



St Augustine of Canterbury RC Primary School
EYFS and KSI Physical Education Overview

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Rationale	At St Augustine's, our Physical Education curriculum aims to maximise the time children are active through learning new skills and obtaining key knowledge. We want our pupils to understand the importance of physical activity and physical literacy to ensure we live healthy lifestyles. For our youngest pupils, we want them to master the fundamental movement skills, which will allow them to apply their new skills and knowledge as they progress through school. In KS2, we want our pupils to apply their early learning to a range of competitive sports.					
Approach	Through Lancashire planning documents and PE Passport, our youngest learners focus on the Fundamental Movements Skills to ready them for years to come when they will apply their new learning to specific sports and activities. All classes access a minimum of two hours of PE, weekly, through two units running alongside each other. Our curriculum is progressive which allows our pupils to apply prior learning to current learning. Through exploration and creativity, children are given opportunities to showcase their already impressive sporting skills to their PE lessons in the forms of coaching, officiating and leading specific tasks.					
SEND	All children at St Augustine's access Physical Education and interventions are PE based during these times. Teaching Assistant's support teachers within lessons by leading group interventions through discussions with the class teacher. Adaptations are made to ensure all lessons are accessible for every child, regardless of any specific learning needs or disabilities.					
School Values	Compassion	Hardworking	Respect	Inviting	Successful	Teamwork
School Games Values	Teamwork	Honesty	Respect	Self-belief	Determination	Passion
	The School Games Values run coherently through each unit. The units our children access do not focus on one specific School Games Values and instead, several are promoted throughout the pupil's learning within each unit.					
Enhancements	At St Augustine's, we offer a wide range of extra-curricular sport clubs alongside accessing Burnley Sport Partnership's offer of inter school competitions and events. All children at St Augustine's have the opportunity to join in with extra-curricular provision, competitions and events. Please see the 'Extra-Curricular Clubs' document below alongside the events and competition calendar provided by Burnley Sport Partnership.					

EYFS

EYFS			
Autumn 1	Unit:	FMS - Superworm	FMS – Fundamental Movement Skills
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ol style="list-style-type: none"> To know how to jump and land safely. To know how to throw overarm and underarm. To know hopping is done on one foot. To know catching a large ball requires two hands. To know a range of travels on hands and feet. 	<ol style="list-style-type: none"> To know we bend our knees and use our arms to jump. To know hopping can be done on both feet. To know when throwing for distance, we need power. To know when catching, two hands must be together and made large for accuracy To know rules and dangers of climbing.
	Key Skills:	<ul style="list-style-type: none"> ➤ Jumping ➤ Hopping ➤ Skipping ➤ Catching ➤ Balancing 	<ul style="list-style-type: none"> ➤ Balancing ➤ Throwing (Overarm) ➤ Jumping ➤ Climbing
	Lesson sequence	<ol style="list-style-type: none"> To jump and land safely. To throw overarm and underarm To hop of left foot To hop of right foot To catch a large ball To travel on hands and feet 	<ol style="list-style-type: none"> To jump for distance and land appropriately To hop on both feet To throw underarm for distance To overarm throw for distance To catch with increasing accuracy To climb with confidence under, over and through climbing equipment
Autumn 2	Unit:	FMS – Jack and the Beanstalk	Dance - Circus
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know we bend our knees and use our arms to jump. ➤ To know the difference between a pencil and egg roll. ➤ To know an underarm throw is done for short distance. ➤ To know an overarm throw is done for distance. ➤ To know when rolling a ball, we bend one knee and use the opposite arm to roll. 	<ul style="list-style-type: none"> ➤ To know how to contribute simple key words to an age appropriate theme related mind map ➤ To know how to translate ideas into simple theme related shapes, movements, actions. ➤ To know how to use the words in a poem to create shapes, movements or feelings ➤ To know that we need to look forwards to safely move around in space ➤ To know that we need to control our speed to ensure safety ➤ To know how to turn what I see into ways of moving ➤ To know how to listen to other people's ideas and vocalise my own thoughts ➤ To know how to be aware of people's feelings when giving and receiving simple feedback

