



Physical Education Intent

		EYFS	YEAR ONE	YEAR TWO	YEAR THREE	YEAR FOUR	YEAR FIVE	YEAR SIX
Key Vocabulary		Early Years	Key Stage One		Lower Key Stage Two		Upper Key Stage Two	
		Currently under review due to new EYFS Reform Framework September 2021	Body movements Perform Represent Patterns Striking Accuracy Speed Agility Quickness	Sequence Body movements Control Tuck Straddle Pike Coordination Batting stance Control Body mechanics	Improvise Stimuli Evaluation Spatial awareness Forward roll Arabesque Fielding position Possession Hurdles Speed ladders	Transitional movements Precision Rhythm Backward roll Triple jump Long jump Bat grip	Expression Exaggeration Handstand Counter-tension Counter-balance Composition Foot pattern Boundary Opponents Overarm bowl Danger areas	Express feelings Cartwheel Extension Communication Batting partner

Dance					
Dance	Key knowledge	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will know that:</p> <ul style="list-style-type: none"> ➤ Our body can be used to make movements that are balanced and at varied speed ➤ A groups of movements is called a sequence. 	<p>As developing athletes, children will know that:</p> <ul style="list-style-type: none"> ➤ Sequences can be linked together with transitional movements. ➤ There is a relationship between music and the movements they create. ➤ Group positioning will impact the overall performance. 	<p>As secure athletes, children will know that:</p> <ul style="list-style-type: none"> ➤ Expression and exaggeration represent the characters feelings ➤ A variety of stimuli can be used to create movements for a sequence. ➤ Evaluation and feedback aids the improvement of their own performance
	Key skills	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Copy movements to create a sequence, using different speeds, heights and direction. 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Create longer group sequences with control, showing a variety of speed, height and direction. ➤ Show the relationship between music and movements using the beat and rhythm. ➤ Improve work following an evaluation process. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Create a dance routine either solo or as part of a group showing varying direction, height, speed and transitional movements. ➤ Use expression and exaggeration to tell a story through dance. ➤ Improve performance following feedback and give feedback to others.

Gymnastics					
Gymnastics	Key knowledge	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Our body can be used to make different shapes and balances ➤ Travel (spin, turn, leap) is used to link shapes and balances together 	<p>As developing athletes, children will know that:</p> <ul style="list-style-type: none"> ➤ Equipment (benches, balance tables, ribbons) can be used to add variety to a performance ➤ Evaluation and feedback can used to improve a performance. 	<p>As secure athletes, children will know:</p> <ul style="list-style-type: none"> ➤ A sequence can be created using floor work and height from equipment. ➤ Partner work includes working side by side and supporting each other during a technique.

	Key skills	Currently under review due to new EYFS Reform Framework September2021	<p>As early athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Perform a variety of shapes and balances with co-ordination and control ➤ Perform basic rolls showing correct positions throughout. ➤ Link shapes and balances together using travel movements. 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Create a sequence using a variety of shapes, balances and rolls with fluency and control. ➤ Perform balances and shapes using equipment (benches, balance tables, ribbon etc). ➤ Evaluate and improve performances. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Create a sequence using a variety of shapes, balances and rolls incorporating equipment. ➤ Incorporate partner work into a sequence ➤ Evaluate and improve own performance and offer feedback to others.
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Athletics					
Athletics	Key knowledge	Currently under review due to new EYFS Reform Framework September2021	<p>As early athletes, children will know that:</p> <ul style="list-style-type: none"> ➤ A run can be performed at different speeds and include changes of direction ➤ A jump must be performed with knees bent upon landing. ➤ Different throwing techniques require different levels of power 	<p>As developing athletes, children will know that:</p> <ul style="list-style-type: none"> ➤ Some running distances require speed whilst others require endurance. ➤ Different jumps require a different foot patterns ➤ Throwing events require different starting positions and patterns. ➤ Performance can be evaluated using key movement points. 	<p>As secure athletes, children will know:</p> <ul style="list-style-type: none"> ➤ When to adjust technique to improve running time. ➤ Performance of techniques require key components to be met in order to achieve success. ➤ Evaluation leads to improvements in technique and performance.
	Key skills	Currently under review due to new EYFS Reform Framework September2021	<p>As early athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Run at different speeds and lengths. ➤ Perform a jump safely and correctly. ➤ Throw equipment with a degree of accuracy and correct power. 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Develop running techniques that take in to account adjustment of speed and endurance. ➤ Develop patterns for both throwing and jumping events. ➤ Evaluate performances using the key components from each event. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Adjust own technique to improve running times. ➤ Understand and perform key components from different events. ➤ Evaluate and adjust techniques to improve performance.

