

Physical Education Learning Journey

Fundamental Movements

Children will learn to move in different ways and to change directions and speed. They will also develop their balance on one leg and their seated balance. The children will negotiate space carefully while pushing and rolling balls to their partners.



Forest Friday happens every week.

Fundamental Movements

Children will learn to experience different body shapes and body actions. They will have the opportunity to manipulate equipment and develop on their spatial awareness by changing direction. The children will begin to work co-operatively with a partner and they will begin to move rhythmically to music.



EYFS

Autumn

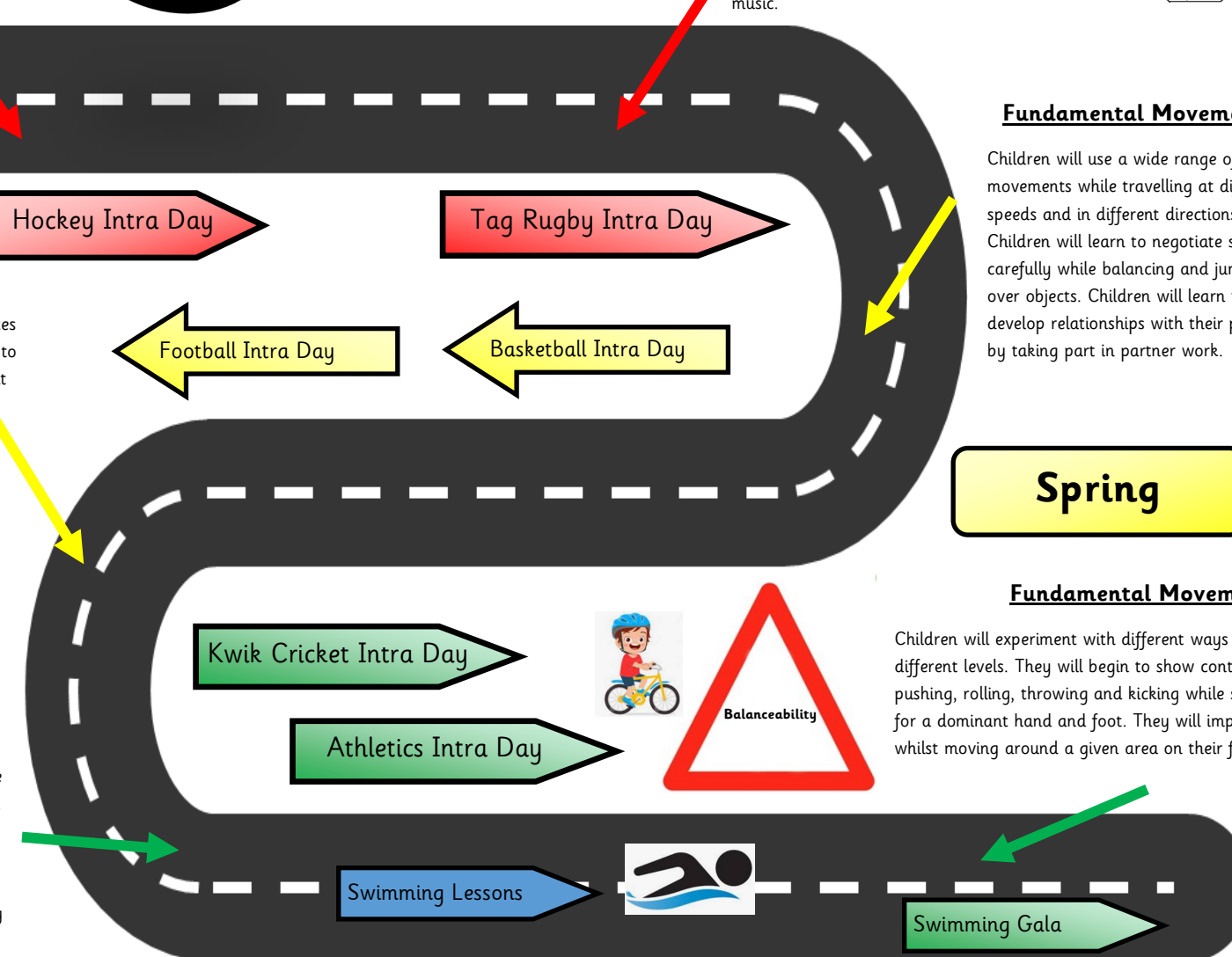
Fundamental Movements

Children will learn to run skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. They will learn to push and pat objects and improve their ball control. Through use of a ball, they will create a sequence of movements that demonstrate their own ideas.

