



Here you can find the Curriculum Map for Ormiston Herman Academy for Physical Education.

It has been broken down into the different core elements that children will be expected to complete throughout their year group.

This document is to be used alongside the skills progressions document to aid your teaching of Physical Education.

Any question, please speak to the Physical Education Lead.

Signed: P.E. Lead: A. Shreeve

Principal:

Year	Programme of Study	Key Vocabulary	Key Facts/Assessment Criteria	Pictures / Diagrams	Important People	End of KS1 Expectations
R	Health and fitness	happy, ready, calm, tired, sweaty, activity, exercise.	I can describe how my body feels before, during and after an activity.	Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically.	-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training). -Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5 th year). -Grace Beverly (Social Media Influencer who created the fitness brand Shreddy).	<ul style="list-style-type: none"> - To be aware of how your body changes and feels during exercise. - To begin to have an idea of why it is important to keep healthy.
R	Acquiring and developing skills	copy, repeat, skills, new	I can copy actions. I can repeat actions and skills.	Poster containing the different multi-skills each child needs.	-	<ul style="list-style-type: none"> - Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination. - Pupils should begin to apply these in a range of activities.

R	Evaluating and improving	good, better, talk	I can talk about what I have done. I can describe what other people did.	Two stars and a wish explanation poster.	-	<ul style="list-style-type: none"> - Lead active and healthy lives. - Suggest good points about a partners work.
R	Dance	move, music, slither, gallop, roll, crawl, lead, follow, copy, backwards, sideways, forwards.	I can move to music. I can copy dance moves. I can perform some dance moves. I can move around the space safely.	Poster containing the different types of dance that are available.	<p>-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe).</p> <p>-Fred Astaire (One of the greatest ballroom and tap dancers in film history).</p> <p>-Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time).</p>	<ul style="list-style-type: none"> - Pupils should be taught to perform dances using simple movement patterns. - Use movement imaginatively, responding to stimuli, including music. - Perform basic skills, change rhythm, speed, level and direction of their movements. - Create and perform dances using simple movement patterns, including those from different times and cultures. - Express and communicate ideas and feelings.

R	Games	<p>move, lead, follow, copy, backwards, sideways, forwards, jump, hit, throw, catch, jog, run, walk, skip, stop, kick, different.</p>	<p>I can throw underarm. I can roll a piece of equipment. I can move and stop safely. I can catch with both hands. I can they kick in different ways.</p>	<p>Poster containing the different multi-skills each child needs for each particular sport.</p>	<p>-Gary Lineker (Footballer who play for club and country and never received a yellow card). - Michael Jordan (Played 15 seasons of NBA Basketball). -Baroness Rachael Heyhoe Flint (England's first Female World Cup winning captain in 1973).</p>	<ul style="list-style-type: none"> - Pupils should be taught to participate in team games, developing simple tactics for attacking and defending. - Be able to engage in competitive (both against self and against others) in a range of challenging situations.
R	Gymnastics	<p>move, music, slither, gallop, roll, crawl, lead, follow, copy, backwards, sideways, forwards, tense.</p>	<p>I can make my body tense, relaxed, curled and stretched. I can copy sequences and repeat them. I can roll in different ways. I can travel in different ways. I can balance in different ways. I can stretch in different ways. I can curl in different ways.</p>	<p>A poster containing different types of movements and balances that a child can complete in Gymnastics.</p>	<p>-Olga Korbut (Created a new era of artistic gymnastics). -Nadia Comaneci (First female to score a perfect 10). -Louis Smith (MBE) (Received to silver medals and a bronze medal for the pommel horse).</p>	<ul style="list-style-type: none"> - Develop balance, agility and coordination. Be able to engage in competitive (both against self and against others) in a range of challenging situations. - Create simple movement patterns.

R	Athletics	move, backwards, sideways, forwards, run, jump, throw, catch, step.	I can run in a straight line. I can jump with two feet. I can pick up and throw a ball in the direction I am aiming.	Poster containing the different multi-skills each child needs. A poster explaining the different types of events available in an athletics competition.	-Usain Bolt (World record holder for 100m, 200m and 4x100m relays). -Dame Jessica Ennis-Hill (Olympic and 3 times world champion Heptathlete). -Jesse Owens (One of the most famous track and field athletes).	- Pupils will be taught to master basic movements of running, jumping catching and throwing and apply these in a range of activities.
1	Health and fitness	exercise, tiring, energetic, energy, heart , lungs, breathing, safety, space, understanding, equipment	I can describe how my body feels before, during and after an activity. I can show how to exercise safely.	Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically.	-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training). -Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5 th year). -Grace Beverly (Social Media Influencer who created the fitness brand Shreddy).	- Be aware of how your body changes and feels during exercise. - Begin to have an idea of why it is important to keep healthy.
1	Acquiring and developing skills	copy, repeat, control, remember, actions, movement, balance, jump, land, agility, co-ordination etc.	I can move with control and care. I can copy and remember actions.	Poster containing the different multi-skills each child needs.	-	- Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing

