

| Fundamental Movement Skills | | Games | | Body Management | | SET Skills | |
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| Through fundamentals, fitness and athletics, children master basic movements including running, jumping and throwing. Children develop balance, agility and co-ordination, and begin to apply these in a range of activities. In time, they also use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance. | | Through ball skills, sending and receiving, invasion, target, net and wall, striking and fielding games children begin to apply learning to a game context with games becoming increasingly similar to recognised sports. Adapted small-sided games are used to maximise progress. | | Through yoga, gymnastics and dance, children master basic movements and develop balance, agility and co-ordination. Later on, children also develop flexibility, strength, technique, control and balance. | | Social, Emotional and Thinking Skills set the tone for how children show good personal skills that can support personal development and softer social skills. | |
| Curriculum Thread | EYFS | KS1 | | LKS2 | | UKS2 | |
| | EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Fundamental Movement Skills | Run and stop with some control. Explore skipping as a travelling action. Jump and hop with bent knees. Throw larger balls and beanbags into space. Balance whilst stationary and on the move. Change direction at a slow pace Explore moving different body parts together. | Attempt to run at different speeds showing an awareness of technique. Begin to link running and jumping movements with some control. Jump, leap and hop and choosing which allows them to jump the furthest. Throw towards a target. Show some control and balance when travelling at different speeds Begin to show balance and co-ordination when changing direction. Use co-ordination with and without equipment. | Show balance and coordination when running at different speeds. Link running and jumping movements with some control and balance. Show hopping and jumping movements with some balance and control. Change technique to throw for distance. Show control and balance when travelling at different speeds. Demonstrates balance and co-ordination when changing direction. Perform actions with increased control when co-ordinating their body with and without equipment. | Show balance, coordination and technique when running at different speeds, stopping with control. Link running, hopping and jumping actions using different take offs and landing. Jump for distance and height with an awareness of technique. Throw a variety of objects, changing action for accuracy and distance. Demonstrate balance when performing other fundamental skills. Show balance when changing direction in combination with other skills. Can co-ordinate their bodies with increased consistency in a variety of activities. | Demonstrate how and when to speed up and slow down when running. Link hopping and jumping actions with some control. Jump for distance and height showing balance and control. Throw with some accuracy and power towards a target area. Demonstrate good balance when performing other fundamental skills. Show balance when changing direction at speed in combination with other skills. Begin to co-ordinate their body at speed in response to a task. | Run at the appropriate speed over longer distances or for longer periods of time. Show control at take-off and landing in more complex jumping activities. Perform a range of more complex jumps showing some technique. Show accuracy and power when throwing for distance. Demonstrate good balance and control when performing other fundamental skills. Demonstrate improved body posture and speed when changing direction. Can co-ordinate a range of body parts at increased speed. | Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time. Link running, jumping and hopping actions with greater control and co-ordination. Perform jumps for height and distance using good technique. Show accuracy and good technique when throwing for distance. Show fluency and control when travelling, landing, stopping and changing direction. Change direction with a fluent action and can transition smoothly between varying speeds. Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge. |
| <i>Coverage and knowledge</i> | Real PE: Personal, Social, Cognitive, Creative and Physical (Ongoing) Athletics (Term 6) | Real PE: Personal, Social, Cognitive, Creative and Physical (Ongoing) Athletics (Term 6) | Athletics (Term 6) | Fundamental Skills (Term 1) Ball Skills (Term 2) Fitness (Term 3) Athletics (Term 5) | Fundamental Skills (Term 2) Ball Skills (Term 1) Fitness (Term 3) Athletics (Term 5) | Fitness (Term 2) Athletics (Term 5) | Fitness (Term 5) Athletics (Term 5) |