Summer

Fundamental Movements

Children will develop their balance by using their arms to support a static balance. They will then explore different ways of rolling and throwing objects to each other as they continue to improve their catching. They will learn to experiment with different levels within their movements. Children will practise their jumping trying to land appropriately. Children are encouraged to negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacle.



Fundamental Movements

Children will use a wide range of movements while travelling at different speeds and in different directions. Children will learn to negotiate space carefully while balancing and jumping over objects. Children will learn to develop relationships with their peers by taking part in partner work.

Spring

Fundamental Movements

Children will experiment with different ways of moving on different levels. They will begin to show control over objects while pushing, rolling, throwing and kicking while showing preference for a dominant hand and foot. They will improve their balance whilst moving around a given area on their front and back.



Physical Education Learning Journey

Fundamental Movements for Games

The children will be learning to throw and catch a ball with a partner and will begin to move fluently, changing direction and speed easily. They will start to show control, balance and accuracy with the basic actions for rolling, striking a ball and kicking.

School Sport Games Competitions

- Gymnastics
- Multi-sports



Fundamental Movements

Children will begin to link simple actions and skills. They will begin to recognise space and co-ordinate their footwork / balance in their games and will be able to freeze when instructed.



Fundamental Movements

The children will start to respond to different stimuli related to their topics using a range of actions. They will begin to explore basic body actions and will be able to copy simple movement patterns from each other and explore movement.

Spring

Fundamental Movements

Children will begin to choose and use skills effectively for particular games i.e. understanding the concept of aiming, hitting into a space, knowing where to run and taking the ball to a good position for aiming. They will start to use skills in different ways in different games and try to win changing the way they use skills in response to their opponent's actions. Children will be able to hold a racket correctly and hit a ball which has been thrown to them.