						<p>balance, agility and coordination.</p> <ul style="list-style-type: none"> - Begin to apply these in a range of activities.
1	Evaluating and improving	improve, describe, discuss	<p>I can describe what other people did.</p> <p>I can say how I could improve.</p>	Two stars and a wish explanation poster.	-	<ul style="list-style-type: none"> - Lead active and healthy lives. - Suggest good points about a partners work.
1	Dance	<p>coordination, balance, range, opportunities, stretching, turning, reaching, twisting, turning, move, music, slither, gallop, roll, crawl, lead, follow, copy, backwards, sideways, forwards.</p>	<p>I can copy dance moves.</p> <p>I can make up a short dance.</p> <p>I can dance imaginatively.</p> <p>I can change rhythm, speed, level and direction.</p>	Poster containing the different types of dance that are available.	<p>-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe).</p> <p>-Fred Astaire (One of the greatest ballroom and tap dancers in film history).</p> <p>-Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time).</p>	<ul style="list-style-type: none"> - Pupils should be taught to perform dances using simple movement patterns. - Use movement imaginatively, responding to stimuli, including music. - Perform basic skills, change rhythm, speed, level and direction of their movements. - Create and perform dances using simple movement patterns, including those from different times and cultures. - Express and communicate ideas and feelings.

1	Games	balance, agility, coordination, range, opportunities, movements, different, hitting, kicking, rolling, rules.	<p>I can hit a ball with a bat.</p> <p>I can throw in different ways.</p> <p>I can use hitting, kicking and/or rolling in a game.</p> <p>I can follow rules.</p>	Poster containing the different multi-skills each child needs for each particular sport.	<p>-Gary Lineker (Footballer who play for club and country and never received a yellow card).</p> <p>- Michael Jordan (Played 15 seasons of NBA Basketball).</p> <p>-Baroness Rachael Heyhoe Flint (England's first Female World Cup winning captain in 1973).</p>	<ul style="list-style-type: none"> - Pupils should be taught to participate in team games, developing simple tactics for attacking and defending. - Be able to engage in competitive (both against self and against others) in a range of challenging situations.
1	Gymnastics	coordination, balance, range, opportunities, stretching, turning, reaching, twisting, turning, move, music, slither, gallop, roll, crawl, lead, follow, copy, backwards, sideways, forwards, tense.	<p>I can make my body tense, relaxed, curled and stretched.</p> <p>I can control my body when travelling.</p> <p>I can control my body when balancing.</p> <p>I can climb safely.</p> <p>I can plan and show a sequence of movements.</p>	A poster containing different types of movements and balances that a child can complete in Gymnastics.	<p>-Olga Korbut (Created a new era of artistic gymnastics).</p> <p>-Nadia Comaneci (First female to score a perfect 10).</p> <p>-Louis Smith (MBE) (Received to silver medals and a bronze medal for the pommel horse).</p>	<ul style="list-style-type: none"> - Develop balance, agility and coordination. - Be able to engage in competitive (both against self and against others) in a range of challenging situations. - Create simple movement patterns.
1	Athletics	coordination, balance, opportunities, stretching, turning, backwards, sideways, forwards, tense, speed, fast, slow, run, jump, throw, control.	<p>I can run straight and stop when needed.</p> <p>I can jump forwards with two feet and land without falling over.</p> <p>I can throw forwards using one hand.</p>	<p>Poster containing the different multi-skills each child needs.</p> <p>A poster explaining the different types of events available in an athletics competition.</p>	<p>-Usain Bolt (World record holder for 100m, 200m and 4x100m relays).</p> <p>-Dame Jessica Ennis-Hill (Olympic and 3 times world</p>	<ul style="list-style-type: none"> - Pupils will be taught to master basic movements of running, jumping catching and throwing and apply these in a range of activities.

					<p>champion Heptathlete). -Jesse Owens (One of the most famous track and field athletes).</p>	
2	Health and fitness	<p>exercise, tiring, energetic, energy, heart, lungs, breathing, safety, space, understanding, equipment, fitness, healthy, happy, physically, mentally, pace, nutrients, protein, carbohydrates, sugars, fat, dairy, fruit and vegetables.</p>	<p>I can show how to exercise safely. I can describe how my body feels during different activities. I can explain what my body needs to keep healthy.</p>	<p>Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically.</p>	<p>-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training). -Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5th year). -Grace Beverly (Social Media Influencer who created the fitness brand Shreddy).</p>	<ul style="list-style-type: none"> - Be aware of how your body changes and feels during exercise. - Begin to have an idea of why it is important to keep healthy.
2	Acquiring and developing skills	<p>safety, develop, repeat, explain, activities, balance, jump, land, agility, co-ordination etc.</p>	<p>I can copy and remember actions. I can repeat and explore actions with control and coordination.</p>	<p>Poster containing the different multi-skills each child needs.</p>	-	<ul style="list-style-type: none"> - Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