| <i>Vocabulary</i> | Balance Direction Hop Jump Land Rules Slide Space Stop Travel | Dodge Jog Skip Swing Ready Position Overarm Underarm Control | Sprint Weight Take off Hurdle Speed Steady | Co-ordination Rhythm Agility Control Technique Strength | Momentum Accelerate Decelerate Static Dynamic React Stability Decelerate | Drive Consistent Persevere Stable Measure Motivate Power | Analyse Engage Calves Rhythm Abdominals Quadriceps |

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| Games | Drop and catch with two hands. Move a ball with feet. Throw and roll a variety of beanbags and larger balls to space. Kick larger balls to space. Stop a beanbag or large ball sent to them using hands. Attempt to stop a large ball sent to them using feet. Hit a ball with hands. Run and stop when instructed. Move around showing limited awareness of others. Make simple decisions in response to a situation. | Drop and catch a ball after one bounce on the move. Move a ball using different parts of the foot Throw and roll towards a target with some varying techniques. Kick towards a stationary target. Catch a beanbag and a medium-sized ball. Attempt to track balls and other equipment sent to them. Strike a stationary ball using a racket. Run, stop and change direction with some balance and control. Recognise space in relation to others. Begin to use simple tactics with guidance. | Dribble a ball with two hands on the move. Dribble a ball with some success, stopping it when required. Throw and roll towards a target using varying techniques with some success. Show balance when kicking towards a target. Catch an object passed to them, with and without a bounce. Move to track a ball and stop it using feet with limited success. Strike a ball using a racket. Run, stop and change direction with balance and control. Move to space to help score goals or limit others scoring. Use simple tactics. | Dribble the ball with one hand with some control in game situations. Dribble a ball with feet with some control in game situations. Use a variety of throwing techniques in game situations. Kick towards a partner in game situations. Catch a ball passed to them using one and two hands with some success. Receive a ball sent to them using different parts of the foot. Strike a ball with varying techniques. Change direction with increasing speed in game situations. Use space with some success in game situations. Use simple tactics individually and within a team. | Link dribbling the ball with other actions with increasing control. Change direction when dribbling with feet with some control in game situations. Use a variety of throwing techniques with increasing success in game situations. Kick with increasing success in game situations. Catch a ball passed to them using one and two hands with increasing success. Receive a ball using different parts of the foot under pressure. Strike a ball using varying techniques with increasing accuracy. Change direction to lose an opponent with some success. Create and use space with some success in game situations. Use simple tactics to help their team score or gain possession. | Use dribbling to change the direction of play with some control under pressure. Dribble with feet with some control under increasing pressure. Use a variety of throwing techniques with some control under increasing pressure. Use a variety of kicking techniques with some control under increasing pressure. Catch and intercept a ball using one and two hands with some success in game situations. Receive a ball using different parts of the foot under pressure with increasing control. Strike a ball using a wider range of skills. Apply these with some success under pressure. Use a variety of techniques to change direction to lose an opponent. Create and use space for self and others with some success. Understand the need for tactics and can identify when to use them in different situations. | Use dribbling to change the direction of play with control under pressure. Use a variety of dribbling techniques to maintain possession under pressure. Use a variety of throwing techniques including fake passes to outwit an opponent. Select and apply the appropriate kicking technique with control. Catch and intercept a ball using one and two hands with increasing success in game situations. Receive a ball with consideration to the next move. Strike a ball using a wider range of skills to outwit an opponent. Apply these with increasing control under pressure. Confidently change direction to successfully outwit an opponent. Effectively create and use space for self and others to outwit an opponent. Work collaboratively to create tactics within their team and evaluate the effectiveness of these. |