Year 1

Autumn

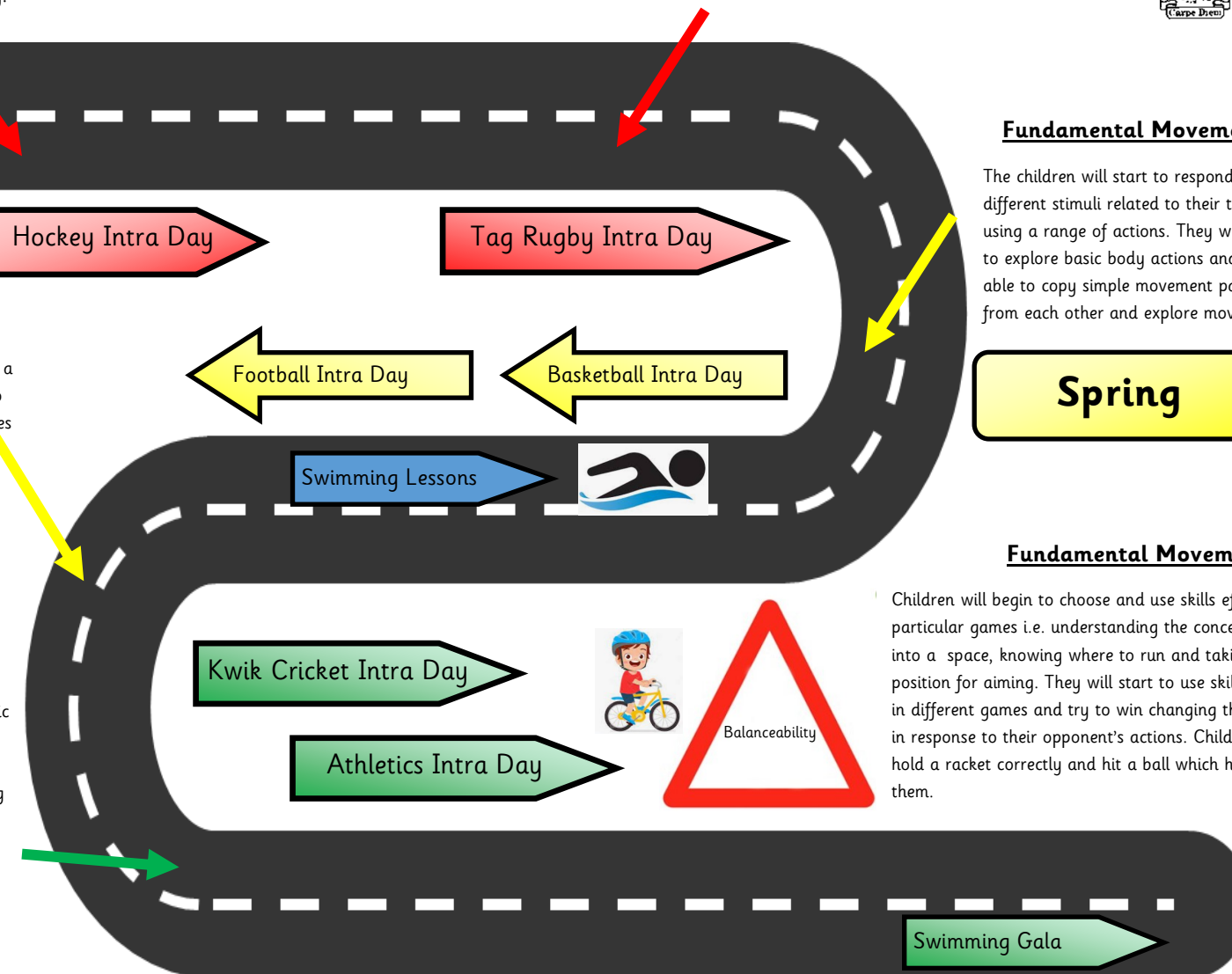
Fundamental Movements

The children will start to compose and link movement phrases to make simple dances with a clean beginning, middle and end. They will also be given the opportunity to perform their dances to their peers in a controlled way.

Summer

Fundamental Movements

The children will begin to perform basic gymnastic actions like travelling, rolling and jumping. They will start to manage the space safely, showing good awareness of each other, mats and carrying apparatus. The children will be introduced to key shapes and will begin to explore different levels and movement phrases that are controlled. They will be given the opportunity to perform movement phrases in front of their peers using a range of body actions and body parts.



Physical Education Learning Journey

Fundamental Movements

Children can link several movements together with control and co-ordination. They will carry on talking about different stimuli which is linked to their topic. The children will explore ideas, moods and feelings by improvising and by experimenting with actions, dynamics, directions, levels and a growing range of possible movements.

School Sport Games

Competitions

- Gymnastics
- Multi-sports



Fundamental Movements

They will begin to compose and perform dance phrases and short dances that express, communicate moods, ideas and feelings. They will begin to remember and repeat short dance phrases, showing greater control, coordination and spatial awareness.



Fundamental Movements

Children will begin to pass a ball accurately to a partner over a variety of different distances. They will perform a range of rolling, throwing, bouncing, striking, kicking, catching and gathering skills with control. The children will begin to understand the concept of tracking, and getting in line with the ball to receive and become more confident and safe when moving around.



Spring

Fundamental Movements

Children will use different combinations of floor, mats and apparatus, showing control, accuracy and fluency. They will know how to carry and place apparatus safely and they will be able to perform a routine using different levels, different ways of travelling and a range of movement patterns.