2	Evaluating and improving	improve, describe, discuss, difference, skills, partners	I can talk about what is different between what I did and what someone else did. I can say how I could improve.	Two stars and a wish explanation poster.	-	<ul style="list-style-type: none"> - Lead active and healthy lives. - Suggest good points about a partners work.
2	Dance	static balance, dynamic balance, strong, gentle, heavy, floppy, between, through, above, prefer, disagree, high, medium, low, curved, zig-zag, near, far, in and out, on the spot.	I can change rhythm, speed, level and direction. I can dance with control and co-ordination. I can make a sequence by linking sections together. I can link some movement to show a mood or feeling.	Poster containing the different types of dance that are available.	<p>-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe).</p> <p>-Fred Astaire (One of the greatest ballroom and tap dancers in film history).</p> <p>-Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time).</p>	<ul style="list-style-type: none"> - Pupils should be taught to perform dances using simple movement patterns. - Use movement imaginatively, responding to stimuli, including music. - Perform basic skills, change rhythm, speed, level and direction of their movements. - Create and perform dances using simple movement patterns, including those from different times and cultures. - Express and communicate ideas and feelings.
2	Games	names of different sports, static balance, dynamic balance, zones, tactics, rules, decisions, movements, opportunities, competitive, non-competitive.	I can stay in a 'zone' during a game. I can decide where the best place to be is during a game.	Poster containing the different multi-skills each child needs for each particular sport.	-Gary Lineker (Footballer who play for club and country and never received a yellow card).	<ul style="list-style-type: none"> - Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.

			<p>I can use one tactic in a game.</p> <p>I can follow rules.</p>		<p>- Michael Jordan (Played 15 seasons of NBA Basketball).</p> <p>-Baroness Rachael Heyhoe Flint (England's first Female World Cup winning captain in 1973).</p>	<p>- Be able to engage in competitive (both against self and against others) in a range of challenging situations.</p>
2	Gymnastics	<p>static balance, dynamic balance, strong, gentle, heavy, floppy, between, through, above, prefer, disagree, high, medium, low, curved, zig-zag, near, far, in and out, on the spot, sequence, similarities, differences.</p>	<p>I can use contrast in my sequences.</p> <p>My movements are controlled.</p> <p>I can think of more than one way to create a sequence which follows a set of 'rules'.</p> <p>I can work on my own and with a partner to create a sequence.</p>	<p>A poster containing different types of movements and balances that a child can complete in Gymnastics.</p>	<p>-Olga Korbut (Created a new era of artistic gymnastics).</p> <p>-Nadia Comaneci (First female to score a perfect 10).</p> <p>-Louis Smith (MBE) (Received to silver medals and a bronze medal for the pommel horse).</p>	<p>- Develop balance, agility and coordination. Be able to engage in competitive (both against self and against others) in a range of challenging situations.</p> <p>- Create simple movement patterns.</p>
2	Athletics	<p>static balance, dynamic balance, coordination, opportunities, stretching, tense, speed, controlled speed, repeat, remembering movements, positions, name some of the athletic events.</p>	<p>I can link running to different activities i.e. the relay I can jump of one or two feet landing safely.</p> <p>I can throw forwards with accuracy using one hand.</p>	<p>Poster containing the different multi-skills each child needs.</p> <p>A poster explaining the different types of events available in an athletics competition.</p>	<p>-Usain Bolt (World record holder for 100m, 200m and 4x100m relays).</p> <p>-Dame Jessica Ennis-Hill (Olympic and 3 times world champion Heptathlete).</p>	<p>- Pupils will be taught to master basic movements of running, jumping catching and throwing and apply these in a range of activities.</p>

					-Jesse Owens (One of the most famous track and field athletes).	
KS2						
Year	Programme of Study	Key Vocabulary	Key Facts/Assessment Criteria	Pictures / Diagrams	Important People	End of KS2 Expectations
3	Health and fitness	warm up, cool down, stretching, muscles (including some types of muscles), bones (including some types of bones), active, engaged, dynamic, static and injury.	I can explain why it is important to warm-up and cool-down.	Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically. A poster describing the functions of muscles and bones. Detailed descriptions on why muscles bones and organs are all important in the body.	-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training). -Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5 th year). -Grace Beverly (Social Media Influencer who created the fitness brand Shreddy). -Arnold Schwarzenegger (Voted Mr. Universe title at the age of 20).	- Be physically and mentally confident and active in ways that can increase and support their health and fitness.
3	Acquiring and developing skills	applying, acquire, appropriate, developing, understand, expert.	I can select and use the most appropriate skills, actions or ideas. I can move and use actions with co-	Poster containing the different multi-skills each child needs. A poster of why it is important to acquire new skills whilst improving old skills.	-	- Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.

