



PHYSICAL EDUCATION

Threshold concept:		Develop practical skills in order to participate, compete and lead a healthy lifestyle					
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	
EYFS	Dance- nursery rhymes	Gym- rocking and rolling	FMS- hungry caterpillar	Dance- Seasons	FMS- Castles	FMS- Transport	
Negotiate space and obstacles safely, with consideration for themselves and others; Demonstrate strength, balance and coordination when playing; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	<ul style="list-style-type: none"> Dough Disco Let's Move Manipulates a range of tools and equipment Handwashing and hygiene (catch it, bin it, kill it) Putting on own coats including zipping/unzipping Naming and identifying different parts of the body What do different parts of the body do? Fine motor skill opportunities Describing physical changes to their body linked to emotions Athletics and ball skills (rolling, kicking, throwing and catching) Explore/develop walking Explore walking in different pathways Explore/develop jumping Explore hopping 	<ul style="list-style-type: none"> Learning, practising and performing a routine of movements Fine motor skill opportunities Children become more confident at dressing with support Handwashing and hygiene (catch it, bin it, kill it) Athletics and ball skills (rolling, kicking, throwing and catching) Introduction to high, low, over and under Applying high and low on apparatus Dance - Firework Dance 	<ul style="list-style-type: none"> Fine motor skill opportunities Handwashing and hygiene (catch it, bin it, kill it) Children to continue to be independent at dressing Athletics and ball skills (rolling, kicking, throwing and catching) Moving in sequence Creating our own movements Creating simple movement sequences Chinese New Year Dragon Dance Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs 	<ul style="list-style-type: none"> Fine motor skill opportunities Handwashing and hygiene (catch it, bin it, kill it) Healthy and unhealthy food Athletics and ball skills (rolling, kicking, throwing and catching) Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing 	<ul style="list-style-type: none"> Fine motor skill opportunities Handwashing and hygiene (catch it, bin it, kill it) Team games Athletics and ball skills (rolling, kicking, throwing and catching) Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent Using a parachute. 	<ul style="list-style-type: none"> Fine motor skill opportunities Handwashing and hygiene (catch it, bin it, kill it) Athletics and ball skills (rolling, kicking, throwing and catching) 	
		Introduction to PE: Unit 1	Ball skills: Unit 1	Dance: Unit 1	Gymnastics: unit 2	Ball skills: Unit 2	Fundamentals: Unit 2
		Introduction to PE: unit 1	Fundamentals: Unit 1	Gymnastics: Unit 1	Dance: unit 2	Games: Unit 2	Games: Unit 2
Year 1	Fundamentals (Monday)	Sending and receiving	Dance	Athletics	Striking and fielding games	Swimming: Beginners	
	Ball skills	Gymnastics (Monday)	Target games	Invasion games	Net and wall games	Team building	
Year 2	Ball skills	Sending and receiving	Dance (Thursday)	Athletics	Striking and fielding (Thursday)	Swimming: Beginners	
	Fundamentals	Gymnastics	Target games	Invasion games	Net and wall games	Team building	
Year 3	Netball	Basketball	Handball	Athletics	Cricket	Swimming	
	Football	Gymnastics	Fundamentals Yr3/4	Ball skills Yr3/4 (Monday)	Tennis	Dance (Thursday)	
Year 4	Netball (Thursday)	Basketball	Handball	Athletics	Cricket	Swimming	
	Football	Gymnastics (Thursday)	Fundamentals Yr3/4	Ball skills Yr3/4	Tennis	Dance	
Year 5	Netball	Basketball	Tag rugby	Athletics	Cricket	Swimming	
	Football	Gymnastics	Badminton Yr5/6 (Monday)	Handball (Thursday)	Tennis	Dance	
Year 6	Netball	Basketball	Tag rugby	Athletics	Cricket	Swimming	
	Football	Gymnastics	Badminton Yr5/6	Handball	Tennis (Monday)	Dance (Monday)	



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Year 5

Move and Learn (PE and Science)

- Understand what physical activity is and the different levels of physical activity
- Understand what activities contribute to your active day
- Know how much physical activity you should be doing for your health.
- You will also take part in a pulse rate experiment
- Understand how physical activity can affect the body and mind
- Learn about types of activity you could choose to do
- Understand why we need to stay hydrated
- Identify how to stay hydrated
- Other factors that affect hydration levels