Year 2

Swimming Lessons



Autumn

Fundamental Movements

The children will start to become aware of how to mislead their opponent in team games. Attacking and defending will be introduced and they will begin to show some understanding of simple tactics. They will develop their skills by hitting a ball with a racket and aiming accurately towards a specific target.

Hockey Intra Day

Tag Rugby Intra Day

Football Intra Day

Basketball Intra Day

Summer

Fundamental Movements

Children will perform a variety of actions with increasing control. The children will be able to move smoothly from a position of stillness to a travelling movement. They will begin to choose, use and vary simple compositional ideas to create and perform a sequence in which there is a clear beginning, middle and end.

Kwik Cricket Intra Day

Athletics Intra Day



Bikeability

Swimming Gala

Physical Education Learning Journey

Fundamental Movements

The children will concentrate on control and accuracy when throwing, catching and dribbling a ball. They will then learn to use good throwing and catching techniques. The children will consolidate and improve the quality of their throwing and catching techniques and their ability to link movements in a games situation.

School Sport Games

Competitions

- Football
- Cross country



Fundamental Movements

Children will show that they understand tactics and composition by starting to vary how they respond. In pairs or teams, they will make up a game and play a simple rallying game. They will start to use a range of skills to keep possession and make progress towards a goal, on their own and with others. In a game, they will choose good places to stand when receiving and they will choose and use batting and throwing skills to make the game hard for the opponents.



Fundamental Movements

The children will improvise freely with a partner translating ideas from stimuli to movement. Within partner and group work, they will explore and develop new actions. The children will begin to incorporate different qualities and dynamics into their movements. They will apply basic compositional ideas to create dance which convey feelings and emotions.



Spring

Fundamental Movements

Children will be given the opportunity to plan and perform a movement sequence showing contrasts in speed, level and direction. Their gymnastic sequence will show a clear beginning, middle and end. They will link appropriate actions to make sequences on their own, with a partner and in small groups.



