

Concepts in the Curriculum

PE Second Order Concept	Explanation	Substantive Concept
fitness	How regular exercise contributes to fitness; how to set goals and improve fitness levels. This comprises five components (cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition).	Throwing Running Jumping and Hopping Skipping Sending Catching Tracking Dribbling Actions Dynamics Space and Relationships Performance Agility Balance Coordination Speed Strength Stamina Shapes Balance Sending and Receiving Attacking and Defending Hitting Feeding and Rallying Striking and Fielding Flexibility
health	How exercise is a key factor in a healthy lifestyle and what being healthy means.	
tactics	Actions or strategies that are specifically planned to achieve something.	
control & performance	The ability to control movement in a variety of contexts e.g. balance in gymnastics, maintain connection when dribbling a ball. Also, the ability to control emotion and behaviour in sporting situations.	
challenge	Actively participating in contexts that involve challenge to extend and test spiritual, physical, mental, and emotional limits, both individually and as part of a group.	
co-operation	Working respectfully together in small and large groups to achieve success by using skills of communication and collaboration.	
competition	Using leadership, teamwork, and interpersonal skills to follow rules in competitive contexts. Showing respect and sportsmanship whilst balancing rights, roles, and responsibilities in group situations.	

Fundamentals	EYFS	Year 1	Year 2	Year 3	Year 4
Control and performance Challenge	<p>PD43 Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running -hopping - skipping – climbing</p> <p>Running Explore running and stopping. Explore changing direction safely.</p> <p>Balance Explore balancing whilst stationary and on the move.</p> <p>Jumping Begin to explore take-off and landing safely.</p> <p>Hopping Explore hopping on both feet.</p> <p>Skipping Explore skipping as a travelling action.</p>	<p>Running Explore changing direction and dodging. Discover how the body moves at different speeds.</p> <p>Balance Move with some control and balance. Explore stability and landing safely</p> <p>Jumping Demonstrate control in take-off and landing when jumping.</p> <p>Hopping Begin to explore hopping in different directions.</p> <p>Skipping Show co-ordination when turning a rope. Use rhythm to jump continuously in a French rope.</p>	<p>Running Demonstrate balance when changing direction. Clearly show different speeds when running.</p> <p>Balance Demonstrate balance when performing movements</p> <p>Jumping Demonstrate jumping for distance, height and in different directions.</p> <p>Hopping Demonstrate hopping for distance, height and in different directions.</p> <p>Skipping Explore single and double bounce when jumping in a rope.</p>	<p>Running Change direction quickly. Understand and show how the body moves at different speeds.</p> <p>Balance Demonstrate balance when performing other fundamental skills.</p> <p>Jumping Link jumping and hopping actions.</p> <p>Hopping Link jumping and hopping actions.</p> <p>Skipping Jump and turn a skipping rope.</p>	<p>Running Change direction quickly under pressure. Demonstrate when and how to accelerate and decelerate.</p> <p>Balance Demonstrate good balance and control when performing other fundamentals</p> <p>Jumping Link hopping and jumping actions with other fundamental skills.</p> <p>Hopping Link hopping and jumping actions with other fundamental skills.</p> <p>Skipping Consistently skip in a rope</p>

Athletics	EYFS	Year 1	Year 2	Year 3	Year 4
Control and performance Competition Fitness	<p>ELG: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Running Explore running and stopping. Explore running on the balls of their feet.</p> <p>Jumping Explore jumping and hopping safely</p> <p>Throwing Explore throwing to a target.</p>	<p>Running Explore running at different speeds.</p> <p>Jumping Develop balance whilst jumping and landing</p> <p>Explore hopping, jumping and leaping for distance.</p> <p>Throwing Explore throwing for distance and accuracy.</p>	<p>Running Develop the sprinting action.</p> <p>Jumping Develop jumping, hopping and skipping actions.</p> <p>Explore safely jumping for distance and height.</p> <p>Throwing Develop overarm throwing for distance.</p>	<p>Running Develop the sprinting technique and apply it to relay events.</p> <p>Jumping Develop technique when jumping for distance in a range of approaches and take off positions.</p> <p>Throwing Explore the technique for a pull throw.</p>	<p>Running Develop speed and pace in relation to distance. Develop power and speed in the sprinting technique.</p> <p>Jumping Develop technique when jumping for distance.</p> <p>Throwing Explore power and technique when throwing for distance in a pull and heave throw.</p>

