

## Strands of Physical Education

Dance	Gymnastics	Games	Athletics
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### EYFS - NURSERY AND RECEPTION

EYFS	Autumn	Spring	Summer
Nursery	<ul style="list-style-type: none"> <li>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills</li> <li>Go up steps and stairs, or climb up apparatus, using alternate feet</li> <li>Skip, hop, stand on one leg and hold a pose for a game like musical statues</li> <li>Use large-muscle movements to wave flags and streamers, paint and make marks</li> <li>Start taking part in some group activities which they make up for themselves, or in teams</li> <li>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm</li> <li>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width</li> <li>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel</li> <li>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks</li> </ul>		
Reception	<ul style="list-style-type: none"> <li>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</li> <li>Progress towards a more fluent style of moving, with developing control and grace</li> <li>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming</li> <li>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor</li> <li>Combine different movements with ease and fluency</li> <li>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group</li> <li>Develop overall body-strength, balance, coordination and agility</li> <li>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming</li> <li>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball</li> </ul>		
Statutory ELG: <b>Being Imaginative and Expressive</b>	<p>Children at the expected level of development will:</p> <ul style="list-style-type: none"> <li>Invent, adapt and recount narratives and stories with peers and their teacher</li> <li>Sing a range of well-known nursery rhymes and songs</li> </ul>		



Statutory ELG: <b>Gross Motor Skills</b>	<ul style="list-style-type: none"><li>● Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music</li><li>● Negotiate space and obstacles safely, with consideration for themselves and others</li><li>● Demonstrate strength, balance and coordination when playing</li><li>● Move energetically, such as running, jumping, dancing, hopping, skipping and climbing</li></ul>
Vocabulary	

**YEAR 1**

YEAR 1	Autumn	Spring	Summer
Vocabulary			
N.C. Coverage	<p><b>Perform dances using simple movement patterns.</b></p> <p>Dance - Moving Words (Cambs SoW Part 1)</p> <p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</b></p> <p>Fundamental Year 1 Unit 1 (Cambs SoW Part 1)</p> <p>Fundamentals Year 1 Unit 2 (Cambs SoW Part 2)</p> <p>Gymnastics Rock and Roll (Cambs SoW)</p>	<p><b>Perform dances using simple movement patterns.</b></p> <p>Dance - Weather (Cambs SoW)</p> <p><b>Participate in team games, developing simple tactics for attacking and defending</b></p> <p>Playground games (resource pack)</p> <p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</b></p> <p>Gymnastics (Cambs SoW Jumping Jacks)</p> <p>Multi Skill Festival 1 (Cambs SoW)</p>	<p><b>Participate in team games, developing simple tactics for attacking and defending</b></p> <p>Playground Games (resource pack)</p> <p>Trust, trails and Teamwork (Cambs SoW)</p> <p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</b></p> <p>Sports Day practice (School's own)</p> <p>Circus Skills (Resource pack)</p>
Physical Skills and Concepts	I can copy and explore basic body patterns and movements		
	I can remember simple dance steps and perform them in a controlled manner		
	I can vary the dynamics, levels, speed and direction of my phrase/motif		
	I can safely perform teacher led warm-ups and can describe others' work		
	I can copy and explore basic gymnastics and actions with some control and coordination		
	I can select and link basic gymnastics actions together		
	I can watch and discuss my own and others' work		



	I can safely perform a teacher led warm-up and cool down and I can use space safely showing an awareness of others		
	I can stop a ball with basic control		
	I can send a ball in the direction of another person and collect the ball		
	I can take part in sending and receiving activities with a partner		
	I can talk about exercising, safety and short time effects of exercise		
Enrichment	Hula Hoop Challenge/Week Santa Dash Friendship run Sports Stacking Week		