			➤ To know control is important when performing
	Key Skills:	<ul style="list-style-type: none"> ➤ Experiment different ways of moving ➤ Increased control over an object ➤ Jump and land appropriately ➤ Roll in a variety of ways 	<ul style="list-style-type: none"> ➤ Use my body and create simple theme related shapes, movements and actions ➤ Show good listening skills ➤ Travel safely and creatively in space ➤ Show different levels when I travel ➤ Work with a partner ➤ Look at pictures and create shapes, movements and actions ➤ Remember and perform a basic sequence of movement when led by a teacher ➤ Identify what good looks like
	Lesson sequence	<ol style="list-style-type: none"> 1. To experiment with different ways of moving. To use increasing control over an object by touching, pushing, patting, throwing, or catching. To move with control and co-ordination To use a range of small and large equipment 2. To jump and land appropriately 3. To roll in a variety of ways 4. To roll a ball accurately 5. To climb up and down apparatus using alternate feet 6. To revise fundamental movement skills covered in the unit 	<ol style="list-style-type: none"> 1. Use the body and create simple theme related shapes, movements and actions. 2. Move safely in space taking care of themselves and others 3. Begin to show different levels during travel 4. Can copy teacher led actions 5. Show simple timing and use of travel 6. Be creative in movements and travel
Spring I	Unit:	FMS – Hungry Caterpillar	An Adventure with the Emergency Services
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know the basic skills of jumping are needs bent, arms are used for power and we bend our knees when landing. ➤ To know travelling needs to be balanced and controlled. ➤ To know a range of balances ➤ To know underarm throwing is used for close distances ➤ To know a variety of rolls 	<ul style="list-style-type: none"> ➤ To know we can move fluently, with developing control and grace. ➤ To know it is important to use our core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. ➤ To know how to use our body-strength, balance, co-ordination and agility. ➤ To know a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. ➤ To know how to engage in activities using a ball with confidence, competence, precision and accuracy. ➤ To know how to tummy-crawl, crawl on all fours, climbing, pull themselves up on a rope and hang on monkey bars.
	Key Skills:	<ul style="list-style-type: none"> ➤ Jumping ➤ Travel over, under and through equipment ➤ Balance using a range of body parts ➤ Underarm throw ➤ Roll in a variety of ways 	<ul style="list-style-type: none"> ➤ Balancing ➤ Throwing (Overarm) ➤ Jumping ➤ Climbing
	Lesson sequence	<ol style="list-style-type: none"> 1. To perform the basic skill of jumping 2. To travel over, under and through balance and climbing equipment. 3. To balance on a range of body parts. 4. To throw under arm. 5. To roll in a variety of ways 6. To revise fundamental movement skills covered in the unit 	<ol style="list-style-type: none"> 1. Progress towards a more fluent style of moving, with developing control and grace. 2. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. 3. Develop overall body-strength, balance, co-ordination and agility.

			<p>4. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>5. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>6. Develop small motor skills by helping children to develop the core strength and stability they need to support their small motor skills. Encourage and model tummy-crawling, crawling on all fours, climbing, pulling themselves up on a rope and hanging on monkey bars.</p>
Spring 2	Unit:	FMS – Transport	FMS – Rumble in the Jungle
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know a range of travels ➤ To know how to push an object with control ➤ To know a range of gymnastics rolls ➤ To know to extend the arm and bend when throwing for distance ➤ To know safety precautions when climbing equipment 	<ul style="list-style-type: none"> ➤ To know we bring the knees to our chests and place hands on top to perform an egg roll ➤ To know we extend our arms and legs, with toes and fingers pointed, to perform a pencil roll ➤ To know when throwing underarm, we use alternate arm to the leg we lead with ➤ To know when throwing overarm, we use alternate arms and legs. The arm begins in line with the shoulder ➤ To know when travelling on our hands, we place the palm on the floor. When travelling with our feet, we use our toes.
	Key Skills:	<ul style="list-style-type: none"> ➤ Travel in a variety of ways ➤ Show increasing control over an object ➤ Perform a variety of gymnastics rolls ➤ Overarm throw for distance 	<ul style="list-style-type: none"> ➤ Travel on hands and feet ➤ Roll in a variety of ways ➤ Use underarm and overarm throws with increasing accuracy
	Lesson sequence	<ol style="list-style-type: none"> 1. To jump and land safely. 2. To perform a egg roll 3. To perform a pencil roll 4. To roll a ball 5. To throw underarm 	<ol style="list-style-type: none"> 1. To perform a egg roll 2. To perform a pencil roll 3. To throw underarm 4. To throw overarm 5. To travel on hands and feet
Summer 1	Unit:	FMS – Mini Beasts	An Encounter with Pirates
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know a range of travels ➤ To know how to push an object with control ➤ To know a range of gymnastics rolls ➤ To know to extend the arm and bend when throwing for distance 	<ul style="list-style-type: none"> ➤ To know we can move fluently, with developing control and grace. ➤ To know it is important to use our core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. ➤ To know how to use our body-strength, balance, co-ordination and agility.