			ordination and control.			
3	Evaluating and improving	applying, evaluate, difference, recognise, similar, comparison	With help, I can recognise how performances could be improved.	Two stars and a wish explanation poster. Improvements poster - 'What could be made better in this picture?'	-	- Pupils should be taught to compare their performances with previous ones to achieve their personal best.
3	Dance	tempo, prefer, disagree, high, medium, low, improvise freely, translating, stimulus, phases, repeat, perform, communicate, flexibility.	I can improvise freely, translating ideas from a stimulus into movement. I can share and create phrases with a partner and in small groups. I can repeat, remember and perform these phrases in a dance.	Poster containing the different types of dance that are available. Images of the different types of dance. A poster containing a description of the different steps that could be in certain dances.	-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe). -Fred Astaire (One of the greatest ballroom and tap dancers in film history). -Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time). -Yannis Marshall (French Choreographer and dancer).	- Pupils should be taught to create dances using a range of movement patterns, including those from different times, place and cultures. - Respond to a range of stimuli and accompaniment. - Through dance, develop flexibility, strength, technique, control and balance. - Perform dances using a range of movement patterns.
3	Games	names of different sports, naming types of movements e.g. back hand and forehand, static balance, dynamic balance, tactics, opportunities, competitive, non-	I can throw and catch with control when under limited pressure.	Poster containing the different multi-skills each child needs for each particular sport.	-Gary Lineker (Footballer who play for club and country and never received a yellow card).	- Pupils should be taught to play competitive games, modified where appropriate, such as football, netball,

		<p>competitive, pressure, fair, sportsmanship, possession, successful.</p>	<p>I know and use rules fairly to keep games going. I can keep possession with some success when using equipment that is not used for throwing and catching skills. I can field.</p>	<p>A poster describing different skills and how they can be used within a game situation for example 'attacking and defending tactics'.</p>	<p>- Michael Jordan (Played 15 seasons of NBA Basketball). -Baroness Rachael Heyhoe Flint (England's first Female World Cup winning captain in 1973). -Pele (known as one of the greatest players of all time - born 23rd October 1940 - Brazilian - Full name was: Edson Arantes Do Nascimento).</p>	<p>rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.</p>
<p>3</p>	<p>Gymnastics</p>	<p>prefer, disagree, high, medium, low, improvise freely, translating, stimulus, phases, repeat, perform, communicate, strength, physically demanding, flexibility, flex, extend, sequence, control, similarities, differences.</p>	<p>I can use a greater number of my own ideas for movement in response to a task. I can explain how strength and suppleness affect performances. I can compare and contrast gymnastic sequences, commenting on similarities and differences.</p>	<p>A poster containing different types of movements and balances that a child can complete in gymnastics. A poster containing gymnastic vocabulary and a definition of each word.</p>	<p>-Olga Korbut (Created a new era of artistic gymnastics). -Nadia Comaneci (First female to score a perfect 10). -Louis Smith (MBE) (Received to silver medals and a bronze medal for the pommel horse).</p>	<p>- Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics.</p>

3	Athletics	static balance, dynamic balance, coordination, opportunities, stretching, tense, speed, controlled speed, repeat, remembering movements, positions, techniques, medium speeds, pace, commenting, activities, name most of the athletic events.	<p>I can run at fast, medium and slow speeds, changing speed and direction.</p> <p>I can make up and repeat a short sequence of linked jumps.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p>	<p>Poster containing the different multi-skills each child needs.</p> <p>A poster explaining the different types of events available in an athletics competition.</p> <p>A poster containing athletics vocabulary and a definition of each word.</p>	<p>-Usain Bolt (World record holder for 100m, 200m and 4x100m relays).</p> <p>-Dame Jessica Ennis-Hill (Olympic and 3 times world champion Heptathlete).</p> <p>-Jesse Owens (One of the most famous track and field athletes).</p> <p>-Allyson Felix (American track and field athlete known for competing in multiple races).</p>	<ul style="list-style-type: none"> - Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics.
3	Outdoor Adventurous Activity	route, directions, location, clues and compass.	<p>I can follow a map in a familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route safely.</p>	<p>A poster containing the different points of a compass.</p> <p>A poster containing map work vocabulary and the definitions of each word.</p>	<p>-Ellen MacArthur (Famous British Sailor).</p> <p>-Ben Fogle (Explorer and Television presenter).</p>	<ul style="list-style-type: none"> - Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. - Use a compass with accuracy and control. - Follow a list of instructions.

4	Health and fitness	static, dynamic, stretching, movements, muscles (name most of the large muscles in the body), bones (name most of the bones in the body), heart, lungs, brain, pumping, blood cells, carbon dioxide, oxygen, ventricles, veins, capillaries, arteries, circulatory system, sections of the heart.	I can identify some muscle groups used in activities. I can explain why warming up is important.	Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically. A poster describing the functions of muscles and bones. Detailed descriptions on why muscles bones and organs are all important in the body.	-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training). -Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5 th year). -Grace Beverly (Social Media Influencer who created the fitness brand Shreddy). -Arnold Schwarzenegger (Voted Mr. Universe title at the age of 20).	- Be physically and mentally confident and active in ways that can increase and support their health and fitness.
4	Acquiring and developing skills	applying, evaluate, difference, recognise, similar, comparison, modify, application, excel, effectiveness.	I can move and use actions with co-ordination and control. I can select and use the most appropriate skills, actions or ideas. I can make up my own small-sided game.	Poster containing the different multi-skills each child needs. A poster of why it is important to acquire new skills whilst improving old skills	-	- Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.
4	Evaluating and improving	applying, evaluate, difference, recognise, similar, comparison, modify, application.	I can explain how my work is similar and different from that of others.	Two stars and a wish explanation poster. Improvements poster - 'What could be made better in this picture?'	-	- Pupils should be taught to compare their performances with previous ones to achieve their personal best.