**YEAR 2**

YEAR 2	Autumn	Spring	Summer
Vocabulary			
N.C. Coverage	<p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</b></p> <p>Gymnastics- Points of Contact (Year 2 SoW)</p> <p>Fundamentals Year 2 Unit 1 (Cambs SoW)</p> <p>Fundamentals Year 2 Unit 2 (Cambs SoW)</p> <p><b>Perform dances using simple movement patterns.</b></p> <p>Dance - Magical Friendships (Cambs SoW)</p>	<p><b>Perform dances using simple movement patterns.</b></p> <p>Dance - Great Fire of London (Cambs SoW)</p> <p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</b></p> <p>KS1 Generic Multi- skills festival (Resource Pack)</p> <p>Gymnastics - Ball, Tall, Wall (Cambs Sow)</p> <p>Circus Skills revisited (Resource Pack)</p>	<p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</b></p> <p>Skipping (Resource pack)</p> <p>Sports Day practice</p> <p>KS1 Generic Multi- skills festival (Resource Pack)</p> <p><b>Participate in team games, developing simple tactics for attacking and defending</b></p> <p>Teamwork games (Resource Pack)</p>
Physical Skills and Concepts	I can perform with control and coordination		
	I can respond imaginatively to a variety of stimuli		
	I can vary the dynamics, levels, speed and direction of my phrase/motif		
	I can discuss my own and others' work with simple vocabulary. I understand the need for warm up and cool down		
	I can copy, remember, explore and repeat a variety of basic gymnastic actions with control and cooperation		
	I can select and link basic gymnastics actions into fluent short movement phrases		
	I can identify and describe the difference between my own and others' work		
	I can handle large apparatus safely and I can explain the need for a warm-up and cool down recognising what is happening to my body during		



	exercise		
	i can stop/ catch / strike a ball with control and accuracy		
	I can pass a ball to someone else and receive a ball when moving		
	I can take part in conditioned games with opponents		
	I understand about exercising, being safe and the short time effect of exercise		
Enrichment	Hula Hoop Challenge/Week Santa Dash Friendship run Sports Stacking Week		

**YEAR 3**

YEAR 3	Autumn	Spring	Summer
Vocabulary			
N.C. Coverage	<p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p>Sports Stacking (resource pack)</p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p>Invasion games - Ball on the ground (football focus)</p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p>Gymnastics - Patterns and Pathways (Cambs Sow)</p>	<p><b>Perform dances using a range of movement patterns</b></p> <p>Dance Solar System (Cambs Sow)</p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p>Dodgeball (Lesson Plans) Net Games - Tennis (Cambs SoW)</p> <p><b>Perform dances using a range of movement patterns</b></p> <p>Dance - Machines (Cambs SoW)</p>	<p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p>Skipping (Resource Pack)</p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b></p> <p>Striking and fielding Cambs SoW - Cricket</p> <p>Sports day practise (Schools own)</p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p>Athletics - Challenges (Cambs Sow)</p>
Physical Skills and Concepts	I can improvise freely on my own and with a partner		
	I can translate ideas from a variety of stimuli into movement		



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	I can compare, develop and adapt movement motifs to create longer dances. i can use dance vocabulary to compare and improve my work.		
	I understand how to work safely, I recognise changes in my body, I can give reasons why PE is good for my health.		
	I can copy, remember, explore and repeat gymnastic actions with consistent control, coordination, quality and clarity		
	I can select and link gymnastic actions fluently into longer movement phrases and can apply basic compositional ideas		
	I can describe my own and others' work noting similarities and differences and I can make suggestions for improvements		
	I can work safely, handling a range of hand, small and large apparatus and I can recognise changes in my body giving reasons why PE is good for health		
	I can control, strike, catch a ball whilst moving and keep possession with some accuracy		
	I can accurately pass to someone else and am aware of space and how to use it. I can choose simple tactics for sending and defending		
	I am beginning to influence the conditioned games with opponents. I can describe what others do well		
	I can talk about why it is important to warm up/ cool down and lead a partner through short warm up routines		
	I can run at speed appropriate to the distance I am running		
	I can jump accurately from a standing position and I can take a running jump		
	I can demonstrate a range of throwing actions using a variety of objects		
	I can recognise change in heart rate, temperate and breathing rate during exercise		
Enrichment	Hula Hoop Challenge/Week Santa Dash Friendship run Sports Stacking Week	KS2 Pentathlon - targeting SEN children	

