



**PHYSICAL EDUCATION**

Threshold concept:		Develop practical skills in order to participate, compete and lead a healthy lifestyle				
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
<b>EYFS</b>	Dance- nursery rhymes	Gym- rocking and rolling	FMS- hungry caterpillar	Dance- Seasons	FMS- Castles	FMS- Transport
Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	<ul style="list-style-type: none"> <li>Dough Disco Let's Move</li> <li>Manipulates a range of tools and equipment</li> <li>Handwashing and hygiene (catch it, bin it, kill it)</li> <li>Putting on own coats including zipping/unzipping</li> <li>Naming and identifying different parts of the body</li> <li>What do different parts of the body do?</li> <li>Fine motor skill opportunities</li> <li>Describing physical changes to their body linked to emotions</li> <li>Athletics and ball skills (rolling, kicking, throwing and catching)</li> <li>Explore/develop walking</li> <li>Explore walking in different pathways</li> <li>Explore/develop jumping</li> <li>Explore hopping</li> </ul>	<ul style="list-style-type: none"> <li>Learning, practising and performing a routine of movements</li> <li>Fine motor skill opportunities</li> <li>Children become more confident at dressing with support</li> <li>Handwashing and hygiene (catch it, bin it, kill it)</li> <li>Athletics and ball skills (rolling, kicking, throwing and catching)</li> <li>Introduction to high, low, over and under</li> <li>Applying high and low on apparatus</li> <li>Dance - Firework Dance</li> </ul>	<ul style="list-style-type: none"> <li>Fine motor skill opportunities</li> <li>Handwashing and hygiene (catch it, bin it, kill it)</li> <li>Children to continue to be independent at dressing</li> <li>Athletics and ball skills (rolling, kicking, throwing and catching)</li> <li>Moving in sequence</li> <li>Creating our own movements</li> <li>Creating simple movement sequences</li> <li>Chinese New Year Dragon Dance</li> <li>Explore moving and making shapes using different body parts</li> <li>Explore moving in different directions</li> <li>Explore big and small ways of moving and making shapes</li> <li>Moving in pairs</li> <li>Creating shapes in pairs</li> </ul>	<ul style="list-style-type: none"> <li>Fine motor skill opportunities</li> <li>Handwashing and hygiene (catch it, bin it, kill it)</li> <li>Healthy and unhealthy food</li> <li>Athletics and ball skills (rolling, kicking, throwing and catching)</li> <li>Explore pushing</li> <li>Explore rolling</li> <li>Explore bouncing</li> <li>Explore bouncing into space</li> <li>Combine pushing and rolling</li> <li>Combine rolling, pushing and bouncing</li> </ul>	<ul style="list-style-type: none"> <li>Fine motor skill opportunities</li> <li>Handwashing and hygiene (catch it, bin it, kill it)</li> <li>Team games</li> <li>Athletics and ball skills (rolling, kicking, throwing and catching)</li> <li>Explore moving with a ball using our feet</li> <li>Develop moving with a ball using our feet</li> <li>Understand dribbling</li> <li>Develop dribbling against an opponent</li> <li>Using a parachute.</li> </ul>	<ul style="list-style-type: none"> <li>Fine motor skill opportunities</li> <li>Handwashing and hygiene (catch it, bin it, kill it)</li> <li>Athletics and ball skills (rolling, kicking, throwing and catching)</li> </ul>
	Introduction to PE: Unit 1	Ball skills: Unit 1	Dance: Unit 1	Gymnastics: unit 2	Ball skills: Unit 2	Fundamentals: Unit 2
	Introduction to PE: Unit 2	Fundamentals: Unit 1	Gymnastics: Unit 1	Dance: unit 2	Games: Unit 2	Games: Unit 2
<b>Year 1</b>	Fundamentals	Sending and receiving	Dance	Athletics	Striking and fielding games	Swimming: Beginners
	Ball skills	Gymnastics	Target games	Invasion games	Net and wall games	Team building
<b>Year 2</b>	Ball skills	Sending and receiving	Dance	Athletics	Striking and fielding	Swimming: Beginners
	Fundamentals	Gymnastics	Target games	Invasion games	Net and wall games	Team building
<b>Year 3</b>	Netball	Basketball	Handball	Athletics	Cricket	Swimming
	Football	Gymnastics	Fundamentals Yr3/4	Ball skills Yr3/4	Tennis	Dance
<b>Year 4</b>	Netball	Basketball	Handball	Athletics	Cricket	Swimming
	Football	Gymnastics	Fundamentals Yr3/4	Ball skills Yr3/4	Tennis	Dance
<b>Year 5</b>	Netball	Basketball	Tag rugby	Athletics	Cricket	Swimming
	Football	Gymnastics	Badminton Yr5/6	Handball	Tennis	Dance
<b>Year 6</b>	Netball	Basketball	Tag rugby	Athletics	Cricket	Swimming
	Football	Gymnastics	Badminton Yr5/6	Handball	Tennis	Dance



## PHYSICAL EDUCATION



### Year 5

#### Move and Learn (PE and Science)

- Understand what physical activity is and the different levels of physical activity
- Understand what activities contribute to your active day
- Know how much physical activity you should be doing for your health.
- You will also take part in a pulse rate experiment
- Understand how physical activity can affect the body and mind
- Learn about types of activity you could choose to do
- Understand why we need to stay hydrated
- Identify how to stay hydrated
- Other factors that affect hydration levels