			I can use my comparison to improve my work.			
4	Dance	tempo, prefer, disagree, high, medium, low, improvise freely, translating, stimulus, phases, repeat, perform, communicate, clear, fluency, fluent, creativity, compose, refine.	<p>I can use dance to communicate an idea.</p> <p>I can take the lead when working with a partner or group.</p> <p>I can make sure my dance moves are clear and fluent.</p>	<p>Poster containing the different types of dance that are available.</p> <p>Images of the different types of dance.</p> <p>A poster containing a description of the different steps that could be in certain dances.</p>	<p>-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe).</p> <p>-Fred Astaire (One of the greatest ballroom and tap dancers in film history).</p> <p>-Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time).</p> <p>-Yannis Marshall (French Choreographer and dancer).</p>	<ul style="list-style-type: none"> - Pupils should be taught to create dances using a range of movement patterns, including those from different times, place and cultures. - Respond to a range of stimuli and accompaniment. - Through dance, develop flexibility, strength, technique, control and balance. - Perform dances using a range of movement patterns.
4	Games	tactics, opportunities, competitive, non-competitive, pressure, fair, sportsmanship, possession, successful, accuracy, tactical, attacking and defending tactics, defining and naming types of movements e.g. backhand - a stroke played with the back of the hand facing in the direction of the stroke.	<p>I am aware of space and use it to support teammates and cause problems for the opposition.</p> <p>I can catch with one hand.</p> <p>I can they throw and catch accurately. I can move to find a space</p>	<p>Poster containing the different multi-skills each child needs for each particular sport.</p> <p>A poster describing different skills and how they can be used within a game situation for example 'attacking and defending tactics'.</p>	<p>-Gary Lineker (Footballer who play for club and country and never received a yellow card).</p> <p>- Michael Jordan (Played 15 seasons of NBA Basketball).</p> <p>-Baroness Rachael Heyhoe Flint</p>	<ul style="list-style-type: none"> - Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for

			when they are not in possession during a game.		(England's first Female World Cup winning captain in 1973). -Pele (known as one of the greatest players of all time - born 23rd October 1940 - Brazilian - Full name was: Edson Arantes Do Nascimento).	attacking and defending.
4	Gymnastics	prefer, disagree, improvise freely, travelling, translating, stimulus, phases, strength, physically demanding, extend, sequence, control, similarities, differences, suppleness, commenting, explanation, apparatus.	I can adapt sequences to suit different types of apparatus and their partner's ability. I can work in a controlled way. I can work with a partner to create, repeat and improve a sequence with at least three phases. I can follow a set of 'rules' to produce a sequence	A poster containing different types of movements and balances that a child can complete in gymnastics. A poster containing gymnastic vocabulary and a definition of each word.	-Olga Korbut (Created a new era of artistic gymnastics). -Nadia Comaneci (First female to score a perfect 10). -Louis Smith (MBE) (Received to silver medals and a bronze medal for the pommel horse). -Simone Biles (The first woman to win 3 straight world all-round titles).	- Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics.
4	Athletics	static balance, dynamic balance, positions, techniques, medium speeds, pace, commenting, activities, adapting, variety, fluency, consistency, combine, name all of the athletic events.	I can link running and jumping activities with some fluency, control and consistency.	Poster containing the different multi-skills each child needs. A poster explaining the different types of	-Usain Bolt (World record holder for 100m, 200m and 4x100m relays). -Dame Jessica Ennis-Hill (Olympic and 3	- Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through

			<p>I can throw a variety of objects, changing my action for accuracy and distance.</p> <p>I can run over a long distance.</p>	<p>events available in an athletics competition.</p> <p>A poster containing athletics vocabulary and a definition of each word.</p>	<p>times world champion Heptathlete).</p> <p>-Jesse Owens (One of the most famous track and field athletes).</p> <p>-Allyson Felix (American track and field athlete known for competing in multiple races).</p>	<p>gymnastics and athletics.</p>
4	Outdoor Adventurous Activity	<p>route, directions, clues, context, compass, familiar, location, accuracy, time limit, follow.</p>	<p>I can follow a map in a familiar context.</p> <p>I can move from one location to another following a map.</p> <p>I can use clues to follow a route.</p> <p>I can follow a route accurately, safely and within a time limit.</p>	<p>A poster containing the different points of a compass.</p> <p>A poster containing map work vocabulary and the definitions of each word.</p>	<p>-Ellen MacArthur (Famous British Sailor).</p> <p>-Ben Fogle (Explorer and Television presenter).</p>	<ul style="list-style-type: none"> - Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. - Use a compass with accuracy and control. - Follow a list of instructions.
5	Health and fitness	<p>aerobic, anaerobic, endurance, cardiovascular endurance, cardiovascular fitness, body mass index, fine motor skills, gross motor skills, muscular endurance, muscular strength, variation, safety, principles, preparation, muscles (name all of the large muscles in the body), bones (name all of the main bones in the body).</p>	<p>I can explain why keeping fit is good for my health.</p> <p>I can explain what effect exercise has on my body.</p> <p>I can explain some important safety principles when preparing for exercise.</p>	<p>Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically.</p> <p>A poster describing the functions of muscles and bones.</p> <p>Detailed descriptions on why muscles bones</p>	<p>-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training).</p> <p>-Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5th year).</p> <p>-Grace Beverly (Social Media Influencer who</p>	<ul style="list-style-type: none"> - Be physically and mentally confident and active in ways that can increase and support their health and fitness.