		<ul style="list-style-type: none"> ➤ To know safety precautions when climbing equipment 	<ul style="list-style-type: none"> ➤ To know a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. ➤ To know how to engage in activities using a ball with confidence, competence, precision and accuracy. ➤ To know how to tummy-crawl, crawl on all fours, climbing, pull themselves up on a rope and hang on monkey bars.
	Key Skills:	<ul style="list-style-type: none"> ➤ Basic jumping ➤ Travel over, under and through equipment ➤ Catch a large ball ➤ Catch with increased accuracy ➤ Roll in a variety of ways 	<ul style="list-style-type: none"> ➤ Balancing ➤ Throwing (Overarm) ➤ Jumping ➤ Climbing
	Lesson sequence	<ol style="list-style-type: none"> 1. To jump and land safely. 2. To perform a egg roll 3. To perform a pencil roll 4. To roll a ball 5. To throw underarm 	<ol style="list-style-type: none"> 1. Progress towards a more fluent style of moving, with developing control and grace. 2. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. 3. Develop overall body-strength, balance, co-ordination and agility. 4. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. 5. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 6. Develop small motor skills by helping children to develop the core strength and stability they need to support their small motor skills. Encourage and model tummy-crawling, crawling on all fours, climbing, pulling themselves up on a rope and hanging on monkey bars.
Summer 2	Unit:	FMS – Castles	FMS - Seaside
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know a range of travels ➤ To know how to push an object with control ➤ To know a range of gymnastics rolls ➤ To know to extend the arm and bend when throwing for distance ➤ To know safety precautions when climbing equipment 	<ul style="list-style-type: none"> ➤ To know the correct technique for jumping ➤ To know how to perform an egg roll independently ➤ To know how to perform a pencil roll independently ➤ To know when to use an underarm and overarm throw ➤ To know when running, we use our arms and legs to generate power ➤ To know the correct technique to catch a ball
	Key Skills:	<ul style="list-style-type: none"> ➤ Basic jumping ➤ Travel over, under and through equipment ➤ Catch a large ball ➤ Catch with increased accuracy ➤ Roll in a variety of ways 	<ul style="list-style-type: none"> ➤ Balance on small body parts ➤ Travel with hands and feet ➤ Show increasing control over pushing and patting an object ➤ Variety of gymnastic rolls ➤ Underarm throw with some accuracy
	Lesson sequence	<ol style="list-style-type: none"> 1. To jump and land safely. 2. To perform a egg roll 3. To perform a pencil roll 4. To roll a ball 5. To throw underarm 	<ol style="list-style-type: none"> 1. To jump and land safely. 2. To perform a egg roll 3. To perform a pencil roll 4. To throw underarm 5. To throw underarm 6. To run fast