**YEAR 4**

YEAR 4	Autumn	Spring	Summer
Vocabulary			
N.C. Coverage	<p><b><i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></b></p> <p>Sports Stacking (resource pack)</p> <p><b><i>Use running, jumping, throwing and catching in isolation and in combination</i></b></p> <p><b><i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></b></p> <p>Invasion games - Ball on the ground (football focus)</p> <p><b><i>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i></b></p> <p>Gymnastics - Principles of Balance (Cambs SoW)</p> <p><b><i>Swim competently, confidently and proficiently over a distance of at least 25</i></b></p>	<p><b><i>Perform dances using a range of movement patterns</i></b></p> <p>Dance Cold Places (Cambs SoW) Dance - Rugby and the Haka (Cambs SoW)</p> <p><b><i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></b></p> <p><b><i>Use running, jumping, throwing and catching in isolation and in combination</i></b></p> <p>Dodgeball (Lessons plan)</p> <p><b><i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></b></p> <p><b><i>Take part in outdoor and adventurous activity challenges both individually and within a team</i></b></p> <p>Net Games - Tennis (Cambs SoW)</p>	<p><b><i>Take part in outdoor and adventurous activity challenges both individually and within a team</i></b></p> <p>Outdoor and adventurous activities- Co-operation, Communication and Consideration (Cambs SoW)</p> <p><b><i>Use running, jumping, throwing and catching in isolation and in combination</i></b></p> <p><b><i>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></b></p> <p><b><i>Take part in outdoor and adventurous activity challenges both individually and within a team</i></b></p> <p>Striking and fielding Cambs SoW - Cricket</p> <p>Pentathlon (Cambs SoW)</p> <p><b><i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></b></p>

	<p><b>metres</b>  <b>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</b>  <b>Perform safe self-rescue in different water-based situations.</b></p> <p>Swimming (Sessions at The Hive)</p>		<p>Sports Day Practice</p>
<p>Physical Skills and Concepts</p>	<p>I can improvise freely on my own and with a partner</p> <p>I can translate ideas from a variety of stimuli into movement</p> <p>I can compare, develop and adapt movement motifs to create longer dances. i can use dance vocabulary to compare and improve my work.</p> <p>I understand how to work safely, I recognise changes in my body, I can give reasons why PE is good for my health.</p> <p>I can copy, remember, explore and repeat gymnastic actions with consistent control, coordination, quality and clarity</p> <p>I can select and link gymnastic actions fluently into longer movement phrases and can apply basic compositional ideas</p> <p>I can describe my own and others' work noting similarities and differences and I can make suggestions for improvements</p> <p>I can work safely, handling a range of hand, small and large apparatus and I can recognise changes in my body giving reasons why PE is good for health</p> <p>I can control, strike, catch a ball whilst moving and keep possession with some accuracy</p> <p>I can accurately pass to someone else and am aware of space and how to use it. I can choose simple tactics for sending and defending</p> <p>I am beginning to influence the conditioned games with opponents. I can describe what others do well</p> <p>I can talk about why it is important to warm up/ cool down and lead a partner through short warm up routines</p> <p>I can run at speed appropriate to the distance I am running</p> <p>I can jump accurately from a standing position and I can take a running jump</p> <p>I can demonstrate a range of throwing actions using a variety of objects</p>		



	I can recognise change in heart rate, temperate and breathing rate during exercise		
Enrichment	Hula Hoop Challenge/Week Santa Dash Friendship run Sports Stacking Week	KS2 Pentathlon	

**YEAR 5**

YEAR 5	Autumn	Spring	Summer
Vocabulary			
N.C. Coverage	<p><b>Perform dances using a range of movement patterns</b> Dance On the Beach (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p>Invasion Games Cambs SoW - Tag Rugby</p> <p>Invasion Games Football (Cambs SoW)</p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p>Gymnastics - Pair Composition (Cambs SoW)</p>	<p><b>Perform dances using a range of movement patterns</b> Dance Styles (Cambs SoW)</p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b> Fitness Circuits (Resource Pack)</p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b> Gymnastics - Press and Go (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b> Ball Handling Skills Bee Netball (Cambs SoW)</p>	<p><b>Use running, jumping, throwing and catching in isolation and in combination</b> <b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p>Badminton (Planning)</p> <p>Heptathlon (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b></p> <p>Sports Day practise (schools own)</p> <p>Striking and fielding Cambs SoW - Cricket</p>



Physical Skills and Concepts	I can demonstrate precision, control and fluency in response to stimuli		
	I can vary dynamics and develop actions with a partner or as a part of a group		
	I can link phrases and motifs to create a wide performance. I continually demonstrate rhythm and spatial awareness.		
	I can modify my performance and that of others. I can organise myself to warm-up safely.		
	I can copy, remember, explore and repeat increasingly complex gymnastics actions with some control, coordination, quality and clarity		
	I can select and link increasingly complex gymnastics actions fluently into individual, part and group sequences and can apply a variety of compositional ideas		
	I can identify and act upon criteria to refine, improve and modify gymnastic actions and sequences		
	I can demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body		
	I can control, catch, send and receive a ball accurately whilst moving and keeping to the rules		
	I can move with a ball in opposed situations (quicksticks/football) and attack and defend in a small sided game		
	I can take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance		
	I understand and can use principles of exercise activities for warming up and recognising how exercise is good for health.		
	I can improve and austin different running technique at different speeds in a variety of athletic events		
	I can demonstrate accuracy and technique in a range of throwing and jumping actions		
	I can identify and explain what makes a good athletic performance. I can explain how to improve technique in a variety of events		
	I understand how to work safely, I recognise changes in my body. I can give reasons why PE is good for my health.		
Enrichment	Hula Hoop Challenge/Week Y5/6 Tag Rugby tournament- Witchford Sports Partnership Santa Dash Friendship run Sports Stacking Week	KS2 Pentathlon East Cambs Spring Games Festival- Witchford Sports partnership	Sports Day

