

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Indoor - Multi-skills Indoor - Parachute Games and Spatial Awareness - Experiment with different ways of moving. - Develop understanding and literal skills following instructions.		Indoor - Gymnastics - Move skilfully while negotiating spaces, adjusting speed/direction to avoid obstacles. - Experiment moving freely and with pleasure in a range of ways. - Develop balance, agility and co-ordination. Indoor - Dance - Experiment moving freely and with pleasure in a range of ways. - Perform and imitate movement in response to music moving rhythmically. - Move skilfully while negotiating spaces, adjusting speed/direction to avoid obstacles.		Indoor - Cheerleading	Indoor - Karate
					Indoor - Team Games - Develop agility and co-ordination ball skills. - Develop throwing and catching ability. - Develop balance, agility and co-ordination.	
Year One	Indoor - Gymnastics Skills: - Show basic control and co-ordination when travelling. - Change movement and pathways to avoid others and obstacles. - Copy simple movements and actions. - Associate basic actions with words, signs and symbols. - Link and repeat simple actions. - Know how to start and finish a movement or action. - Identify changes that take place when they exercise. Outdoor - Games Skills: - Practice underarm throwing and rolling skills. - Practice simple collecting and receiving skills.		Indoor - Dance Skills: - Explore basic movements and actions. - Begin to move with expression. - Begin to select movements that reflect the dance ideas. - Remember, repeat and link simple movements. Outdoor - Games Skills: - Play simple games with a partner or passive opponent. - Describe basic rules and the way to score.		Indoor - Swimming Basildon Sporting Village Outdoor - Games Skills: - Practice underarm throwing and rolling skills. - Practice simple collecting and receiving skills. - Play simple games with a partner or passive opponent. - Describe basic rules and the way to score.	

<p>Year Two</p>	<p>Indoor - Gymnastics Skills: - Show control and co-ordination when travelling and remaining still. - Find and use space safely showing awareness of others. - Remember and repeat simple actions and movements with control. - Describe basic movement phrases. - Select, link and repeat simple actions. - Know how to start and finish movement phrases. - Describe how they feel during exercise.</p> <p>Outdoor - Games, Throwing & Catching Skills: - Use basic underarm, rolling and hitting skills accurately. - Intercept, retrieve and stop bean bags and large balls with consistency. - Throw, hit and kick a ball in a range of ways depending on the needs of the game. - Describe what they and others need to do in a game.</p>	<p>Indoor - Swimming Basildon Sporting Village</p> <p>Outdoor - Games, Throwing & Catching Skills: - Use basic underarm, rolling and hitting skills accurately. - Intercept, retrieve and stop bean bags and large balls with consistency. - Throw, hit and kick a ball in a range of ways depending on the needs of the game. - Describe what they and others need to do in a game.</p>	<p>Indoor - Dance Skills: - Perform a series of simple movements and actions. - Show an increasing sense of dynamic expression and rhythmic accuracy. - Select appropriate movements to support different dance ideas. - Remember and repeat short dance phrases and simple dances.</p> <p>Outdoor - Games (Tennis) Skills: - Use basic hitting skills accurately. - Hit a ball in a range of ways depending on the needs of the game. - Describe what they and others need to do in a game.</p>
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<p>Year Three</p>	<p>Indoor - Swimming Basildon Sporting Village</p> <p>Outdoor - Athletics, Invasion Games and Games Skills:</p> <ul style="list-style-type: none"> - Run at slow, medium and fast speeds, changing speed and direction. - Link running and jumping activities with fluency, control and consistency. - Make up and repeat a short sequence of linked jumps. - Take part in an athletic event. - Know and demonstrate a range of throwing techniques, throw with some accuracy and power at targets. - Choose a skill that suits the needs of the game and outwit their opponents. - Anticipate movements and actions of others in partner work. - Describe simple tactics and skills used in the game. - Become familiar with and begin to apply rules consistently and fairly. - Use a range of throwing and catching skills with control to keep possession and to score points. - Be aware of space and members of the opposition. - Use a variety of simple tactics for attacking and keeping possession of the ball. - Understand the need to attack and defend. - Become increasingly familiar with the rules of the game. 	