			7. To catch a large ball
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Year I			
Autumn I	Unit:	FMS – Baseline – Lost and Found	FMS – Baseline - Supertato
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know how to throw underarm and overarm for distance. ➤ To know catching a ball requires two hands and hand-eye coordination. ➤ To know that bouncing a ball requires us to keep the ball at waist height. ➤ To know kicking a ball is completed using the side of the foot. ➤ To know rolling a ball requires us to use alternate hand and leg. 	<ul style="list-style-type: none"> ➤ To know we bend our knees and use our arms to jump. ➤ To know hopping can be done on both feet. ➤ To know when throwing for distance, we need power. ➤ To know when catching, two hands must be together and made large for accuracy ➤ To know rules and dangers of climbing.
	Key Skills:	<ul style="list-style-type: none"> ➤ Underarm throw for distance ➤ Overarm throw for distance ➤ Catching accurately ➤ Bouncing a ball with control ➤ Kicking a ball with accuracy ➤ Rolling a ball using the correct technique 	<ul style="list-style-type: none"> ➤ Underarm throw for distance ➤ Hopping on both feet ➤ Jumping with control ➤ Skipping with the correct technique ➤ Rolling a ball using the correct technique ➤ Kicking a ball with accuracy, control and distance
	Lesson sequence	<ol style="list-style-type: none"> 1. To demonstrate the FMS of underarm throwing and hopping. 2. To demonstrate the FMS of an overarm throw and skipping. 3. To assess the fundamental movement skills of catching and bouncing a ball. 4. To demonstrate the FMS of running and jumping. 5. To demonstrate the FMS of and kicking and rolling a ball. 	<ol style="list-style-type: none"> 1. To demonstrate the FMS of underarm throwing and hopping. 2. To demonstrate the FMS of jumping and skipping. 3. To demonstrate the FMS of an catching and bouncing a ball 4. To demonstrate the FMS of rolling a ball and kicking. 5. To demonstrate the FMS of running and overarm throw.
Autumn 2	Unit:	Dance - Travel	FMS – Rolling a ball
	National curriculum/ Development Matters reference:	Perform dances using simple movement patterns	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know travelling patterns can be linked together (transition) ➤ To know a stimulus can change our movements ➤ To know movement is a part of dance (transition) 	<ul style="list-style-type: none"> ➤ To know rolling a ball requires accuracy ➤ To know rolling a ball requires us to use alternate hand and leg. ➤ To know an rolling an object can be performed differently, depending on the object. ➤ To know simple tactics in a rolling game ➤ To know more than one simple tactic in a game scenario
	Key Skills:	<ul style="list-style-type: none"> ➤ Copy and explore basic body actions from a range of stimuli (words, poetry, pictures, sound and objects) ➤ Copy simple movement patterns ➤ Show and tell using body actions to explore moods, ideas and feelings. ➤ Vary speed, strength, energy and tension of their movements. 	<ul style="list-style-type: none"> ➤ Rolling a range of objects ➤ Tactical awareness in a rolling game ➤ Spatial awareness ➤ Awareness of power needed for a range a distances. ➤ Outwitting opponents.

	Lesson sequence	<ol style="list-style-type: none"> To be able to create travelling patterns To be able to create travelling patterns using a stimulus. To be able to create a pathway using a stimulus. To be able to use a stimulus effectively. To be able to work effectively on our own and within a group to create travelling phrases. To be able to participate in a whole class performance. 	<ol style="list-style-type: none"> To demonstrate rolling a ball with some accuracy. To demonstrate rolling different equipment with some accuracy. To show the skill of rolling equipment in different ways. To demonstrate a simple tactic in a rolling game. To show two simple tactics in a game. To show two simple tactics in a game to outwit an opponent
Spring 1	Unit:	Gymnastics 1	FMS – Underarm throw
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know a range of travels ➤ To know body actions requires control and coordination ➤ To know travelling is performed in between actions, movements and balances. 	<ul style="list-style-type: none"> ➤ To know how to perform a side gallop ➤ To know throwing underarm is for shortened distances ➤ To know we use alternate arm and leg when throwing underarm
	Key Skills:	<ul style="list-style-type: none"> ➤ Shape ➤ Travelling with hands ➤ Travelling with feet ➤ Balancing ➤ Jumping and landing ➤ Rolling ➤ Using apparatus safely 	<ul style="list-style-type: none"> ➤ Side gallop ➤ Underarm throw ➤ Accuracy ➤ Simple tactics
	Lesson sequence	<ol style="list-style-type: none"> To demonstrate a travel and pencil roll To show a jump 2 feet to 2 feet with a straight shape To demonstrate travelling actions i.e. frog & bunny hop. To show an egg roll To show a jump 2 feet to 2 feet with a tuck shape. To demonstrate travelling actions To show a travel and roll with a shape To jump 2 feet to 2 feet with a wide shape To apply the skills of travelling, rolling, jumping into a sequence. To apply the skills of travelling, rolling, and jumping into a sequence with two different shapes. To show the skills of travelling, rolling, and jumping into a sequence with two different shapes using apparatus. 	<ol style="list-style-type: none"> To demonstrate an underarm throw with some accuracy. To show a side gallop. To demonstrate an underarm throw with some accuracy at different targets. To show a side gallop. To demonstrate an underarm throw with some accuracy at different targets. To show a side gallop. To demonstrate a simple tactic in a game. To show two simple tactics in a game. To show two simple tactics in a game.
Spring 2	Unit:	Gymnastics 2	FMS – Overarm throw
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know a range of travels ➤ To know body actions requires control and coordination ➤ To know travelling is performed in between actions, movements and balances. 	<ul style="list-style-type: none"> ➤ To know overarm throws use alternate arms and legs. ➤ To know an overarm throw is used for long distances. ➤ To know the arm starts slightly behind the body to generate power

