



The BIG Picture

In this unit, Pupils will be given the opportunity to 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.

Pupils will continue to develop understanding of communication and co-operation, taking part in partner-based activities, as well as feeding back to others about their movements/ actions

What do we already know? What can we already do?

Pupils will have been introduced to simple co-ordination and object control skills through unstructured play and exploratory learning through EYFS PE and Physical Activity. Pupils will be able to build on developing rolling/ throwing/ bouncing skills using a range of light equipment. Pupils should also be able to build on simple communication and turn taking skills when working in small groups/ with a partner.

Key vocabulary & understanding:

Aim – to point or direct a target. Rolling – moving by turning over.
Catch – to capture and hold something.
Throw – to send something through the air by a movement of the arm and hand.
Control-
Balance-

NC Objectives- Key Stage Pupils should be taught:

ELG: 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.

Specific unit objectives

- To be able to balance a beanbag on various body parts
- To be able to move the beanbag with good control
- To be able to throw a beanbag at a target
- To recognise key body parts
- To be able to take turns with a partner

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting balances, counting time, counting throws/ catches etc.
Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will be given the opportunity to 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. Pupils should be given the opportunity to be creative whilst work in pairs and in small groups in order to develop problem solving & thinking skills.

What do we already know? What can we already do?

Pupils will have been introduced to simple co-ordination and object control skills through unstructured play and exploratory learning through EYFS PE and Physical Activity. Pupils will be able to build on developing rolling/ throwing/ bouncing skills using a range of light equipment. Pupils should also be able to build on simple communication and turn taking skills when working in small groups/ with a partner.

Key vocabulary & understanding:

Teamwork
Rules
Fun
Listen
Space

NC Objectives- Key Stage Pupils should be taught:

ELG: 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.

Specific unit objectives

Develop fundamental movement skills
To work within a small group
Participate in cooperative physical activities
Participate in competitive physical activities
Develop simple tactics

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting balances, counting time, counting throws/ catches etc. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will be given the opportunity to 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. Pupils should be introduced to fundamental movement skills associated to athletics- developing confidence in how to move and control their bodies

What do we already know? What can we already do?

Pupils will have been introduced to simple locomotion and object control skills through unstructured play and exploratory learning through EYFS PE and Physical Activity. Pupils should be able to recall and demonstrate some control over acceleration and deceleration, as well as understanding of simple throwing/ rolling/ bouncing techniques

Key vocabulary & understanding:

Run
Sprint
Fast
Throw
Jump
Height

NC Objectives- Key Stage Pupils should be taught:

ELG: 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.

Specific unit objectives

To develop appropriate running technique
To jump over different sized obstacles
To throw towards a set target
To competently catch a ball or bean bag
To name some healthy foods (fruit and veg)

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting time, counting throws/ catches etc. Pupils will be introduced to vegetables/ healthy eating, and can be further supported by linking to Science- in particular diet. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will be given the opportunity to 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.

Pupils should be taught to: 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.

What do we already know? What can we already do?

Pupils will have been introduced to simple co-ordination and object control skills through unstructured play and exploratory learning through EYFS PE and Physical Activity. Pupils will be able to build on developing rolling/ throwing/ bouncing skills using a range of light equipment. Pupils should also be able to build on simple communication and turn taking skills when working in small groups/ with a partner.

Key vocabulary & understanding:

Teamwork
Rules
Fun
Listen
Space
Throw
Catch

NC Objectives- Key Stage Pupils should be taught:

ELG: 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.

Specific unit objectives

To develop hand-eye co-ordination
To be able to throw a ball in the right direction
To be able to take turns with a partner
To develop spatial awareness
To run with developing control and fluency

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting balances, counting time, counting throws/ catches etc. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

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

Pupils should be taught to perform dances using simple movement patterns, understanding how to move to music and creating a simple sense of character surrounding mini beats.

What do we already know? What can we already do?

Pupils will continue to build on their basic knowledge and understanding of balance and co-ordination, linking simple movements and poses through exploratory play, and EYFS PE and Physical Activity. Pupils should show some understanding of simple musicality- knowing how to perform simple movements based off the speed/ tempo of music. Moreover, pupils will understand the emotion behind music and begin to introduce basic characterisation. Pupils will also demonstrate some knowledge and understanding surrounding space, and how to move in and out of it.

Key vocabulary & understanding:

Count
Step
Sequence
Space
levels

NC Objectives- Key Stage Pupils should be taught:

ELG: 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.

Specific unit objectives

Able to demonstrate two-dimensional shapes
Able to demonstrate scuttling actions
Able to move with floaty and fluttery dynamics
Able to move in the space using forwards, backwards, and sideways actions
Able to develop relationships- away, towards, and around partner

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting time, counting balances, counting body parts etc.
Pupils will be able to link theme of mini beasts to Science topics surrounding living organisms- this can link to Outdoor Learning and early introduction to Forest School
Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will be given the opportunity to 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.

Pupils should be taught to: master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

What do we already know? What can we already do?

Pupils will have continued to develop turn taking skills, in particular paying attention to underarm feeding/ rolling/ throwing to a partner, in isolated practices. Pupils will have increased confidence in throwing and catching over different distances with a range of different equipment. Pupils will understand basic movement after sending an object to a team mate/ other pupil

Key vocabulary & understanding:

Throw
Catch
Control
Distance
Accurate
Underarm
Aim

NC Objectives- Key Stage Pupils should be taught:

ELG: 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.

Specific unit objectives

To be able to throw a ball/ beanbag with accuracy
To be able to show an awareness of space
To be able to catch a ball/ beanbag with some control
To observe, describe and copy with others are doing
To work collaboratively with a partner

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting time, counting throws, counting/ measuring distance etc. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)