Year 3

Autumn

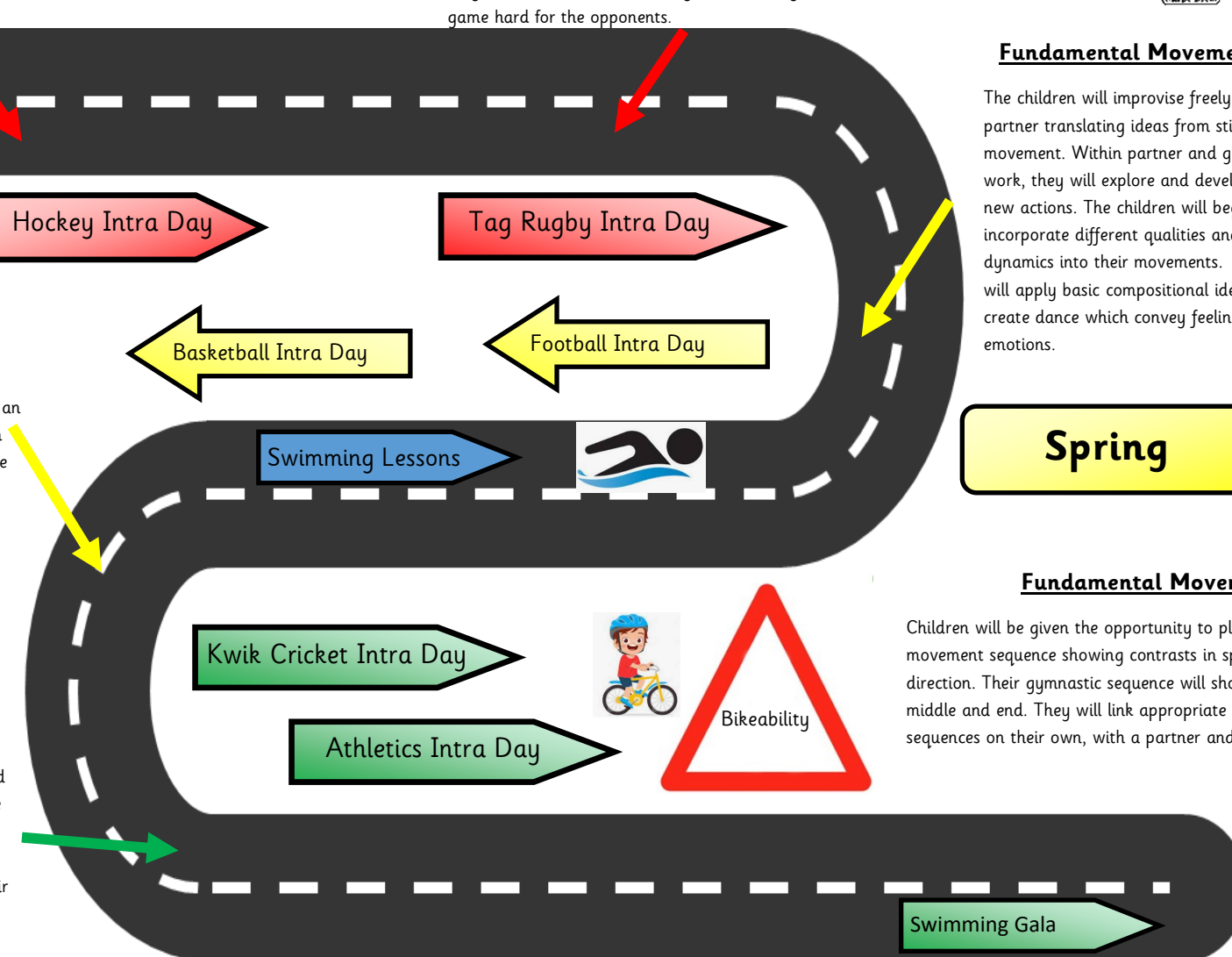
Fundamental Movements

The children will link actions to make dance phrases, working with a partner and in a small group. They will be given the opportunity to perform short dances with expression, showing an awareness of others when moving. The children will begin to describe what makes a good dance phrase.

Summer

Fundamental Movements

The children will experiment with body shapes and will link shapes and balance to create a sequence with a partner. They will perform competent forward roll, rug roll, shoulder roll and teddy bear roll. The children will begin to explore different methods of travelling across a mat. They will consolidate and improve the quality of their actions, body shapes and balances, and their ability to link phrases of movement.



Physical Education Learning Journey

Fundamental Movements

The children will travel with a ball showing increasing control using both hands and feet. They will know and use a range of skills that allow them to keep hold of the ball, before passing to a member of their team. Children will perform an advancing range of skills with accuracy and control, repeatedly in a range of situations.

School Sport Games Competitions

- Football
- Cross country
- New age curling
- Tennis



Fundamental Movements

Children will link tactics and skills together with increased precision. They will use and adapt tactics, such as creating space and communicating, in different game situations.



Fundamental Movements

The children will respond and perform with a partner, demonstrating actions that link with fluency and accuracy. They will use a range of actions and begin to combine movement phrases and patterns. The children will begin to design their own movement phrases that respond to the stimuli or emotion.



Spring

Fundamental Movements

Children will link movement phrases together with increased precision. They will begin to develop a longer and more varied movement phrase with smooth, planned links between actions. The children will perform a sequence where the children combine speed, level, direction and a variety of shapes. They will work within different groups to contribute to a variety of different sequences.

Summer

Fundamental Movements

The children will develop the range of actions, body shapes and balances that they include in a performance to create sequences that meet set conditions. They will perform a range of rolls with control and accuracy and they will explore different combinations of apparatus to look at shape, balance and travel.

Kwik Cricket Intra Day

Athletics Intra Day



Bikeability

Swimming Lessons



Hockey Intra Day

Tag Rugby Intra Day

Basketball Intra Day

Football Intra Day

Year 4

Autumn

Fundamental Movements

The children will use a range of movement and dance phrases within different ways (unison, canon) with a partner or a group. They will remember, perform and evaluate short dance phrase, showing an understanding and an awareness of others.