	Key Skills:	<ul style="list-style-type: none"> ➤ Sequencing ➤ Travelling with hands ➤ Travelling with feet ➤ Balancing ➤ Jumping and landing ➤ Rolling ➤ Using apparatus safely 	<ul style="list-style-type: none"> ➤ To know we use our arms, as well as our legs, when running. ➤ Overarm throw ➤ Generating power ➤ Accuracy ➤ Correct running technique
	Lesson sequence	<ol style="list-style-type: none"> 1. To demonstrate different shapes in a sequence. 2. To demonstrate a sequence using travelling, and 3 balances. 3. To demonstrate a sequence using travelling, and 2 balances on large body parts. 4. To demonstrate a sequence using travelling, balance and 2 rolling actions. 5. To show a sequence using the skills of travelling, balance and 3 jumps on the floor and apparatus. 6. To show the skills of combining travelling, rolling, balancing and jumping into a sequence using apparatus. 	<ol style="list-style-type: none"> 1. To demonstrate an overarm throw with some accuracy. 2. To demonstrate an overarm throw with some accuracy. To show a fast running technique. 3. To demonstrate an overarm throw with some accuracy in a game.. To show a fast running technique. 4. To demonstrate a simple tactic in a game 5. To demonstrate a simple tactic in a game 6. To demonstrate a simple tactic in a game
Summer 1	Unit:	Athletics	FMS – Catching and bouncing a ball
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know jumping can be performed using two feet, to two feet for distance ➤ To know how to safely jump ➤ To know rolling a ball requires alternate arms and feet ➤ To know to run and change direction with control 	<ul style="list-style-type: none"> ➤ To know we keep the ball close to our bodies when bouncing. ➤ To know how to bounce with one hand ➤ To know how to bounce with two hands ➤ To know when bouncing, the ball should stay at waist height ➤ To know catching large objects requires two hands ➤ To know hopping is performed on one leg and requires balance and control
	Key Skills:	<ul style="list-style-type: none"> ➤ Jumping for distance ➤ Jumping safely ➤ Rolling a ball with both arms ➤ Running and changing direction with control (agility) 	<ul style="list-style-type: none"> ➤ Bouncing a ball with one hand ➤ Bouncing a ball with two hands ➤ Catching with accuracy ➤ Hopping rhythmically on one leg.
	Lesson sequence	<ol style="list-style-type: none"> 1. To show a hopping skill with rhythm. To demonstrate rolling a ball with some accuracy. 2. To show running and changing direction quickly. To demonstrate throwing underarm with some accuracy. 3. To demonstrate jumping as far as possible and landing safely with control. 4. To show good posture when running fast. To demonstrate rolling a ball with some accuracy and control. 5. To complete a running and jumping course. 6. To demonstrate the skills of running and changing direction. 	<ol style="list-style-type: none"> 1. To demonstrate catching a ball with some accuracy. 2. To demonstrate catching and bouncing a ball with some accuracy. 3. To demonstrate catching and bouncing a ball with some accuracy. 4. To demonstrate catching and bouncing a ball with some accuracy. 5. To show a simple tactic in a game. 6. To apply a simple tactic in a game.