				and organs are all important in the body.	created the fitness brand Shreddy). -Arnold Schwarzenegger (Voted Mr. Universe title at the age of 20).	
5	Acquiring and developing skills	analyse, applying, evaluate, difference, recognise, similar, comparison, modify, application, excel, effectiveness, complex.	I can link skills, techniques and ideas and supply them accurately and appropriately. I can show good movement in my movements. I can make up my own small-sided game.	Poster containing the different multi-skills each child needs. A poster of why it is important to acquire new skills whilst improving old skills.	-	- Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.
5	Evaluating and improving	applying, evaluate, difference, recognise, similar, comparison, modify, application, analyse, appropriate, application, tactical, knowledge.	I can use my observations to improve my work. I can compare and comment on skills, techniques and ideas that I and others have used. I can modify use of skills or techniques to improve my work.	Two stars and a wish explanation poster. Improvements poster - 'What could be made better in this picture?'	-	- Pupils should be taught to compare their performances with previous ones to achieve their personal best.
5	Dance	tempo, improvise freely, translating, stimulus, phases, fluency, compose, refine, imaginative, controlled, refine, sequence.	I can work on my movements and refine them. I can compose my own dances in a	Poster containing the different types of dance that are available.	-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe).	- Pupils should be taught to create dances using a range of movement patterns, including those from different

5			<p>creative and imaginative way. My movements are controlled. My dance shows clarity, fluency, accuracy and consistency.</p>	<p>Images of the different types of dance. A poster containing a description of the different steps that could be in certain dances.</p>	<p>-Fred Astaire (One of the greatest ballroom and tap dancers in film history). -Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time). -Yannis Marshall (French Choreographer and dancer).</p>	<p>times, place and cultures.</p> <ul style="list-style-type: none"> - Respond to a range of stimuli and accompaniment. - Through dance, develop flexibility, strength, technique, control and balance. - Perform dances using a range of movement patterns.
	Games	<p>pressure, possession, successful, accuracy, tactical, attacking and defending tactics, defining and naming types of movements e.g. backhand - a stroke played with the back of the hand facing in the direction of the stroke, strategies, personal preference.</p>	<p>I can hit a ball accurately and with control. I can keep possession of the ball. I can vary tactics and adapt skills according to what is happening. I can choose the best tactics for attacking and defending.</p>	<p>Poster containing the different multi-skills each child needs for each particular sport. A poster describing different skills and how they can be used within a game situation for example 'attacking and defending tactics'.</p>	<p>-Gary Lineker (Footballer who play for club and country and never received a yellow card). - Michael Jordan (Played 15 seasons of NBA Basketball). -Baroness Rachael Heyhoe Flint (England's first Female World Cup winning captain in 1973). -Pele (known as one of the greatest players of all time - born 23rd October</p>	<ul style="list-style-type: none"> - Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.

					1940 - Brazilian - Full name was: Edson Arantes Do Nascimento).	
5	Gymnastics	improvise freely, travelling, translating, stimulus, phases, physically demanding, extended sequences, suppleness, apparatus, Isometric muscle action, isotonic muscle action, consistency, audiences, combination.	<p>I can include change of speed.</p> <p>I can include change of direction.</p> <p>I can include a range of shapes.</p> <p>I can combine action, balance and shape.</p> <p>I can make complex or extended sequences. I can perform consistently to different audiences. My movements are accurate, clear and consistent.</p>	<p>A poster containing different types of movements and balances that a child can complete in gymnastics.</p> <p>A poster containing gymnastic vocabulary and a definition of each word.</p>	<p>-Olga Korbut (Created a new era of artistic gymnastics).</p> <p>-Nadia Comaneci (First female to score a perfect 10).</p> <p>-Louis Smith (MBE) (Received to silver medals and a bronze medal for the pommel horse).</p> <p>-Simone Biles (The first woman to win 3 straight world all-round titles).</p>	<p>- Pupils should be taught to develop flexibility, strength, technique, control and balance, for example, through gymnastics and athletics.</p>
5	Athletics	Isometric muscle action, isotonic muscle action, controlled, specific rules, effectiveness, demanding, core movements, complex.	<p>I can sprint over a short distance.</p> <p>I can throw in different ways.</p> <p>I can hit a target.</p> <p>I can jump in different ways.</p> <p>I can combine running and jumping.</p>	<p>Poster containing the different multi-skills each child needs.</p> <p>A poster explaining the different types of events available in an athletics competition.</p> <p>A poster containing athletics vocabulary and a definition of each word.</p>	<p>-Usain Bolt (World record holder for 100m, 200m and 4x100m relays).</p> <p>-Dame Jessica Ennis-Hill (Olympic and 3 times world champion Heptathlete).</p> <p>-Jesse Owens (One of the most famous</p>	<p>- Pupils should be taught to develop flexibility, strength, technique, control and balance, for example, through gymnastics and athletics.</p>

