

Physical Education – Summercourt Academy – EYFS/KS1
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
	2	Fundamental Movement Balance and Control	Keeping safe in the gym Dressing and undressing	Dance Hop, skip and jump etc in time to music	Ball skills Throwing and catching	Athletics Technique development	Outdoor team building and games
1	1	Gymnastics Balance and control	Fundamental movement skills Co-ordination and control	Swimming Assessment	Swimming Assessment	Athletics Technique development	Net and Wall Games Short Tennis
	2	Gymnastics Balance and control	Fundamental movement skills Co-ordination and control	Fundamental Movements Speed over long, short, and varied distances	Healthy bodies and fitness	Athletics Throwing and fielding	Healthy bodies and fitness
2	1	Gymnastics Balance and control	Fundamental movement skills Co-ordination and control	Swimming Assessment	Swimming Assessment	Athletics Technique development	Net and Wall Games Short Tennis
	2	Gymnastics Balance and control	Fundamental movement skills Co-ordination and control	Fundamental Movements Speed over long, short, and varied distances	Healthy bodies and fitness	Athletics Throwing and fielding	Healthy bodies and fitness

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.