Summer 2	Unit:	FMS and Gymnastics – Jack and the Beanstalk	Dance
	National curriculum/ Development Matters reference:	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	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 Perform dances using simple movement patterns
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know a range of travels ➤ To know a range of gymnastics rolls with control ➤ To know to extend the arm and bend when throwing for distance ➤ To know safety precautions when jumping and landing 	<ul style="list-style-type: none"> ➤ To know a range of movements that reflect a character ➤ To know short dance sequences with control ➤ To know how to travel from one space to another using a variety of pathways
	Key Skills:	<ul style="list-style-type: none"> ➤ Jumping and landing with control ➤ Throwing for distance ➤ Travel in a variety of ways ➤ Roll in a variety of ways 	<ul style="list-style-type: none"> ➤ Movements and transitions ➤ Control of movement ➤ Travelling ➤ Spatial awareness
	Lesson sequence	<ol style="list-style-type: none"> 1. To show a jump 2 feet to 2 feet with a straight shape To throw overarm with some accuracy. 2. To climb with confidence. To throw overarm with some accuracy. To show a jump 2 feet to 2 feet with a wide shape. 3. To perform an egg roll with some control To show a jump 2 feet to 2 feet with a tuck shape To throw overarm with some accuracy. 4. To demonstrate a travel and roll with a shape. To throw overarm with some accuracy. 5. To roll a ball at a target with accuracy. 6. To show the skills of travelling, rolling, and jumping into a sequence with two different shapes. 	<ol style="list-style-type: none"> 1. To link movements to show different character of a variety of different toys. 2. To convey the different emotions within a relationship. 3. To link travel, turn and stillness within a sequence depicting a different mood. 4. To travel from one space to another using different pathways and levels. 5. To work in a group to create a sequence. 6. To combine all the dance sequences in order to retell aspects of the story.

Year 2

Year 2			
Autumn 1	Unit:	Games – Piggy In The Middle	Outdoor Adventurous Activities – The Great Outdoors
	National curriculum/ Development Matters reference:	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	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 Participate in team games
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know catching in a game requires coordination and consistency ➤ To know changing direction, at speed, can outwit an opponent ➤ To know throwing to a team mate in space can increase success 	<ul style="list-style-type: none"> ➤ To know ideas can be shared and agreed on to create a clear plan ➤ To know when travelling, we need to be safe and aware of others around us ➤ To know instructions are given to keep us safe
	Key Skills:	<ul style="list-style-type: none"> ➤ Underarm throw ➤ Catching ➤ Running ➤ Dodging 	<ul style="list-style-type: none"> ➤ Remembering objects on a trail ➤ Respecting, trusting and caring for each other
	Lesson sequence	<ol style="list-style-type: none"> To demonstrate an underarm throw with some accuracy. To show catching a ball with control. To throw underarm with accuracy then move into a space. To catch a ball with control. To demonstrate passing a ball with some accuracy then moving into a space. To show a simple tactic in a game To pass a ball with some accuracy then move into a space. To use a simple tactic in a game. To use a simple tactic in a game. 	<ol style="list-style-type: none"> To take responsibility for self and others To respect, trust and care for each other To cooperate and work together as a team. To work with a partner to undertake an adventurous journey To work with others to complete a journey within the school grounds. To work collaboratively to record answers To work with others to complete a journey within the school grounds and mark a control card correctly. To make decisions about how to navigate safely, to a control site.
Autumn 2	Unit:	Gymnastics	Dance
	National curriculum/ Development Matters reference:	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	Perform dances using simple movement patterns
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know shapes can be performed in the air ➤ To know balances can be performed using several parts of the body ➤ To know a range of rolls ➤ To know jumping and lead into a roll and vice versa ➤ To know a sequence contains travels, balances, rolls and jumps 	<ul style="list-style-type: none"> ➤ To know dance is a way of expression ➤ To know how to use several body parts within a dance ➤ To know how to vary speed, strength, energy and tension through movements.
	Key Skills:	<ul style="list-style-type: none"> ➤ Jumping ➤ Travelling ➤ Balancing ➤ Rolling 	<ul style="list-style-type: none"> ➤ Travelling ➤ Turning ➤ Jumping ➤ Gesturing ➤ Exploration
	Lesson sequence	<ol style="list-style-type: none"> To demonstrate jumping actions with different shapes in the air. To show travelling actions using hands and feet. To demonstrate balancing on large body parts. 	<ol style="list-style-type: none"> To become their own explorer, being able to seek and find objects To learn basic dance movements and develop key travelling skills