					track and field athletes). -Allyson Felix (American track and field athlete known for competing in multiple races).	
5	Outdoor Adventurous Activity	route, clues, context, compass, familiar, location, accuracy, creation, navigation, degrees.	I can follow a map in a more demanding familiar context. I can move from one location to another following a map. I can use clues to follow a route. I can follow a route accurately, safely and within a time limit.	A poster containing the different points of a compass. A poster containing map work vocabulary and the definitions of each word.	-Ellen MacArthur (Famous British Sailor). -Ben Fogle (Explorer and Television presenter).	<ul style="list-style-type: none"> - Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. - Use a compass with accuracy and control. - Follow a list of instructions.
6	Health and fitness	aerobic, anaerobic, endurance, cardiovascular endurance, cardiovascular fitness, body mass index, body composition, fine motor skills, gross motor skills, muscular endurance, muscular strength, variation, safety, principles, preparation, Isometric muscle action, isotonic muscle action, involuntary muscle, hydration.	I can choose appropriate warm ups and cool downs. I can explain how the body reacts to different kinds of exercise. I can explain why we need regular and safe exercise.	Diagrams of the skeletal and muscular systems. Pictures of how to stretch dynamically and statically. A poster describing the functions of muscles and bones. Detailed descriptions on why muscles bones and organs are all important in the body.	-Joe Wicks (Leader of HIIT workouts. High Intensity Interval Training). -Matthew Fraser (Voted Fittest Man on Earth in 2020 for the 5 th year). -Grace Beverly (Social Media Influencer who created the fitness brand Shreddy). -Arnold Schwarzenegger	<ul style="list-style-type: none"> - Be physically and mentally confident and active in ways that can increase and support their health and fitness.

					(Voted Mr. Universe title at the age of 20).	
6	Acquiring and developing skills	analyse, analyse, applying, evaluate, difference, recognise, similar, comparison, modify, application, excel, effectiveness, complex, sustained, technique, situation.	I can apply my skills, techniques and ideas consistently. I can show precision, control and fluency.	Poster containing the different multi-skills each child needs. A poster of why it is important to acquire new skills whilst improving old skills.	-	- Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.
6	Evaluating and improving	applying, evaluate, difference, recognise, similar, comparison, modify, application, analyse, appropriate, application, tactical, knowledge, terminology, competence.	I can analyse and explain why I have used specific skills or techniques. I can create my own success criteria for evaluating.	Two stars and a wish explanation poster. Improvements poster - 'What could be made better in this picture?'	-	- Pupils should be taught to compare their performances with previous ones to achieve their personal best.
6	Dance	tempo, improvise freely, translating, stimulus, phases, fluency, compose, refine, imaginative, controlled, refine, sequence, accompaniment, expressively, sensitively, clarity, consistency.	I can perform to an accompaniment, expressively and sensitively. I can develop imaginativedances in a specific style.I can choose my ownmusic, style and dance.	Poster containing the different types of dance that are available. Images of the different types of dance. A poster containing a description of the different steps that could be in certain dances.	-Anna Pavlova (Russian Ballet dancer who designed the precursor to the modern pointe shoe). -Fred Astaire (One of the greatest ballroom and tap dancers in film history). -Carmen Amaya (First female dancer to master the intense and fast footwork of flamenco that only males danced at the time).	- Pupils should be taught to create dances using a range of movement patterns, including those from different times, place and cultures. - Respond to a range of stimuli and accompaniment. - Through dance, develop flexibility, strength, technique, control and balance. - Perform dances using a range of movement patterns

					-Yannis Marshall (French Choreographer and dancer).	
6	Games	pressure, possession, successful, accuracy, tactical, attacking and defending tactics, defining and naming types of movements e.g. backhand - a stroke played with the back of the hand facing in the direction of the stroke, strategies, personal preference, complicated and simple situations, principles.	<p>I can gain possession by working as a team. I can pass in different ways. I can use forehand and backhand with a racquet.</p> <p>I can explain complicated rules. I can make a team plan and communicate it to others. I can lead others in a game situation.</p>	Poster containing the different multi-skills each child needs for each particular sport. A poster describing different skills and how they can be used within a game situation for example 'attacking and defending tactics'.	<p>-Gary Lineker (Footballer who play for club and country and never received a yellow card).</p> <p>- Michael Jordan (Played 15 seasons of NBA Basketball).</p> <p>-Baroness Rachael Heyhoe Flint (England's first Female World Cup winning captain in 1973).</p> <p>-Pele (known as one of the greatest players of all time - born 23rd October 1940 - Brazilian - Full name was: Edson Arantes Do Nascimento).</p>	- Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.
6	Gymnastics	improvise freely, improvisation, travelling, translating, stimulus, phases, physically demanding, extended sequences, suppleness, isometric muscle action, isotonic muscle action, combination,	<p>I can combine my own work with that of others.</p> <p>I can link my sequences to specific timings.</p>	A poster containing different types of movements and balances that a child can complete in gymnastics. A poster containing gymnastic	<p>-Olga Korbut (Created a new era of artistic gymnastics).</p> <p>-Nadia Comaneci (First female to score a perfect 10).</p>	- Pupils should be taught to develop flexibility, strength, technique, control and balance.