Swimming Gala



Physical Education Learning Journey

Fundamental Movements

The children will respond to a variety of stimuli showing a range of actions performed with control and fluency. They will experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a group.

School Sport Games Competitions

Football	Athletics	Football	Boccia
Hockey	Basketball		Tennis
Cross Country	Netball		Athletics
New Age Curling	Dodgeball		Archery
	Orienteering		Swimming Gala

SCHOOL GAMES

Fundamental Movements

The children will use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer. The children will remember, practise and combine longer, more complex dance phrases.



Fundamental Movements

The children will perform a range of rolls including backwards roll consistently and will develop jump and landing techniques. They will use a range of actions and agilities with accuracy, fluency and clarity of movement. They will also make similar or contrasting shapes on the floor and on apparatus by working with a partner. They will combine actions and maintain the quality of performance when performing at the same time as their partner.



Spring

Fundamental Movements

Children will link skills, techniques and ideas accurately and will appropriately identify and use tactics to help their team keep the ball and take it towards the opposition's goal. They will effectively play a competitive net/wall game and will keep to the rules given. The children will learn how to judge how far they can run to score a point for their team.



Year 5

Autumn

Fundamental Movements

The children will develop a longer and more varied movement sequence demonstrating smooth transitions between actions and will be able to combine actions to make a sequence. The sequences will contain changes of speed, level and direction, and clarity of shape. They will gradually increase the length of sequences with a partner to make up a short sequences using the floor, mats and apparatus, showing consistency, fluency and clarity of movement.

Hockey Intra Day

Tag Rugby Intra Day

Basketball Intra Day

Football Intra Day

Summer

Fundamental Movements

The children will travel with a ball showing changes of speed and directions using either their foot or hand. They will use a range of techniques when passing, eg high, low, bounced, fast, slow. The children will strike a ball with intent and will throw it more accurately when bowling and/or fielding.

Kwik Cricket Intra Day

Athletics Intra Day

Swimming Lessons



Bikeability



Swimming Gala

Physical Education Learning Journey

Fundamental Movements

The children will perform a range of rolls showing different entrances and exits. They will perform combinations of actions and agilities that show clear differences between levels, balances, jumps, speeds and directions, with fluency and accuracy. The children will perform with good body tension and extension.

School Sport Games Competitions

Football	Athletics	Football	Boccia
Hockey	Basketball		Tennis
Cross Country	Netball		Athletics
New Age Curling	Dodgeball		Archery
	Orienteering		Swimming Gala

SCHOOL GAMES

Fundamental Movements

Children will learn to compose individual, partner and group dances that reflect the chosen dance style. They will demonstrate a change of pace and timing in their movements and use transitions to link motifs smoothly together.

The Meadows Primary School



Fundamental Movements

Children will select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition. They will mark opponents and help each other in defense. The children will play recognised version of net games showing tactical awareness and knowledge of rules and scoring.

Spring

Fundamental Movements

Children will learn to demonstrate an improved technique for sprinting and to perform in a relay focusing on the correct change technique. Children will learn to hop, step and jump to perform standing triple jumps. They will also complete games that will develop their throwing techniques and they will begin to measure distances.

Year 6

Autumn

Fundamental Movements

The children play, choosing and using skills which meet the needs of the situation. They will choose when to pass or dribble, so that they keep possession and make progress towards the goal. They will hit the ball with purpose, varying the speed, height and direction. They will use both sides of the body when hitting the ball. The children will understand team positions and the importance of supporting the player with the ball.

Summer

Fundamental Movements

Children will develop their coordination of both hands while working on their throwing and catching attempting to work with multiple balls. They will also improve their agility as they react to moving balls to retrieve. Children will play various games that improve their throwing, catching and striking of objects and balls. Children will learn to hit a ball using a racquet, bat with accuracy and control. Children will develop their hand eye coordination by learning to strike a moving and stationary ball.

Hockey Intra Day

Tag Rugby Intra Day

Basketball Intra Day

Football Intra Day

Kwik Cricket Intra Day

Athletics Intra Day



Bikeability

Swimming Gala

