



Physical Education



"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

Physical Education Statement of Intent

Exercise and physical activity are paramount for the wellbeing of young people and at Folksworth we are committed to supporting our pupils develop healthy lifestyles and maintain mental good health. Our Physical Education curriculum is central to this. We want our pupils to develop an enjoyment of sport and exercise so that it forms part of their daily lifestyle. To achieve this we teach them a range of sports and physical activities including dance, gymnastics and games. By teaching a range of physical activities we hope to encourage children to pursue those that they enjoy. We also aim to develop in our pupils an understanding of the effects of physical activity on their physical and mental health so that as they grow up they are able to continue to make healthy choices and enjoy being active.

Teamwork and respect are core values we aim to instil in our pupils and playing games and sports together is one of the ways this is encouraged. We give pupils the opportunity to learn tactics and skills before applying them in games and team activities.



Physical Education Unit Overview

YEAR A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Years 1 & 2	Paddington at the Tower <i>Michael Bond</i>	Toby and the Great Fire of London <i>Margaret Nash & Jane Cope</i>	The Jolly Postman <i>Janet & Allan Ahlberg</i>	The Magic Faraway Tree <i>Enid Blyton</i>	The Lighthouse Keepers' Lunch <i>Ronda & David Armitage</i>	George's Marvellous Medicine <i>Roald Dahl</i>
	Multi Skills/ Team Games	Invasion Games - football	Gymnastics	Dance	Athletics	Striking and Fielding Games - Cricket
Years 3 & 4	Charlie and The Chocolate Factory <i>Roald Dahl</i>	Demon Dentist <i>David Walliams</i>	Beowulf <i>Rob Lloyd Jones and Victor Tavares</i>	The Saga of Erik The Viking <i>Terry Jones</i>	Poems to Perform <i>Julia Donaldson</i>	The Time Travelling Cat and the Egyptian Goddess <i>Julia Jarman</i>
	Outdoor and Adventurous inc. Orienteering	Invasion Games - netball	Gymnastics	Dance	Athletics	Striking and Fielding Games – Rounders Swimming
Years 5 & 6	Cosmic <i>Frank Cottrell Boyce</i>	The Nowhere Emporium <i>Ross MacKenzie</i>	Rain Player <i>David Wisniewski</i>		Goodnight Mr Tom <i>Michelle Magorian</i>	Macbeth (A Shakespeare Story) <i>Andrew Matthews and Tony Ross</i>
	Outdoor and Adventurous inc. Orienteering	Invasion Games - basketball	Gymnastics	Dance	Athletics	Striking and Fielding Games – Cricket Swimming



YEAR B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Years 1 & 2	Dogger <i>Shirley Hughes</i>	The Owl Who was Afraid of the Dark <i>Jill Tomlinson</i>	The Tiger who came to tea <i>Judith Kerr</i>	Handa's Surprise <i>Eileen Browne</i>	The Day the Crayons Quit <i>Drew Daywalt & Oliver Jeffers</i>	The Owl and the Pussycat <i>Edward Lear</i>
	Net Games - Tennis	Invasion Games - hockey	Gymnastics	Dance	Athletics	Striking and Fielding Games - Cricket
Years 3 & 4	Stig of the Dump <i>Clive King</i>	The Firework Makers Daughter <i>Philip Pullman</i>	The Iron Man <i>Ted Hughes</i>	Run Wild <i>Gill Lewis</i>	Avoid Being a Roman Soldier <i>David Stewart</i>	The Thieves of Ostia <i>Caroline Lawrence</i>
	Net Games - Tennis	Invasion Games – tag rugby	Gymnastics	Dance	Athletics	Striking and Fielding Games – Rounders Swimming
Years 5 & 6	Tudor Tales: The Thief, the Fool and the Big Fat King <i>Terry Deary</i>	The Spy Master: First Blood <i>Jan Burchett & Sara Vogler</i>	The Storm Keeper's Island <i>Catherine Doyle</i>	The Highwayman <i>Alfred Noyes</i>	Beasts of Olympus: Beastkeeper <i>Lucy Coats & David Roberts</i>	Percy Jackson and the Lightning Thief <i>Rick Riordan</i>
	Net Games - Tennis	Invasion Games – tag rugby	Gymnastics	Dance	Athletics	Net Games – Volleyball Swimming



Physical Education Progression of Knowledge and Skills

By Year Group

Communication

Participation

Competence

Performance

Year Group	Standardised Objectives
Year R	<p>ELG Self Regulation</p> <ul style="list-style-type: none"> Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions <p>ELG Managing Self</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence resilience and perseverance in the face of challenge <p>ELG Building Relationships</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others <p>ELG Being Imaginative and Expressive</p> <ul style="list-style-type: none"> When appropriate – try to move in time with music. <p>ELG Self Regulation</p> <ul style="list-style-type: none"> Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate <p>ELG Physical Development</p> <ul style="list-style-type: none"> 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 <p>ELG Managing Self</p> <ul style="list-style-type: none"> Be confident to try new activities and show independence resilience and perseverance in the face of challenge <p>ELG Building Relationships)</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others <p>ELG Being Imaginative and Expressive</p>