| <i>Coverage and knowledge</i> | Real PE: Personal, Social, Cognitive, Creative and Physical (Ongoing) | Ball Skills (Term 2) | Ball Skills (Term 4) Team and Invasion Games (Term 5) | Tennis (Term 1) Handball (Term 3) Netball (Term 4) Cricket (Term 6) Rounders (Term 6) | Tennis (Term 1) Tag Rugby (Term 4) Basketball (Term 4) Handball (Term 5) Cricket (Term 6) | Tag Rugby (Term 1) Netball (Term 1) Badminton (Term 3) Hockey (Term 4) Basketball (Term 5) Cricket (Term 6) Dodgeball (Term 6) | Tag Rugby (Term 1) Badminton (Term 1) Handball (Term 2) Hockey (Term 3) Lacrosse (Term 4) Cricket (Term 6) Rounders (Term 6) |
| <i>Vocabulary</i> | Dribbling Catch Hit Bounce Ball Kick Roll Score Throw Target | Ready position Soft Swing Track Underarm Control | Collect Release Receive Prepare Touch | Power Opponent Possession Technique Block Personal best Accurate | Decision Cushion Pressure React Momentum | Angle Close down Situation Ball carrier Sportmanship Stance Barrier Dominant Maintain Rebound | Consecutive Dictate Ball side Turnover Transition Consistently Contest Assess Service Footwork |
| Body Management | Create shapes showing a basic level of stillness using different parts of their bodies. Begin to take weight on different body parts. | Perform balances making their body tense, stretched and curled. Take body weight on hands for short periods of time. | Perform balances on different body parts with some control and balance. | Complete balances with increasing stability, control and technique. Demonstrate some strength and control when taking | Use body tension to perform balances both individually and with a partner. Demonstrate increasing strength, control and | Show increasing control and balance when moving from one balance to another. | Combine and perform more complex balances with control, technique and fluency. |

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| | <p>Show shapes and actions that stretch their bodies. Copy and link simple actions together.</p> <p>Copy basic body actions and rhythms. Choose and use travelling actions, shapes and balances. Travel in different pathways using the space around them. Begin to use dynamics and expression with guidance. Begin to count to music.</p> | <p>Demonstrate poses and movements that challenge their flexibility. Remember, repeat and link simple actions together.</p> <p>Copy, remember and repeat actions. Choose actions for an idea. Use changes of direction, speed and levels with guidance. Show some sense of dynamic and expressive qualities. Begin to use counts.</p> | <p>Take body weight on different body parts, with and without apparatus. Show increased awareness of extension and flexibility in actions. Copy, remember, repeat and plan linking simple actions with some control and technique.</p> <p>Copy, remember and repeat a series of actions. Select from a wider range of actions in relation to a stimulus. Use pathways, levels, shapes, directions, speeds and timing with guidance. Use mirroring and unison when completing actions with a partner. Show a character through actions, dynamics and expression. Use counts with help to stay in time with the music.</p> | <p>weight on different body parts for longer periods of time. Demonstrate increased flexibility and extension in their actions. Choose actions that flow well into one another both on and off apparatus.</p> <p>Copy remember and perform a dance phrase. Create short dance phrases that communicate an idea. Use canon, unison and formation to represent an idea. Match dynamic and expressive qualities to a range of ideas. Use counts to keep in time with a partner and group.</p> | <p>technique when taking own and others weight. Demonstrate increased flexibility and extension in more challenging actions. Plan and perform sequences showing control and technique with and without a partner.</p> <p>Copy, remember and adapt set choreography. Choreograph considering structure individually, with a partner and in a group. Use action and reaction to represent an idea. Change dynamics to express changes in character or narrative. Use counts when choreographing short phrases.</p> | <p>Use strength to improve the quality of an action and the range of actions available. Use flexibility to improve the quality of the actions they perform as well as the actions they choose to link them. Create and perform more complex sequences of actions with a good level of quality, control and technique with and without a partner.</p> <p>Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing. Choreograph phrases individually and with others considering actions, dynamics, space and relationships in response to a stimulus. Confidently perform choosing appropriate dynamics to represent an idea. Use counts accurately when choreographing to perform in time with others and the music.