

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

KS1 & 2 - LCC PE Planning files in PE Cupboard

Please copy and annotate plans; keep in pink classroom files.

<i>Big Concepts with declarative knowledge</i> <u>Units can be taught in any order.</u>	EYFS PD & EAD	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics		Honey Pot 1 term <ul style="list-style-type: none"> Apply FMS into Athletic activities at a developing levels 	Colour My Magic 1 term <ul style="list-style-type: none"> Apply FMS into Athletic activities at a secure level 		Take Aim ½ term <ul style="list-style-type: none"> See Fundamental Movement Skills To compete against others 		Y5/6 Athletics ½ term <ul style="list-style-type: none"> See Fundamental Movement Skills To compete against others
Gymnastics	Houses & Homes (castles) ½ term Growth (Jack & Beanstalk) ½ term <ul style="list-style-type: none"> Develop their core strength, stability, balance, spatial awareness, co-ordination and agility 	Gymnastic Activity Core Task - Year 1 - Making Shapes ½ term	Gymnastic Activity Core Task - Year 2 - Families of Actions ½ term	Balancing Act ½ term <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance 		Acrobatic Gymnastics ½ term <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance 	
Dance	Ring games and rhymes ½ term MUST BE AUT 1 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. 	LCC Dance Scheme The Three Little Pigs ½ term <ul style="list-style-type: none"> perform dances using simple movement patterns. 	LCC Dance Scheme Moving Along ½ term <ul style="list-style-type: none"> perform dances using simple movement patterns. 		LCC Dance Scheme Superheroes ½ term <ul style="list-style-type: none"> To link actions and sequences in different ways 		Making the Grade ½ term <ul style="list-style-type: none"> perform dances using a range of movement patterns
Games	Adventureland 1 term Seaside 1 term <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others; - 	Overarm Throw Core Task Year 1 Underarm Throw Core Task Year 1 1 term <ul style="list-style-type: none"> Apply FMS into games activities at a developing levels participate in team games 	Striking and Fielding Y2 Piggy In The Middle 1 term <ul style="list-style-type: none"> Apply FMS into games activities at a developing - secure level develop simple tactics for attacking and defending 	Y3/4 Net & Wall Games 1 term Striking and Fielding - Rounders 1 term <ul style="list-style-type: none"> Apply FMS into games activities at a secure level 	Invasion Games - On The Attack ½ term <ul style="list-style-type: none"> See Fundamental Movement Skills To communicate and collaborate with others 	Net & Wall Games - Netball 1 term Striking & Fielding - Cricket 1 term <ul style="list-style-type: none"> See Fundamental Movement Skills To communicate and collaborate with others 	Invasion Games - Calling The Shots 1 term Striking & Fielding - Cricket 1 term <ul style="list-style-type: none"> See Fundamental Movement Skills To communicate and collaborate with others

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Outdoor Adventurous Activity				<p>Y3/4 OAA ½ term</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team 		<p>Y5/6 OAA ½ term</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team 	
Swimming					<p>1 ½ term</p> <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 		
<u>Cultural Capital</u>							
<u>Procedural Knowledge</u> 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 		<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 			
<u>Procedural Knowledge</u> Health & Safety	<ul style="list-style-type: none"> Manage dressing To develop gross motor skills that provide the foundation for developing healthy bodies and social and emotional well-being. 	<ul style="list-style-type: none"> know the importance of and effect of physical activity Know how to use equipment safely 					

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<u>Procedural Knowledge</u> <u>Evaluating Performance</u>							<ul style="list-style-type: none"> • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • evaluate and recognise success
	<i>Athletics</i>	<i>Gymnastics</i>	<i>Dance</i>	<i>Games</i>	<i>Outdoor Adventurous Activity</i>	<i>Swimming</i>	
Vocabulary	<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>	
STEM SENTENCES	<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>	