		3. To show an egg roll, pencil and teddy bear roll. To create and demonstrate a sequence using rolling, jumping and travelling. 4. To perform jumping and rolling actions. To create a sequence using rolling, jumping and travelling. 5. To create a sequence using travelling, balancing rolling, and jumping. 6. To create a sequence using travelling, balancing rolling, and jumping.	2. To demonstrate imagination in the environments task and try to move in new and interesting ways. To develop movement memory in the Backpack Dance. 3. To learn about and replicate animals from the rainforest through movement To create a short dance in a group using ideas from their chosen animal 4. To experiment with movement ideas and create a duet using contact To guide others in movement through given environments 5. To work in pairs to create interesting shapes with your bodies 6. To develop increased awareness of relating movement to images/locations To share ideas, create and learn a new unison dance performed travelling along your own pathway
Spring 1	Unit:	FMS – Bounce Ball	Dance
	National curriculum/ Development Matters reference:	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	Perform dances using simple movement patterns
	Key Knowledge:	➤ To know the skills of bouncing a ball and how they can be applied to a game ➤ To know bouncing can be performed whilst moving ➤ To know passing is important in team games ➤ To know simple tactics in games	➤ To know instructions can be interpreted in your own way ➤ To time timing is important in dance so everybody moves at the same time
	Key Skills:	➤ Bouncing a ball ➤ Passing a ball ➤ Simple tactics	➤ Following instructions ➤ Recalling dance movements ➤ Exploring own ideas ➤ Keeping in time with music and each other
	Lesson sequence	1. To demonstrate bouncing a ball with some control. 2. To demonstrate bouncing a ball with some control while moving. 3. To demonstrate bouncing a ball and passing in a simple game. 4. To demonstrate throwing a ball at a target with some accuracy. 5. To demonstrate passing a ball with accuracy then move into a space. To use a simple tactic in a game 6. To show a simple tactic in a game.	1. To explore different habitats from The Wind in the Willows story and understand and describe the differences. 2. To learn about the three main characters and work as a class to create short dances for each one. Develop teamwork skills by working in groups, share appropriate movement ideas and create a short dance. 3. To use a set of instructions to create your own solo travelling dance exploring The Wild Wood and perform to the class. 4. To create a solo based on action words, interpreting the ideas in their own way. To work as a group to create 4 freeze frames demonstrating Toads adventures. To recognise what is fair and unfair and make reasoned choices about the characters. 5. To develop a group dance with interesting movements and use perfect timing. To work as a whole class to make exciting creative decisions about the transition and final position.
Spring 2	Unit:	FMS - Kicking	Games – Playground games in the 20 th century
	National curriculum/ Development	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	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 Participate in team games, developing simple tactics for attacking and defending

