I work collaboratively to create a sequence Can I link five dance elements with a partner Can I make quick sharp turns showing change of direction Can I use good facial expressions Can I work in time within the performance Can perfect and perform a final piece.</p>	<p>Invasion skills- High Five/ Dodgeball/Basketball</p> <p>Can I throw and catch using a chest pass with control and accuracy Can I throw and catch using a bounce pass with control and accuracy Can I dribble a basketball with control Can I run into space to receive a pass after passing the ball Can I disguise a pass when playing a game Can I decide when to dribble with the ball and when to pass in a game Can I communicate with teammates where I want the ball to go when I haven't got it Can I shoot accurately into a target Can I explain which pass to use and when to use it Can I describe the help I need to improve</p>	<p>Athletics Striking and Fielding Games - Cricket/Rounders</p> <p>Can I throw for distance using three different throws- pull, push and sling Can I select an appropriate pace for my distance Can I combine 3 different jumps Can I pass a quoit/baton to a teammate successfully whilst moving Can I select appropriate equipment in a throwing type event Can I perform in athletic type competitive events (run, jump and throw) Can I perform a hop, step and jump Can I perform 5 different jumps Can I evaluate my own and other performances and compare my performances with previous ones to improve my personal best</p> <p>Can I throw a ball underarm with accuracy Can I catch a ball thrown to me Can I run between wickets Can I strike a ball off a tee</p>	<p>Athletics Ball Skills</p> <p>Can I throw for distance using three different throws- pull, push and sling Can I select an appropriate pace for my distance Can I combine 3 different jumps Can I pass a quoit/baton to a teammate successfully whilst moving Can I select appropriate equipment in a throwing type event Can I perform in athletic type competitive events (run, jump and throw) Can I perform a hop, step and jump Can I perform 5 different jumps Can I evaluate my own and other performances and compare my performances with previous ones to improve my personal best</p>



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5	<p>partner using apparatus Can I create a simple sequence of matched and mirrored shapes with a partner with a change of level and direction Can I make simple judgements about the quality of my performance</p> <p>Swimming Indoor Athletics</p> <p>Can I combine jumping actions (5 jumps) Can I develop throwing skills in an athletic type activity Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best Can I perform a heave throw Can I use different running techniques and speeds for different events Can I develop running skills in isolation Can I develop throwing skills in an athletic type activity</p>	<p>Swimming Invasion Games- Netball/ Football/ Rugby/ Quicksticks</p> <p>Hockey Can I pass a hockey ball using a push pass Can I receive a pass using hockey equipment Can I intercept a pass Can I dribble a ball using hockey equipment Can I shoot at goal using hockey equipment Can I score a goal from a stationary position Can I close down an opponent effectively Can I play a competitive hockey type game following the rules</p> <p>Rugby Can I run with a rugby ball in two hands Can I pass and catch a rugby ball using a swing pass Can I score a try Can I show a change of speed and direction to beat a defender to keep possession of the ball Can I use a dummy pass with a rugby ball Can I tag an opponent. Can I understand the role of an attacker / defender Can I play a competitive</p>	<p>Swimming Gymnastics Cricket Hi 5</p> <p>Can I perform matched and mirrored shapes with a partner Can I perform a counter balance with a partner Can I perform a counter tension balance with a partner Can I create a simple sequence of travel, jump, roll, and partner counter balances with fluency and control Can I perform counter balances with a partner using apparatus Can I create a sequence with a partner of 8 elements including counter balance and counter tension balances Can I identify which sequences were performed with fluency, accuracy and consistency</p>	<p>Swimming Dance Strike/field games - Cricket Hi 5</p> <p>Can I catch a small ball Can I bowl a ball through a hoop to a partner Can I bowl a ball underarm correctly Can I run safely round bases or between wickets Can I strike a bowled ball Can I strike a ball away from fielders Can I field a ball and throw back overarm Can use simple tactics when playing a modified competitive softball/ rounders type game Can I look for examples of specific things in a game that were successful and explain why they are good</p> <p>Dance Can I create a sequence including different levels and pathways Can I evaluate my own and others performances and suggest ways to improve a sequence Can I carry out actions with control and fluency Can I incorporate a prop within a sequence</p>	<p>Can I catch a ball when playing a game Can I use a simple tactic when batting Can I bowl a ball underarm</p> <p>Swimming Athletics Invasion Games - Netball</p> <p>Can I combine jumping actions (5 jumps) Can I develop throwing skills in an athletic type activity Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best Can I perform a heave throw Can I use different running techniques and speeds for different events Can I develop running skills in isolation Can I develop throwing skills in an athletic type activity</p>	<p>Swimming Athletics/Rounders</p> <p>Can I catch a small ball Can I bowl a ball through a hoop to a partner Can I bowl a ball underarm correctly Can I run safely round bases or between wickets Can I strike a bowled ball Can I strike a ball away from fielders Can I field a ball and throw back overarm Can use simple tactics when playing a modified competitive softball/ rounders type game Can I look for examples of specific things in a game that were successful and explain why they are good</p>