Ball Skills	EYFS	Year 1	Year 2	Year 3	Year 4
Control and performance	<p>PD51 Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Sending Explore sending an object with hands and feet</p> <p>Catching Explore catching using a variety of larger balls and beanbags.</p> <p>Tracking Explore stopping a ball with hands and feet.</p> <p>Dribbling Explore bouncing and catching</p>	<p>Sending Roll and throw with some accuracy towards a target.</p> <p>Catching Begin to catch with two hands. Catch after a bounce.</p> <p>Tracking Track a ball being sent directly.</p> <p>Dribbling Begin to dribble with hands and feet.</p>	<p>Sending Roll, throw and kick a ball to hit a target.</p> <p>Catching Develop catching a range of objects with two hands. Catch with and without a bounce.</p> <p>Tracking Consistently track and collect a ball being sent directly.</p> <p>Dribbling Dribble a ball with hands and feet with some control.</p>	<p>Sending Send a ball accuracy and with increasing consistency to a target.</p> <p>Catching Catch a range of objects with increasing consistency.</p> <p>Tracking Track a ball not sent directly.</p> <p>Dribbling Dribble a ball with hands and feet with control.</p>	<p>Sending Accurately use a range of to send a ball to techniques target.</p> <p>Catching Catch different sized objects with increasing consistency with one and two hands.</p> <p>Tracking Consistently track a ball sent directly and indirectly.</p> <p>Dribbling Dribble a ball with increasing control and coordination.</p>

Dance	EYFS	Year 1	Year 2	Year 3	Year 4
Control and Performance Co-operation	<p>PD 44 Progress towards a more fluent style of moving, with developing control and grace.</p> <p>PD 48 Combine different movements with ease and fluency.</p> <p>Actions Explore how their body moves. Copy basic body actions and rhythms.</p> <p>Dynamics Explore actions in response to music and an idea.</p> <p>Space Explore pathways and the space around them and in relation to others.</p>	<p>Actions Copy, remember and repeat actions to represent a theme. Explore creating their own actions in relation to a theme.</p> <p>Dynamics Explore varying speeds to represent an idea.</p> <p>Space Explore pathways within their performances.</p> <p>Relationships Begin to explore actions and pathways with a partner.</p> <p>Performance Begin to use counts within their performance.</p>	<p>Actions Accurately remember, repeat and link actions to express an idea.</p> <p>Dynamics Develop an understand of dynamics.</p> <p>Space Develop the use of pathways and travelling actions to include levels.</p> <p>Relationships Explore working with a partner using unison, matching and mirroring.</p> <p>Performance Develop the use of facial expressions in their performance.</p>	<p>Actions Create actions in response to a stimulus individually and in groups.</p> <p>Dynamics Use dynamics effective effectively to express an idea.</p> <p>Space Use directions to transition between formations.</p> <p>Relationships Develop an understanding of formations.</p> <p>Performance Perform short, self-choreographed phrases showing and awareness of timing.</p>	<p>Actions Respond imaginatively to a range of stimuli related to character and narrative.</p> <p>Dynamics Change dynamics confidently within a performance to express changes in character</p> <p>Space Confidently use changes in level, direction and pathway.</p> <p>Relationships Use action and reaction to represent an idea.</p> <p>Performance Perform complex dances that communicate narrative and character well, performing clearly and fluently</p>

