

Physical Education – Summercourt Academy – EYFS/KS1 Year A
Based on 2 hours per week Physical Education (A.N.)

Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	1	Fundamental Movement Balance and Control	Keeping safe in the gym Dressing and undressing	Gymnastics Flight- Bouncing, Jumping, hopping and correct landing	Healthy bodies and fitness	Athletics Technique development	Outdoor team building and games
1	1	Swimming Assessment	Fundamental movement skills Co-ordination and control	Gymnastics Balance and control	Invasion Games Spatial awareness	Athletics Technique development	Athletics Throwing and fielding
	2	Fundamental Movements Speed over long, short, and varied distances	Ball Skills Sending and receiving	Healthy bodies and fitness	Striking and fielding Hand and eye co-ordination	Net and Wall Games Short Tennis	Outdoor team building and games.
2	1	Swimming Assessment	Fundamental movement skills Co-ordination and control	Gymnastics Balance and control	Invasion Games Spatial awareness	Athletics Technique development	Athletics Throwing and fielding
	2	Fundamental Movements Speed over long, short, and varied distances	Ball Skills Sending and receiving	Healthy bodies and fitness	Striking and fielding Hand and eye co-ordination	Net and Wall Games Short Tennis	Outdoor team building and games

Acquiring and developing skills

1 Pupils should be taught to:

- a) Consolidate their existing skills and gain new ones
- b) Perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

2 Pupils should be taught to:

- a) Plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
- b) Develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c) Apply rules and conventions for different activities.

Evaluating and improving performance

3 Pupils should be taught to:

- a) Identify what makes a performance effective
- b) Suggest improvements based on this information.

Knowledge and understanding of fitness and health

4 Pupils should be taught:

- a) How exercise affects the body in the short term
- b) to warm up and prepare appropriately for different activities
- c) Why physical activity is good for their health and well-being
- d) Why wearing appropriate clothing and being hygienic is good for their health and safety

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through six areas of activity:

- a) Dance activities
 - b) Games activities
 - c) Gymnastic activities
- and two activity areas from:
- d) Swimming activities and water safety
 - e) Athletic activities
 - f) Outdoor and adventurous activities.