

PE Overview

EYFS PE Planning - LCC EYFS Planning document in EYFS Classroom Cupboard

KS1 & 2 - Junior Jam PE Planning available on portal

Substantive Knowledge For JJ Units this is identified on Unit planning overview	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception <i>Units can be taught in any order unless stated</i>	Dance Ring games and rhymes ½ term MUST BE AUT 1	Gymnastics Houses & Homes (castles) ½ term <ul style="list-style-type: none"> Develop their core strength, stability, balance, spatial awareness, co-ordination and agility 	Games Adventureland 1 term <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others; - 	Gymnastics Growth (Jack & Beanstalk) ½ term <ul style="list-style-type: none"> Develop their core strength, stability, balance, spatial awareness, co-ordination and agility 	Dance Minibeast Dance (LCC) ½ term <ul style="list-style-type: none"> Try to move in time with music. interpreting and appreciating what they hear, respond to and observe. 	Games Seaside 1 term <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others; -
Year 1	FMS Multi Skills: Beginner	Invasion Games: Beginner	Invasion Games: Basketball: Beginner	Invasion Games: Football: Beginner	Striking and Fielding: Quick Cricket: Beginner	Athletics: Beginner
Year 2	FMS Multi Skills: Beginner	Invasion Games: Beginner	Invasion Games: Basketball: Beginner	Invasion Games: Football: Beginner	Striking and Fielding: Quick Cricket: Beginner	Athletics: Beginner
Year 3	FMS Multi Sports: Intermediate	Invasion Games: Dodge Ball Intermediate	Invasion Games: Basketball: Intermediate	Invasion Games: Football: Intermediate	Striking and Fielding: Quick Cricket: Intermediate	Athletics: Intermediate OAA <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team
Year 4	FMS Multi Sports: Intermediate	Invasion Games: Dodge Ball Intermediate	Invasion Games: Basketball: Intermediate	Invasion Games: Football: Intermediate	Striking and Fielding: Quick Cricket: Intermediate	Athletics: Intermediate OAA <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team

				Swimming		
				<ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations 		
Year 5	FMS Multi Sports: Advanced	Games: Dodge Ball Advanced	Invasion Games: Basketball: Advanced	Invasion Games: Football: Advanced	Striking and Fielding: Quick Cricket: Advanced	Athletics: Advanced OAA <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team
Year 6	FMS Multi Sports: Advanced	Invasion Games: Dodge Ball Advanced	Invasion Games: Basketball: Advanced	Invasion Games: Football: Advanced	Striking and Fielding: Quick Cricket: Advanced	Athletics: Advanced OAA <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team

Cultural Capital	<ul style="list-style-type: none"> - Lancashire Cricket Coaching - Y2,3,5,6 - Fitness Friday & Move It Monday - After school sports clubs run for years 1-6 by Sportscool and funded by the SSP - Playtime activities and games, including Sports cool Play Leaders funded by the SSP - Achievements wall 						
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Disciplinary Knowledge Fundamental Movement Skills	<ul style="list-style-type: none"> Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<ul style="list-style-type: none"> 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 					
Disciplinary Knowledge Health & Safety	<ul style="list-style-type: none"> Manage dressing To develop gross motor skills that provide the foundation for 	Describe how the body feels during exercise.	Give reasons why warming up is important.	Explain and apply basic safety precautions in preparing for exercise. Describe the effects of exercise on the body.	Warm up and cool down in a way that suits the type of activity. Explain how the body reflect differently the different types of exercise.		

	developing healthy bodies and social and emotional well-being.				
<u>Disciplinary Knowledge Evaluating Performance</u>		<p>Talk about similarities and differences with their own and others work.</p> <p>Suggest improvements to their own and others performances.</p>	<p>Compare and comment on skills and technique and ideas used in their own and others work.</p>	<p>Analyse and comment on skills and techniques and how these have been applied in own and others work.</p> <p>Modify and refine skills to improve performance.</p>	

	Athletics	Gymnastics	Dance	Games	Outdoor Adventurous Activity	Swimming
<u>Vocabulary</u>	<p>FMS - https://www.twinkl.co.uk/resource/fundamental-movement-skills-action-cards-activity-pack-au-a-174</p> <p>Athletics, Target, Accuracy, Take-off, Lancing, Propel, Hurdle, Javelin, Baton, Discus,</p>	<p>Roll - egg, pencil, rock, teddy.</p> <p>Travel - bunny-hop, frog, caterpillar, Wide, Narrow, Spring, Crawl, Tuck, Pike, Straddle, Balance, Counter-balance, Symmetrical, Asymmetrical, Rotation, Turn, Shape, Landing, Take-off, Flight</p>	<p>Travel, Stillness, Direction, Space, Body parts, Levels</p> <p>Speed, Repetition</p> <p>Action, Reaction, Pattern, Unison, Mirror</p>	<p>FMS - https://www.twinkl.co.uk/resource/fundamental-movement-skills-action-cards-activity-pack-au-a-174</p> <p>Striking, Fielding, Attaching, Defending, Possession, Tactics, Marking,</p>	<p>Orienteering, Teamwork, Symbol, Map, Topography,</p>	<p>Front crawl, back stroke, breast stroke, water safety, life saving</p>
<u>STEM SENTENCES</u>	<p>Athletics includes a variety of sports that test speed and strength.</p> <p>Competing means to be in a competition against others doing the same event.</p>	<p>Evaluation means identifying what has gone well and how you might improve.</p> <p>Flexibility is moving your body into a range of movements</p> <p>Technique is the way movements are completed and used in performances</p> <p>Balance is maintaining one position without movement</p>	<p>Evaluation means identifying what has gone well and how you might improve.</p> <p>Perform means to show to others.</p>	<p>Tactics are ways of trying to help you be successful.</p> <p>Attacking is trying to score points or goals against another team.</p> <p>Defending is trying to prevent a goal or point being scored by the opposition.</p> <p>Possession means your team is in control of the ball.</p>	<p>Orienteering is navigating between points.</p> <p>Individually means by yourself.</p> <p>As a team means working with others.</p>	<p><i>Children should differentiate between the three strokes taught.</i></p> <p>Self-rescue means knowing what to do if I get into difficulty when in water.</p>
<u>Assessment</u>	Assessment for PE is carried out by Junior Jam, their pupil and class overviews are uploaded to the Junior Jam portal at the end of each half term.					