	<ul style="list-style-type: none"> • Perform songs, rhymes, poems and stories with others, and, when appropriate, try to move in time with music
Year 1	<ul style="list-style-type: none"> • Discuss own performances • Discuss how to improve in different physical activities • Participate in team games • Begin to develop simple tactics for attacking and defending • Practise basic movements including running, jumping, throwing and catching Develop balance and agility • Perform simple dances
Year 2	<ul style="list-style-type: none"> • Evaluate own and others' performances • Identify how to improve in different physical activities • Participate in team games following simple rules • Develop simple tactics for attacking and defending • Master basic movements including running, jumping, throwing and catching Develop and apply balance, agility and co-ordination • Perform dances using simple movement patterns
Year 3	<ul style="list-style-type: none"> • Communicate and compete with each other • Begin to show an understanding of how to improve own and others' performances • Participate in team games understanding the rules • Develop a wider range of tactics for attacking and defending Participate in outdoor and adventurous activities • Begin to use running, jumping, throwing and catching in isolation and in combination Further develop flexibility, strength, control and balance • Perform dances and gymnastic routines on own and with others using movement patterns • Compare performances with previous ones • Begin to demonstrate improvement to achieve personal best



Year 4	<ul style="list-style-type: none"> • Communicate and compete with each other • Understand how to improve own and others' performances • Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect • Understand basic principles suitable for attacking and defending Participate in outdoor and adventurous activities • Use running, jumping, throwing and catching in isolation and in combination Further develop flexibility, strength, technique, control and balance • Perform dances and gymnastic routines on own and with others using movement patterns • Compare performances with previous ones Demonstrate improvement to achieve personal best
Year 5	<ul style="list-style-type: none"> • Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel • Evaluate and recognise own and others' success and identify strategies for improvement • Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship • Apply principles suitable for attacking and defending Participate in outdoor and adventurous activities • Use a broad range of skills in isolation and in combination to become physically confident • Develop mastery of flexibility, strength, technique, control and balance • Perform dances and gymnastic routines on own and with others using a range of movement patterns • Evaluate and compare performances with previous ones Demonstrate improvement to achieve personal best



Year 6	<ul style="list-style-type: none"> • Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel • Evaluate and recognise own and others' success and identify strategies for improvement • Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship • Apply range of principles suitable for attacking and defending Participate in outdoor and adventurous activities • Use a broad range of skills in isolation and in combination to become physically confident • Master flexibility, strength, technique, control and balance • Perform dances and gymnastic routines on own and with others using a range of movement patterns • Evaluate and compare performances with previous ones Demonstrate improvement to achieve personal best
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By Theme

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Communication						
(Self Regulation) Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions	Discuss own performances Discuss how to improve in different physical activities	Evaluate own and others' performances Identify how to improve in different physical activities	Communicate and compete with each other Begin to show an understanding of how to improve own and others' performances	Communicate and compete with each other Understand how to improve own and others' performances	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel Evaluate and recognise own and others' success and identify strategies for improvement	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel Evaluate and recognise own and others' success and identify strategies for improvement
Participation						
(Managing Self) Be confident to try new activities and show independence, resilience and perseverance in the face of challenge (Building Relationships) Work and play cooperatively and take turns with others (Being Imaginative and Expressive) When appropriate – try to move in time with music.	Participate in team games Begin to develop simple tactics for attacking and defending	Participate in team games following simple rules Develop simple tactics for attacking and defending	Participate in team games understanding the rules Develop a wider range of tactics for attacking and defending Participate in outdoor and adventurous activities	Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect Understand basic principles suitable for attacking and defending Participate in outdoor and adventurous activities	Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship Apply principles suitable for attacking and defending Participate in outdoor and adventurous activities	Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship Apply range of principles suitable for attacking and defending Participate in outdoor and adventurous activities
Competence						
(Self Regulation) Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate (Physical Development) 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	Practise basic movements including running, jumping, throwing and catching Develop balance and agility	Master basic movements including running, jumping, throwing and catching Develop and apply balance, agility and co-ordination	Begin to use running, jumping, throwing and catching in isolation and in combination Further develop flexibility, strength, control and balance	Use running, jumping, throwing and catching in isolation and in combination Further develop flexibility, strength, technique, control and balance	Use a broad range of skills in isolation and in combination to become physically confident Develop mastery of flexibility, strength, technique, control and balance	Use a broad range of skills in isolation and in combination to become physically confident Master flexibility, strength, technique, control and balance



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Performance						
<p>(Managing Self) Be confident to try new activities and show independence, resilience and perseverance in the face of challenge</p> <p>(Building Relationships) Work and play cooperatively and take turns with others</p> <p>(Being Imaginative and Expressive) Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.</p>	Perform simple dances	Perform dances using simple movement patterns	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Begin to demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and compare performances with previous ones</p> <p>Demonstrate improvement to achieve personal best</p>