SAQ

Malleable materials	Key Knowledge	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Quick foot and arm movement will improve performance. ➤ Looking up will aid finding space. 	<p>As developing athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Travelling through different equipment requires different foot patterns ➤ Spatial awareness means to look at personal space and the wider area in use 	<p>As secure athletes, children will know:</p> <ul style="list-style-type: none"> ➤ When to use explosive speed and when to maintain a steady speed ➤ Selecting the appropriate body mechanics will improve performance
	Key skills	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Complete speed ladders with balance. ➤ Use spatial awareness when travelling through equipment 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Select correct foot pattern or position for each piece of equipment ➤ Travel through equipment with good level of speed and flow. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Show speed, agility and quickness techniques both independently and in a game. ➤ Increase explosive speed over short distances.

Games – Send and Receive					
Games – Send and Receive	Key Knowledge	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Targets can vary in size and therefore starting distance can vary 	<p>As developing athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Targets can be static and moving so adjustment in techniques must be made ➤ Sending or dribbling can help maintain possession 	<p>As secure athletes, children will know:</p> <ul style="list-style-type: none"> ➤ An attack will move the game forward and towards end target ➤ Finding space and avoiding opponents will help maintain possession
	Key Skills	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Aim at a range of targets with consistency. ➤ Demonstrate spatial awareness when in game play. ➤ Demonstrate accuracy, speed and control when sending equipment 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Aim at moving and static targets with consistency. ➤ Demonstrate accuracy, speed and control when sending and receiving equipment whilst maintaining possession. ➤ Demonstrate control and coordination when moving. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Send equipment to any given target. ➤ Select whether to send or receive to maintain possession in game play. ➤ Use spatial awareness to gain and maintain possession, marking opponents and area when required.

Games – Strike and Field					
Games – Strike and field	Key Knowledge	Currently under review due to new EYFS Reform Framework September2021	<p>As early athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Receiving a ball (batting) requires a strong and stable side on stance ➤ The relationship between the weight of an object and the distance it travels, a heavier ball will travel a shorter distance 	<p>As developing athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Where fielding positions are in relation to the batter ➤ The correct bat grip and how the bat motion affects the balls path (swinging a bat through to high end point means the ball will go up in to the air) 	<p>As secure athletes, children will know:</p> <ul style="list-style-type: none"> ➤ The danger areas in the field and that these need to be protected ➤ Some games require an overarm bowl and a run up
	Key Skills	Currently under review due to new EYFS Reform Framework September2021	<p>As early athletes, children will have the skills to;</p> <ul style="list-style-type: none"> ➤ Aim at a target when sending and receiving with accuracy. ➤ Demonstrate and explain the importance of weight and speed when throwing. ➤ Demonstrate quick decision making when batting. 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Demonstrate strong batting stance and communication with partner. ➤ Select fielding position in relation to batting player and demonstrate good technique (catching and throwing). ➤ Protect the boundary when fielding. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Set up and organise an effective fielding team. ➤ Recognise and react to danger areas, effectively communicating to team. ➤ Perform an overarm bowl with accuracy.

Swimming					
Swimming	Key Knowledge	n/a	As early athletes, children will know:	As developing athletes, children will know:	As secure athletes, children will know:
	Key Skills	n/a	As early athletes, children will have the skills to:	As developing athletes, children will have the skills to: <ul style="list-style-type: none"> ➤ Swim competently, confidently and proficiently over a distance of 25 metres. ➤ Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. ➤ Perform safe self-rescue in different water-based situations. 	As secure athletes, children will have the skills to: <ul style="list-style-type: none"> ➤ Swim competently, confidently and proficiently over a distance of 25 metres. ➤ Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke. ➤ Perform safe self-rescue in different water-based situations.

Healthy Lifestyles					
Healthy Lifestyles	Key Knowledge	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will know:</p> <ul style="list-style-type: none"> ➤ The body changes during exercise, breathing becomes quicker and heavier ➤ Exercise impacts health and well-being 	<p>As developing athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Exercise, along with a healthy diet, impacts physical and mental health ➤ Warm-ups and cool downs prepare the body for exercise and the return to everyday activity 	<p>As secure athletes, children will know:</p> <ul style="list-style-type: none"> ➤ Meaningful exercise differs for each individual ➤ Warm-ups and cool downs prepare the body for exercise and the return to everyday activity
	Key Skills	Currently under review due to new EYFS Reform Framework September 2021	<p>As early athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Recognise the changes in body during exercise. ➤ Understand the wider impact of exercise. 	<p>As developing athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Know the changes in body during exercise. ➤ Understand the importance of warm up and cool down exercises. ➤ Understand the impact of exercise. 	<p>As secure athletes, children will have the skills to:</p> <ul style="list-style-type: none"> ➤ Explore and create expression in portraiture. ➤ Use distortion, abstraction and exaggeration to create interesting effects in portraiture or figure drawing.