	Matters reference:		
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know kicking is done with the side of the foot ➤ To know controlling a ball is performed with the inside of the foot ➤ To know that intercepting a ball is part of defending 	<ul style="list-style-type: none"> ➤ To know changing direction quickly can outwit an opponent ➤ To know hopping can be performed on both legs ➤ To know catching requires two hands and eyes remain on the object
	Key Skills:	<ul style="list-style-type: none"> ➤ Kicking a ball ➤ Controlling a ball ➤ Intercepting 	<ul style="list-style-type: none"> ➤ Agility ➤ Hopping ➤ Catching ➤ Throw underarm ➤ Side gallop
	Lesson sequence	<ol style="list-style-type: none"> 1. To explore different ways of kicking objects 2. To explore different ways of kicking objects with increasing accuracy and control. That being active is good for them and fun. 3. To kick objects with increased accuracy. To receive a kick with control. 4. To kick objects with increased accuracy. To receive a kick with control. To intercept a ball. 5. To explore kicking with a variety of equipment. To choose skills effectively for a game. 6. To explore kicking with a variety of equipment. To choose skills effectively for a game. 	<ol style="list-style-type: none"> 1. To develop the skill of dodging/changing direction when playing a tig game. 2. To develop the skill of hopping when playing a game. 3. To demonstrate catching a ball with some control. To throw underarm with some accuracy. 4. To throw a ball underarm to a partner with some accuracy. To catch a ball. To demonstrate a side gallop. 5. To show the ready position To catch a ball To perform a side gallop. 6. To catch a ball from the ready position. To strike a ball to a partner 7. To strike a ball with some accuracy. To apply a simple tactic in a net/wall
Summer 1	Unit:	Games – Net and Wall	Athletics
	National curriculum/ Development Matters reference:	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	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
	Key Knowledge:	<ul style="list-style-type: none"> ➤ To know we keep our eyes on the ball when striking ➤ To know a side gallop can help in net and wall games 	<ul style="list-style-type: none"> ➤ To know an underarm throw involves alternate arm and leg ➤ To know an underarm throw is for shorter distances ➤ To know an overarm throw is for longer distances ➤ To know a push throw starts at the body and the arm extends
	Key Skills:	<ul style="list-style-type: none"> ➤ Side gallop ➤ Striking an object with the hand ➤ Striking an object with a bat 	<ul style="list-style-type: none"> ➤ Running ➤ Underarm throw ➤ Overarm throw ➤ Push throw ➤ Jumping for distance
	Lesson sequence	<ol style="list-style-type: none"> 1. To demonstrate how to catch a ball. To show a side gallop with some rhythm. 2. To show the ready position To demonstrate how catch a ball 	<ol style="list-style-type: none"> 1. To throw underarm accurately into a target. To throw as far as possible. 2. To throw overarm accurately. To throw overarm for distance. 3. To throw using a push and two handed throw for distance. To jump for distance with control. 4. To throw using an underarm and overarm throw for distance and accuracy.

		3. To show how to hold a bat To demonstrating catching a ball from the ready position. To strike a ball to a partner 4. To strike a ball with some accuracy. To show a simple tactic in competitive fours. 5. To strike a ball with accuracy. To apply a simple tactic in a net/wall game. 6. To demonstrate a simple tactic in a net/wall game to outwit an opponent.	5. To throw underarm for accuracy. To throw overarm for distance. To complete an obstacle course with speed and agility. 6. To throw underarm for accuracy. To throw overarm for distance.
Summer 2	Unit:	Games – Striking and fielding	End of KSI FMS Assessment
	National curriculum/ Development Matters reference:	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 Participate in team games,	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 Perform dances using simple movement patterns
	Key Knowledge:	➤ To know catching a ball requires two hands ➤ To know when gripping a bat, both hands are needed. ➤ To know when hitting a ball off a tee, the ball must be hit first ➤ To know an overarm throw is used when fielding	Revisit of all previous learning in FMS units
	Key Skills:	➤ Striking a ball ➤ Catching ➤ Striking off a tee ➤ Overarm throw	
	Lesson sequence	1. To demonstrate and overarm throw for distance. 2. To strike a ball for distance. To play a simple striking and fielding game. 3. To strike a ball for distance. To play a simple striking and fielding game. 4. To strike a ball with accuracy for distance. To play a simple striking and fielding game and use a simple tactic. 5. To play a simple striking and fielding game using a simple tactic 6. To play a simple striking and fielding game applying a simple tactic.	1. To throw underarm accurately into a target. To throw as far as possible. 2. To throw overarm accurately. To throw overarm for distance. To run as fast as possible 3. To throw using a push and two handed throw for distance. To jump for distance with control. 4. To kick a ball for distance. To catch a ball. To complete an obstacle course. 5. To throw underarm for accuracy. To throw overarm for distance. To complete an obstacle course with speed and agility. 6. To throw underarm for accuracy. To throw overarm for distance.