



Abbey Hulton Primary School

PE Curriculum Overview (KS1-2)



Key Stage	National Curriculum Pupils should be taught to...	National Curriculum Key Stage Content Overview
KS1 (Year 1-2)	<p>Master basic movements including:</p> <ul style="list-style-type: none">• running• jumping• throwing• catching <p>Develop:</p> <ul style="list-style-type: none">• balance• agility• co-ordination <p>Begin to apply the above in a range of activities.</p> <p>Participate in team games to help develop:</p> <ul style="list-style-type: none">• simple tactics for attacking and defending <p>Perform dances using simple movement patterns.</p>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>
KS2 (Y3-Y6)	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate [e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis- not statutory, just examples]</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance [e.g. through athletics and gymnastics- not statutory, just examples]</p> <p>Perform dances using a range of movement patterns</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.</p> <p>They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>

	<p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	
Swimming	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke.</p> <p>Perform safe self-rescue in different water-based situations</p>	



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PE Curriculum Overview (EYFS)

Year Group	EYFS Profile for Physical development and Development Matters	EYFS Assessment
EYFS	<p>Provide opportunities for children to be active and interactive, and to develop their:</p> <ul style="list-style-type: none">• co-ordination• control• movement <p>Children must also be helped to understand:</p> <ul style="list-style-type: none">• the importance of physical activity,• to make healthy choices in relation to food.	<p>ELG 04 Moving and handling: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>ELG 05 Health and self-care: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe.</p>
Nursery	<p>ELG 04 Moving and handling: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>(22-36 months)</p> <ul style="list-style-type: none">•Runs safely on whole foot.•Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.•Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.•Can kick a large ball.•Shows control in holding and using jugs to pour, hammers, books and mark-making tools.•Walks upstairs or downstairs holding onto a rail two feet to a step.•May be beginning to show preference for dominant hand. <p>(30-50 months)</p> <ul style="list-style-type: none">•Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.•Mounts stairs, steps or climbing equipment using alternate feet.•Walks downstairs, two feet to each step while carrying a small object.	

	<ul style="list-style-type: none"> •Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. •Can stand momentarily on one foot when shown. •Can catch a large ball. <p>ELG 05 Health and self-care: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. (40-60 months)</p> <ul style="list-style-type: none"> •Eats a healthy range of foodstuffs and understands need for variety in food. •Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health. •Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks. •Shows understanding of how to transport and store equipment safely. •Practices some appropriate safety measures without direct supervision.
Reception	<p>ELG 04 Moving and handling: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>ELG Being Imaginative Children represent their own ideas, thoughts and feelings through dance.</p> <p>(40-60+ months)</p> <ul style="list-style-type: none"> •Experiments with different ways of moving. • Jumps off an object and lands appropriately. •Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. •Travels with confidence and skill around, under, over and through balancing and climbing equipment. •Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

- Shows a preference for a dominant hand.

ELG 05 Health and self-care:

Children know the importance for **good health of physical exercise and a healthy diet**, and talk about **ways to keep healthy and safe**.

(40-60 months)

- Eats a healthy range of foodstuffs and understands need for variety in food.
- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
- Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.
- Shows understanding of how to transport and store equipment safely.
- Practices some appropriate safety measures without direct supervision.