


Subject Overview: Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Daycare	Walking, squatting, standing and picking things up. Climbing independently.	Running with control and coordination. Kick stationary balls. Walking up and down stairs with handrail support.	Throwing a ball with some direction. Jumping with both feet off the ground. Riding a tricycle using pedals.	Balancing on one foot for a few seconds. Climbing without support. Pushing and pulling objects whilst walking.	Catching large balls with both hands. Walking backwards with balance. Engaging in simple obstacle courses.	Pedaling a tricycle with more coordination. Kicking and throwing balls with more accuracy. Learning to participate in group activities and games.
Nursery	Running with control and coordination. Jumping and landing on both feet. Walking up and down stairs with alternating feet, with handrail support.	Throwing with aim and catching with two hands. Balancing with confidence.	Hopping on one foot. Navigate simple obstacle courses, going over, under and through objects. Catching a large ball with two hands consistently.	Kicking with accuracy. Walking backwards with balance and coordination. Jumping over small obstacles with both feet.	Ride a balance bike or scooter with coordination. Throw and catch smaller balls with increasing accuracy. Following rules and taking turns in group activities.	Changing direction quickly and safely. Throwing over and under arm with control. Climbing or balancing with strength and control.
Reception	Fundamentals		Ball Skills	Gymnastics	Dance	Games
End of Reception expectations	<p><i>Physical development - Gross motor skills</i></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><i>Managing self</i></p> <ul style="list-style-type: none"> Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. <p><i>Building relationships</i></p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others. 					
Year 1	Indoor: Dance	Indoor: Dance	Indoor: Gymnastics	Indoor: Gymnastics	Indoor: Yoga	Indoor: Sending & Receiving

	Outdoor: Fundamentals	Outdoor: Ball Skills	Outdoor: Team Building	Outdoor: Fitness	Outdoor: Striking & Fielding	Outdoor: Athletics
Year 2	Indoor: Dance	Indoor: Dance	Indoor: Gymnastics	Indoor: Gymnastics	Indoor: Yoga	Indoor: Sending & Receiving
	Outdoor: Fundamentals	Outdoor: Fitness	Outdoor: Ball Skills	Outdoor: Team Building	Outdoor: Striking & Fielding	Outdoor: Athletics
Year 3	Indoor: Dance	Indoor: Dance	Indoor: Gymnastics	Indoor: Gymnastics	Indoor: Yoga	Indoor: Dodgeball
	Outdoor: Fundamentals	Outdoor: Football	Outdoor: Fitness	Outdoor: Basketball	Outdoor: Cricket	Outdoor: Athletics
End of Year 3 milestones	<p>Children at the expected level will be able to:</p> <ul style="list-style-type: none"> I am able to jump and turn a skipping rope. I can change direction quickly. I can identify when I was successful. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how the body moves differently at different speeds. I understand why it is important to warm up. <ul style="list-style-type: none"> I can catch different sized objects with increasing consistency with two hands. I can dribble a ball with control. I can persevere when learning a new skill. I can provide feedback using key words. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me. 					
Year 4	Swimming					
	Indoor: Dance	Indoor: Gymnastics	Indoor: Yoga	Outdoor: Handball	Outdoor: Cricket	Outdoor: Athletics
Year 5	Indoor: Dance	Indoor: Dance	Indoor: Gymnastics	Indoor: Gymnastics	Indoor: Yoga	Indoor: Dodgeball
	Outdoor: OAA	Outdoor: Netball	Outdoor: Fitness	Outdoor: Handball	Outdoor: Cricket	Outdoor: Athletics
Year 6	Indoor: Dance	Indoor: Dance	Indoor: Gymnastics	Indoor: Gymnastics	Indoor: Yoga	Indoor: Dodgeball
	Outdoor: Handball OAA (Ghyll Head)	Outdoor: Football	Outdoor: Fitness	Outdoor: Basketball	Outdoor: Cricket	Outdoor: Athletics
End of Key Stage 2 milestones	<p>Children at the expected level will be able to:</p> <ul style="list-style-type: none"> I can swim at least 25 meters using different strokes and demonstrate basic water safety skills. I can perform dance and gymnastics routines with precision, control, and creativity. I understand the importance of warming up and cooling down and can explain how they prevent injury. I can apply tactics and strategies effectively in team sports, such as football, handball, and netball. I can run, jump, and throw with good technique and compete in a range of athletic events. 					

	<ul style="list-style-type: none">• I can demonstrate agility, balance, and coordination through a variety of fundamental movement skills, such as skipping, hopping, and dodging.• I can confidently lead and participate in outdoor challenges, including problem-solving activities.• I can strike, pass, catch, and dribble a ball with control and accuracy in different ball games.• I can work well with others in team games, demonstrating communication, fairness, and leadership.• I can demonstrate balance, strength, and flexibility through yoga or similar exercises.• I can show quick reflexes, agility, and decision-making in fast-paced games like dodgeball and basketball.• I can reflect on my performance, setting goals to improve my fundamental and ball-handling skills.
--	---