<p>Indoor - Gymnastics Skills:</p> <ul style="list-style-type: none"> - Travel in a range of different ways using feet, hands and feet and without feet. - Use all available space using different pathways and changes in direction. - Repeat simple sequences accurately and consistently. - Describe own and others movements, balances and body shapes, using appropriate vocabulary. - Select, link and perform with control, a variety of actions. - Perform longer phrases containing a clear beginning, middle and end. - Identify when the heart rate and breathing quickens. <p>Outdoor - Striking & Fielding, Net & Ball Games and Games Skills:</p> <ul style="list-style-type: none"> - Choose a skill that suits the needs of the game and outwit their opponents. - Track balls or other equipment sent to them and anticipate where it is going. - Become familiar with and begin to apply rules consistently and fairly. - With increasing accuracy, use underarm, overarm, throwing and hitting skills. - Track, intercept, stop and catch balls and bean bags consistently. - Anticipate movements and actions of others in partner work. - Describe simple tactics and skills used in the game. - Keep up a continuous game using simple throwing and catching skills and techniques. 	<p>Indoor - Dance Skills:</p> <ul style="list-style-type: none"> - Perform increasingly complex combinations or movements and actions with control. - Perform clearly and with expression showing an awareness of phrasing and music. - Select movements that demonstrate an understanding of the dance, mood and feeling. - Repeat dance phrases and simple dances with accuracy and control. <p>Outdoor - Outdoor Education Skills:</p> <ul style="list-style-type: none"> - Move from familiar to unfamiliar environments and pinpoint their positions. - Use plans and diagrams to follow a short trail from one point to another. - Respond to a set challenge or problem. - Discuss how to follow trails and solve problems. - Begin to work and behave effectively.
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		<ul style="list-style-type: none"> - Choose and use a range of simple tactics for sending a ball different ways. - Choose and use an increasing range of simple tactics for defending their own court. - Gain an understanding of and use the game rules. - Make up own net games. 		
Year Four	<p>Indoor - Striking & Fielding and Games Skills:</p> <ul style="list-style-type: none"> - Bat, bowl and field with control. - Use a range of fielding skills. - Make good tactical decisions quickly while remaining aware of what is going on around them. - Identify their own strengths and suggest practices to help improve them. - Identify and describe features of successful game play. - Hit a bowled ball with intent and force. - Use a range of skills when attacking and defending. - Make tactical decisions while showing awareness of others. - Understand and implement a range of tactics in a range of games. <p>Outdoor - Athletics and Invasion Games Skills:</p> <ul style="list-style-type: none"> - Understand and demonstrate the difference between sprinting and running for sustained periods. 	<p>Indoor - Gymnastics Skills:</p> <ul style="list-style-type: none"> - Perform actions, balances, body shapes and movements with control. - Combine an increasing range of elements with a sequence. - Combine own work with the work of others. - Identify aspects of a performance that needs to be practiced. - Prepare well-structured sequences that can be performed alone or with a partner. - Plan, perform and repeat sequences that include changes in speed, 	<p>Indoor - Dance Skills:</p> <ul style="list-style-type: none"> - Explore, improvise and combine movements and ideas effectively. - Perform with an awareness of rhythmic, dynamic and expressive qualities. - Improvise freely alone and with a partner, translating ideas from stimuli and movement. - Create and link simple dance phrases using dance structures. 	<p>Indoor - Swimming Basildon Sporting Village</p> <p>Outdoor - Outdoor Education Skills:</p> <ul style="list-style-type: none"> - Travel around a simple course, respond when the task or environment changes. - Use more detailed plans and diagrams to pinpoint their position and plot a route. - Solve problems by using a range of approaches. - Explain reasons for choosing the approach used to solve a problem and recognise other possible approaches. - Work and behave safely when working on own and in small groups.