</p> | <p>Demonstrate more complex actions with a good level of strength and technique. Confidently transition from one action to another showing appropriate control and extension for the complexity of the action. Plan and perform with precision, control and fluency, a sequence of actions including a wide range of skills.</p> <p>Perform dances confidently and fluently with accuracy and good timing. Work creatively and imaginatively individually, with a partner and in a group to choreograph longer phrases and structure dance considering actions, space, relationship and dynamics in relation to a theme. Improvise and combine dynamics demonstrating an awareness of the impact on performance. Use counts when choreographing and performing to improve the quality of work.</p> |
| <i>Coverage and knowledge</i> | Real PE: Personal, Social, Cognitive, Creative and Physical (Ongoing) | Real PE: Personal, Social, Cognitive, Creative and Physical (Ongoing) Dance (Ongoing) | Dance (Term 1) Gymnastics (Term 2) Dance (Term 3) Dance (Term 4) | Dance (Term 2) Gymnastics (Term 3) | Dance (Term 2) Gymnastics (Term 3) | Dance (Term 2) Gymnastics (Term 3) | Dance (Term 2) Gymnastics (Term 3) Yoga (Term 4) |
| <i>Vocabulary</i> | Roll Land Balance Hold Still Bend Jump Straight | Action Control Direction Level Speed | Link Pathway Pike Sequence Straddle Tuck | Body tension Extend Landing position Point Contrast Flow Take-off | Bridge Inverted Perform Shoulder stand Fluidly Momentum Rotation Wrist grip Stability Choreograph | Extension Stable Canon Mirroring Symmetrical Cartwheel Observe Quality Synchronisation Asymmetrical Transition | Engage Aesthetics Contrasting Counter tension Component Progression Counter balance Execution Handstand Refine Vault |
| SET Skills | <p>Take turns. Learn to share equipment with others. Share their ideas with others. Try again if they do not succeed. Practise skills independently. Confident to try new tasks and challenges.</p> | <p>Encourage others to keep trying. Talk to a partner about their ideas and take turns to listen to each other. Work with a partner and small group to play games and solve challenges. Show determination to continue working over a longer period of time. Determined to complete the challenges and tasks set. Explore skills independently before asking for help.</p> | | <p>Encourage and motivate others to work to their personal best. Work with others to achieve a shared goal. Work with others to self-manage games. Persevere when finding a challenge difficult. Understand what their best looks like and they work hard to achieve it. Begin to use rules showing awareness of fairness and honesty. Show an awareness of how other people feel. Pupils make quicker decisions when selecting and applying skills to a situation. E.g. who to pass to and where to move.</p> | <p>Share ideas with others and work together to decide on the best approach to a task. Lead others and show consideration of including all within a group. Communicate with others clearly and effectively. Understand what maximum effort looks and feels like and show determination to achieve it. Use different strategies to persevere to achieve personal best. Compete within the rules showing fair play and honesty when playing independently.</p> | | |

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| | <p>Begin to identify personal success. Choose own movements and actions in response to simple tasks e.g. choosing to travel by skipping. Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.</p> | <p>Confident to share ideas, contribute to class discussion and perform in front of others. Make decisions when presented with a simple challenge. E.g. move to an open space towards goal. Begin to select and apply skills to use in a variety of differing situations. E.g. choose to use a balance on their bottom on a wider piece of apparatus. Provide feedback beginning to use key words from the lesson.</p> | <p>Select and apply from a wider range of skills and actions in response to a task. Provide feedback using key terminology.</p> | <p>Confident to attempt tasks and challenges outside of their comfort zone. Reflect and evaluate their performances both as a group and as an individual and suggest areas for improvement. Recognise and explain their thought process when playing games or completing tasks. E.g I moved here because my teammate was over there. Identify their own and others' strengths and areas for development providing sensitive feedback and can suggest ways to improve. Select and apply appropriate skills for the situation when under pressure.</p> | | | |
| <i>Coverage and knowledge</i> | Ongoing | Ongoing | Ongoing | Ongoing | Ongoing | Ongoing | Ongoing |