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		<p>rugby type game by the rules</p> <p>Netball Can I pass a netball using a chest pass accurately and successfully when playing games Can I pass a netball using a bounce pass accurately and successfully when playing games Can I pass a netball using a shoulder pass accurately and successfully when playing games Can I score a goal from a stationary position Can I play a competitive netball type game following the rules</p> <p>Overall skills Can I show a change of speed and direction to lose a defender Can I pass a ball when attacking Can I identify aspects of my own performance that needs improvement and that of others Can I use a range of tactics with the ball</p>		<p>Can I use a wide range of interesting movements to convey a story, performing with expression</p>		
Year	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
6	<p>Invasion Games –Football – pass, receive and engage tactically</p> <p>Can I travel with an object confidently in various ways Can I send and receive a variety of objects Can I undertake a leadership/officiating role Can I select and apply tactics in different invasion games Can I evaluate tactics across invasion games for</p>	<p>Gymnastics Hi 5</p> <p>Can I perform a group balance Can I perform a group balance using apparatus Can I create a sequence with a group of 8 elements including a group balance and paired balances Can I adapt group sequence of 8 elements to apparatus Can I work as part of a team to design an apparatus</p>	<p>Invasion Games- Netball/ Football/ Rugby/ Quicksticks</p> <p>All Invasion Games- Choice dependant on competition</p> <p>Can I outwit my opponent using simple tactics Can I defend an area Can I suggest ways I can improve my shots Can I recognise when others are playing well and identify why with help</p>	<p>Athletics Cricket Hi 5</p> <p>Can I combine jumping actions (5 jumps) Can I develop throwing skills in an athletic type activity Can I compare my performances with previous ones and demonstrate improvement to achieve my personal best Can I perform a heave throw Can I use different running techniques and speeds for</p>	<p>Athletics Invasion Games</p> <p>Can I revise and develop previous skills to improve my performance.</p>	<p>Games Orienteering – Williamson Park</p> <p>Can I create travelling patterns and use canon effectively. Can I learn a set dance, creating a solo sequence and participating in a whole class performance. Can I develop techniques and perform with accuracy, control and timing.</p>



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	<p>similarities Can I create an invasion game to solve a tactical problem Can I choose and apply skills and tactics consistently in an invasion type competitive games Can I develop the ability to evaluate my team's work and suggest ways to improve it</p>	<p>layout for group sequence Can I identify which sequences were performed with fluency, accuracy and consistency</p> <p>High 5 Can I intercept a ball Can I use chest, overhead and bounce passes Can I confidently catch a netball Can I find space to receive a ball successfully Can I shoot accurately</p>		<p>different events Can I develop running skills in isolation Can I develop throwing skills in an athletic type activity</p> <p>Cricket Can I send a ball using an overhead bowl Can I strike a ball with a straight drive Can I apply basic principles of striking and fielding in a game Can I evaluate and recognise my own success</p> <p>High 5 Can I intercept a ball Can I use chest, overhead and bounce passes Can I confidently catch a netball Can I find space to receive a ball successfully Can I shoot accurately Can I confidently play in a range of positions – shooting, attacking, defending</p>		<p>Can I perform in a whole class performance (assessed and recorded) and respond to own work.</p> <p>Orienteering Can I keep the map "set or orientated" when I move Can I some of the symbols on a orienteering map Can I run safely with a map around a simple orienteering course Can I recognise the 8 points of a compass Can I navigate to a control marker Can I plan effectively to visit as many control markers in the time allowed Can I understand how OAA can help my fitness and health</p>
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