	<ul style="list-style-type: none"> - Increase the fluency and control of running and/or jumping activities. - Perform a range of jumps showing consistent techniques and where appropriate using a short run up. - Effectively assume the role of a team member taking part in an athletic event. - Throw objects, changing their actions for accuracy and distance including the throwing of objects at targets. - Use different techniques for passing, controlling, dribbling and shooting the ball in games. - Mark opponents and support players in defence. - Identify tactics to help the team keep the ball and take it towards the opponents end. - Use a range of tactics to attack and defend. - Use and interpret the rules of the game. 	<p>level and direction, with clear shapes and quality of movement.</p>		
		<p>Outdoor - Net & Ball Games (Tennis)</p> <p>Skills:</p> <ul style="list-style-type: none"> - Use a wide range of throwing, catching and hitting skills on both sides of play. - Change the pace, length and direction of throws and shots to outwit opponents. - Know where to stand and how to defend their court. - Use and interpret rules fairly. - Make up own net games and rules. 		

<p>Year Five</p>	<p>Indoor - Swimming Basildon Sporting Village</p> <p>Outdoor - Games, Striking & Fielding and Net & Ball Games</p> <p>Skills:</p> <ul style="list-style-type: none"> - Bat, bowl and field with control and demonstrate a range of techniques. - Suggest a range of skills that can be used to improve success. - Vary team and individual tactics to generate impact. - Plan and adapt team and individual tactics. - Choose and apply a range of increasingly complex skills and techniques that are suited to a range of games. - Use a range of tactics for attacking and defending as batters, bowlers and fielders. - Plan and adapt team and individual tactics and vary them as the need arises. - Identify their own and others strengths and weaknesses and devise practices that lead to improvement. - Use a sound understanding of the principles of play when planning their approaches to a game. - Use forehand, backhand and overarm shots and volley when appropriate. - Use preferred skills with competence and consistency. - Understand the need for tactics, choose and use some tactics effectively. - Apply rules consistently and fairly. - Make up own net games that involve more than one player/team. 	<p>Indoor - Dance</p> <p>Skills:</p> <ul style="list-style-type: none"> - Rehearse, refine and repeat short dance sequences with style and artistic intention. - Perform to an accompaniment expressively and sensitively. - Use an increasing range of complex principles to create dances. - Create and structure phrases, selections and whole dances. <p>Outdoor - Outdoor Education</p> <p>Skills:</p> <ul style="list-style-type: none"> - Work confidently in familiar and changing environments. - Using increasingly complex maps and diagrams, select and perform skills and strategies effectively. - Find own solutions to challenges and problems. - Plan, implement and refine strategies and adapt as necessary. - Prepare physically and organizationally for challenges taking into account their own and others safety. 	<p>Indoor - Gymnastics</p> <p>Skills:</p> <ul style="list-style-type: none"> - Combine and perform increasingly complex actions, shapes and balances. - Develop an increasing range of solutions to tasks. - Create sequences with others. - Recognise the key criteria needed to improve their own and others performances. - Prepare complex and varied sequences to perform with a partner or as part of a group. - Make longer, more complex sequences including changes of direction, level and speed. <p>Outdoor - Athletics and Invasion Games</p> <p>Skills:</p> <ul style="list-style-type: none"> - Select the most appropriate pace for a running event to sustain their running and improve upon personal targets. - Demonstrate control and accuracy over running and/or jumping activities. - Show control at take off in jumping activities. - Participate in a range of athletic events. - Show accuracy and good technique when throwing for distance. - Explain and evaluate the different techniques used for passing, controlling, dribbling and shooting the ball in games. - Use marking, tackling and/or interception to improve defence. - Apply principles of team play to keep possession of the ball and score effectively. - Know what position they are playing and how to contribute when attacking and defending. - Apply rules consistently and fairly.
