

## **Curriculum Coverage and progression**

### **Children in Nursery and Reception:**

Follow the EYFS statutory Framework, Physical Development is one of the prime areas of learning, split into two areas:

- *Moving and handling*
- *Health and self-care*

Begin to learn about their bodies. What changes they notice during physical activity.

Recognise and value good sportsmanship. Learn to play with others, how to use and share equipment and take turns.

By the end of Reception children should have mastered the Early Learning Goals and be able to:

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

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

In September 2021 we started working with Fulham FC who provide coaches and follow their own curriculum for KS1 and KS 2, as follows:

### **Children in KS1:**

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. 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.

Children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Children participate in team games, developing simple tactics for attacking and defending. Pupils should be taught to perform dances using simple movement patterns.

### **Children in KS2:**

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. They should enjoy communicating, collaborating and competing with each other.

Children should develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own success.

They will be taught to:

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games, modified where appropriate for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis, and apply basic principles suitable for attacking and defending

Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Take part in outdoor and adventurous activity challenges both individually and within a team, developing life skills such as

Teamwork, Communication, Resilience, Perseverance, being able to deal with emotions when Winning & Losing.

## Timetables

All classes have 2 hrs of PE each week. This ensures that each aspect of the PE curriculum is covered. This is an example long term plan:

Year	Autumn term		Spring term		Summer term	
Rec	Dance	Dance	Gymnastics Jumping Jacks and Rock n Roll	Dance: Dinosaurs	Games: The Olympics	Games: Best of Balls
1	Fundamental Movement		Target Games Dance	Invasion Games Dance	Striking and Fielding	Athletics Net and Wall Games
2	Target Games	Striking and Fielding	Invasions Games  Dance	Invasion Games  Dance	Net and Wall Games	Athletics
3	Net and Wall games	Striking and Fielding Games	Target Games  Dance	Invasion Games  Dance	Invasion Games  Outdoor Adventurous Activity  Swimming	Athletics and Gymnastics  Swimming
4	Net and Wall games	Striking and Fielding Games	Target Games  Dance	Invasion Games	Invasion Games Outdoor Adventurous Activity  Dance	Athletics and Gymnastics
5	Net and Wall games	Striking and Fielding Games	Target Games	Invasion Games	Invasion Games  Outdoor Adventurous Activity  Dance	Athletics and Gymnastics  Dance
6	Net and Wall games	Striking and Fielding Games  Dance	Target Games  Dance	Invasion Games	Invasion Games  Outdoor Adventurous Activity	Athletics and Gymnastics

A unit of dance is taught for one term by the class teacher using Twinkl resources.  
Swimming is taught by swimming coaches at the local pool.