**YEAR 6**

YEAR 6	Autumn	Spring	Summer
Vocabulary			
N.C. Coverage	<p><b>Perform dances using a range of movement patterns</b> Dance - Football (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b></p> <p>Invasion Games Tag Rugby (Cambs SoW)</p> <p>Gymnastics Body Symmetry (Cambs SoW) <b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p>Fitness Circuits (Resource Pack)</p>	<p><b>Perform dances using a range of movement patterns</b> Dance Why Bully Me? (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</b></p> <p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b></p> <p>Invasion Games Hockey (Cambs SoW) and Ball Handling Skills Cambs SoW - Bee Netball</p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b> Gymnastics Group Work (Cambs SoW)</p>	<p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b></p> <p>Outdoor and adventurous activities- Co-operation, Communication and Consideration (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</b></p> <p><b>Take part in outdoor and adventurous activity challenges both individually and within a team</b></p> <p>Decathlon (Cambs SoW)</p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p> <p><b>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic</b></p>



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			<p><b><i>principles suitable for attacking and defending</i></b>  <b><i>Take part in outdoor and adventurous activity challenges both individually and within a team</i></b></p> <p><b><i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i></b></p> <p>Sports Day practise (schools own)</p> <p>Teamwork/Friendship Games</p>
Physical Skills and Concepts	I can demonstrate precision, control and fluency in response to stimuli		
	I can vary dynamics and develop actions with a partner or as a part of a group		
	I can link phrases and motifs to create a wide performance. I continually demonstrate rhythm and spatial awareness.		
	I can modify my performance and that of others. I can organise myself to warm-up safely.		
	I can copy, remember, explore and repeat increasingly complex gymnastics actions with some control, coordination, quality and clarity		
	I can select and link increasingly complex gymnastics actions fluently into individual, part and group sequences and can apply a variety of compositional ideas		
	I can identify and act upon criteria to refine, improve and modify gymnastic actions and sequences		
	I can demonstrate specific aspects of warm-up and cool down and describe the effects of exercise on the body		
	I can control, catch, send and receive a ball accurately whilst moving and keeping to the rules		
	I can move with a ball in opposed situations (quicksticks/football) and attack and defend in a small sided game		
	I can take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance		
	I understand and can use principles of exercise activities for warming up and recognising how exercise is good for health.		



	I can improve and austin different running technique at different speeds in a variety of athletic events		
	I can demonstrate accuracy and technique in a range of throwing and jumping actions		
	I can identify and explain what makes a good athletic performance. I can explain how to improve technique in a variety of events		
	I understand how to work safely, I recognise changes in my body. I can give reasons why PE is good for my health.		
Enrichment	Hula Hoop Challenge/Week Y6 Tag Rugby Schools Festival- Ely Tigers Santa Dash Friendship run Sports Stacking Week	KS2 Pentathlon East Cambs Spring Games Festival- Witchford Sports partnership	Sports Day



## Appendix 1

Physical Education programmes of Study; Key stages 1 and 2

[https://assets.publishing.service.gov.uk/media/5a7c4edfed915d3d0e87b801/PRIMARY\\_national\\_curriculum\\_-\\_Physical\\_education.pdf](https://assets.publishing.service.gov.uk/media/5a7c4edfed915d3d0e87b801/PRIMARY_national_curriculum_-_Physical_education.pdf)

Cambridgeshire Scheme of Work for Physical Education Ladder of Learning in PE

<https://drive.google.com/file/d/1TFY5zmZO9ria1HV3ewSw9xHjpTByL7IF/view?usp=sharing>

Cambridgeshire Scheme of Work for Physical Education- Assessment criteria

<https://drive.google.com/file/d/1TFY5zmZO9ria1HV3ewSw9xHjpTByL7IF/view?usp=sharing>