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<p>Year Six</p>	<p>Indoor - Dance Skills: - Refine and repeat a wide range of dances with style and artistic intention. - Demonstrate a clear sense of own dance style. - Use a range of technical and physical principles to create dances. - Show an understanding of musical structure, rhythm, mood and phrasing.</p> <p>Outdoor - Net & Ball Games (Tennis) Skills: - Play a full game of short tennis using the full range of racquet techniques. - Use a wide range of shots with consistency and accuracy. - Understand the need for different tactics and give reasons for the decisions and tactics used. - Analyse and make judgements about their own and others' ability to adhere to the game rules. - Make up and share increasingly complex games.</p> <p>Outdoor Education *This will be completed during PGL trip in Autumn 1. Skills: - Work confidently in familiar and changing environments, adapting quickly to new situations. - Using a range of different maps and tracking devices identify and respond to events as they happen. - Devise, select and put into practice a range of solutions to challenges and problems. - Understand clearly the nature of a challenge or problem and what they want to achieve.</p>	<p>Indoor - Swimming Basildon Sporting Village</p> <p>Outdoor - Athletics and Invasion Games Skills: - Pace their efforts effectively. - Adapt skills and techniques to different challenges and equipment. - Show good control, speed, strength and stamina when running, jumping and throwing. - Take part in a wide range of athletic events effectively. - Use and apply effectively a range of throwing techniques. - Use a wide range of good quality skills effectively. - Mark and apply a range of decisions quickly and appropriately in games. - Choose skills and tactics that meet the needs of the situation. - Play in a number of attacking and defending positions effectively. - Take responsibility for judgements and decision making in game play.</p>	<p>Indoor - Gymnastics Skills: - Combine and perform a range of complex actions, shapes and balances with control. - Share and evaluate the solutions or ideas of others. - Create increasingly complex and varied sequences with others. - Use criteria to judge the quality of ideas, actions, composition and sequence. - Perform and choose from a wide range of complex and demanding actions and balances. - Take the lead in the preparation of a performance including complex sequences to be performed by a group.</p> <p>Outdoor - Games and Striking & Fielding Skills: - Bat, bowl and field with a range of techniques. - Evaluate the success of skills in order to improve play. - Explain in detail plans for approaches to game play. - Understand and give reasons for the use of a range of tactics. - Evaluate and suggest improvements for the batting, bowling and fielding skills of self and others. - Suggest a range of complex skills and techniques that could be applied to improve a range of field games. - Take a leading role in teams and have a significant impact on the games played. - Identify how team and individual tactics have been varied and the impact this will have/has had on the game. - Evaluate their own and others strengths and weaknesses.</p>
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	- Take a leading role when working with and taking responsibility for others.		- In detail, explain their plans and approaches to game play.
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Key Stage PE Curriculum Objectives

EYFS			
Parachute Games and Spatial Awareness		<ul style="list-style-type: none"> - Experiment with different ways of moving. - Develop understanding and literal skills following instructions. 	
Dance		<ul style="list-style-type: none"> - Experiment moving freely and with pleasure in a range of ways. - Perform and imitate movement in response to music moving rhythmically. - Move skillfully while negotiating spaces, adjusting speed/direction to avoid obstacles. 	
Gymnastics		<ul style="list-style-type: none"> - Experiment moving freely and with pleasure in a range of ways. - Move skillfully while negotiating spaces, adjusting speed/direction to avoid obstacles. - Develop balance, agility and co-ordination. 	
Team Games		<ul style="list-style-type: none"> - Develop agility and co-ordination ball skills. - Develop throwing and catching ability. - Develop balance, agility and co-ordination. 	
Key Stage One Pupils should be taught to:		Key Stage Two Pupils should be taught to:	
Gymnastics	Develop balance, agility and co-ordination.	Gymnastics	Develop flexibility, strength, technique, control and balance.
Dance	Perform dances using simple movement patterns.	Dance	Perform dances using a range of movement patterns.
Running, Jumping, Throwing and Catching.	Master basic movements including running, jumping, throwing and catching.	Competitive Games	Play competitive games and apply basic principles suitable for attacking and defending.

Team Games	Participate in team games and develop simple tactics for attacking and defending.	Running, Jumping, Throwing and Catching.	Use running, jumping, throwing and catching in isolation and combination.
-	-	Outdoor and Adventurous Activities	Take part in outdoor and adventurous activities.