		specific timings, accuracy, clarity, consistency.	I can perform consistently to different audiences. My movements are accurate, clear and consistent.	vocabulary and a definition of each word.	<p>-Louis Smith (MBE) (Received two silver medals and a bronze medal for the pommel horse).</p> <p>-Simone Biles (The first woman to win 3 straight world all-round titles).</p>	
6	Athletics	Isometric muscle action, isotonic muscle action, Isometric muscle action, isotonic muscle action, controlled, specific rules, effectiveness, demanding, core movements, complex, competency, personal best, stamina.	<p>I am controlled when taking off and landing in a jump.</p> <p>I can throw with accuracy. I can follow specific rules. I can demonstrate stamina. I can use my skills in different situations.</p>	<p>Poster containing the different multi-skills each child needs.</p> <p>A poster explaining the different types of events available in an athletics competition.</p> <p>A poster containing athletics vocabulary and a definition of each word.</p>	<p>-Usain Bolt (World record holder for 100m, 200m and 4x100m relays).</p> <p>-Dame Jessica Ennis-Hill (Olympic and 3 times world champion Heptathlete).</p> <p>-Jesse Owens (One of the most famous track and field athletes).</p> <p>-Allyson Felix (American track and field athlete known for competing in multiple races).</p>	<p>- Pupils should be taught to develop flexibility, strength, technique, control and balance.</p>

6	Outdoor Adventurous Activity	context, compass, familiar, location, accuracy, creation, navigation, degrees, accountability, dangerous situations.	<p>I can follow a map in an unknown location. I can use clues and compass directions to navigate a route. I can change my route if there is a problem. I can change my plan if I get new information. I can plan a route and series of clues for someone else. I can plan with others taking account of safety and danger.</p>	<p>A poster containing the different points of a compass. A poster containing map work vocabulary and the definitions of each word.</p>	<p>-Ellen MacArthur (Famous British Sailor). -Ben Fogle (Explorer and Television presenter).</p>	<ul style="list-style-type: none"> - Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team. - Use a compass with accuracy and control. - Follow a list of instructions.

<u>Early Learning Goals</u>	
<u>Age</u>	<u>Typical Behaviours</u>
Birth to 11 months	<ul style="list-style-type: none"> • Turns head in response to sounds and sights. • Gradually develops ability to hold up own head. • Makes movements with arms and legs which gradually become more controlled. • Rolls over from front to back, from back to front. • When lying on tummy becomes able to lift first head and then chest, supporting self with forearms and then straight arms. • Watches and explores hands and feet, e.g. when lying on back lifts legs into vertical position and grasps feet. • Reaches out for, touches and begins to hold objects. • Explores objects with mouth, often picking up an object and holding it to the mouth.

8 to 20 months	Sits unsupported on the floor. • When sitting, can lean forward to pick up small toys. • Pulls to standing, holding on to furniture or person for support. • Crawls, bottom shuffles or rolls continuously to move around. • Walks around furniture lifting one foot and stepping sideways (cruising), and walks with one or both hands held by adult. • Takes first few steps independently. • Passes toys from one hand to the other. • Holds an object in each hand and brings them together in the middle, e.g. holds two blocks and bangs them together. • Picks up small objects between thumb and fingers. • Enjoys the sensory experience of making marks in damp sand, paste or paint. • Holds pen or crayon using a whole hand (palmar) grasp and makes random marks with different strokes
16 to 26 months	Walks upstairs holding hand of adult. • Comes downstairs backwards on knees (crawling). • Beginning to balance blocks to build a small tower. • Makes connections between their movement and the marks they make.
22 to 36 months	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. • Turns pages in a book, sometimes several at once. • Shows control in holding and using jugs to pour, hammers, books and mark-making tools. • Beginning to use three fingers (tripod grip) to hold writing tools. • Imitates drawing simple shapes such as circles and lines. • Walks upstairs or downstairs holding onto a rail two feet to a step. • May be beginning to show preference for dominant hand.
30 to 50 months	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. • 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. • Draws lines and circles using gross motor movements. • Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors. • Holds pencil between thumb and two fingers, no longer using whole-hand grasp. • Holds pencil near point between first two fingers and thumb and uses it with good control. • Can copy some letters, e.g. letters from their name.
40 to 60+ months	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. • Uses simple tools to effect changes to materials. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows a preference for a dominant hand. • Begins to use anticlockwise movement and retrace vertical lines. • Begins to form recognisable letters. • Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.
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.