Fitness	EYFS	Year 1	Year 2	Year 3	Year 4
Control Fitness Health	<p>PD 45 Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Agility Explore changing direction safely.</p> <p>Balance Explore balancing whilst stationary and on the move.</p> <p>Co-ordination Explore moving different body parts together.</p> <p>Speed Explore moving and stopping with control.</p>	<p>Agility Change direction whilst running.</p> <p>Balance Explore balancing in more challenging activities with some success.</p> <p>Coordination Explore coordination through the use of equipment</p> <p>Speed Explore running at different speeds.</p>	<p>Agility Demonstrate improved technique when changing direction on the move.</p> <p>Balance Demonstrate increased balance whilst travelling along and over equipment.</p> <p>Coordination Perform actions with increased control when coordinating their body with and without equipment</p> <p>Speed Can demonstrate running at different speeds.</p>	<p>Agility Show balance when changing direction</p> <p>Balance Explore more complex activities which challenge and balance.</p> <p>Coordination Can coordinate their bodies with increased consistency in a variety of activities.</p> <p>Speed Explore sprinting technique</p> <p>Strength Explore building strength in different muscle groups</p>	<p>Agility Show balance when changing direction at speed.</p> <p>Balance Show control whilst completing activities which challenge balance.</p> <p>Coordination Explore increased speed when coordinating their bodies.</p> <p>Speed Demonstrate improved sprinting technique.</p>

	<p>Strength Explore taking weight on different body parts.</p> <p>Stamina Explore moving for extended periods of time.</p>	<p>Strength Explore exercises using their own body weight</p> <p>Stamina Explore moving for longer periods of time and identify how it makes them feel</p>	<p>Strength Demonstrate increased control in body weight exercises.</p> <p>Stamina Show an ability to work for longer periods of time</p>	<p>Stamina Explore using their breath to increase their ability to work for longer periods of time</p>	<p>Strength Identify activities which help to strengthen different muscle groups.</p> <p>Stamina Demonstrate using their breath to maintain their work rate.</p>
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Gymnastics	EYFS	Year 1	Year 2	Year 3	Year 4
Control and Performance Fitness	<p>PD 50 Develop overall body strength, balance, coordination and agility.</p> <p>Shapes Show contrast with their bodies including wide/narrow, straight/curved.</p> <p>Balances Explore shapes in stillness using different parts of their bodies.</p> <p>Rolls Explore rocking and rolling.</p> <p>Jumps Explore jumping safely.</p>	<p>Shapes Explore basic and still shapes straight, tuck, straddle, pike.</p> <p>Balances Perform balances making their body tense, stretched and curled.</p> <p>Rolls Explore barrel, straight and forward roll progressions</p> <p>Jumps Explore shape jumps including jumping off low apparatus.</p>	<p>Shapes Explore using shapes in different gymnastic balances.</p> <p>Balances Remember, repeat and link combinations of gymnastic balances.</p> <p>Rolls Explore barrel, straight and forward roll and put into sequence work.</p> <p>Jumps Explore shape jumps and take off combinations.</p>	<p>Shapes Explore matching and contrasting shapes.</p> <p>Balances Explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls Develop the straight, barrel, and forward roll.</p> <p>Jumps Develop stepping into shape jumps with control.</p>	<p>Shapes Develop the range of shapes they use in their sequences.</p> <p>Balances Develop control and fluency in individual and partner balances. Develop strength in bridge and shoulder stand.</p> <p>Rolls Develop the straight, barrel, forward and straddle roll and perform with increased control.</p> <p>Jumps Develop control in performing and landing rotation jumps.</p>

Invasion Games	EYFS	Year 1	Year 2	Year 3	Year 4
<p>Competition Co-operation Challenge Tactics</p>	<p>PD51 Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>Sending and Receiving Explore S&R with hands and feet using a variety of equipment.</p> <p>Dribbling Explore dropping and catching with two hands and moving a ball with their feet.</p> <p>Attacking and defending Explore changing direction and tagging games.</p> <p>Space Recognise their own space.</p>	<p>Sending and Receiving Explore S&R with hands and feet to a partner.</p> <p>Dribbling Explore dribbling with hands and feet.</p> <p>Attacking Explore changing direction to move away from a partner.</p> <p>Defending Explore tracking and move to stay with a partner.</p> <p>Space Recognise good space when playing games.</p>	<p>Sending and Receiving Developing S&R with increased control.</p> <p>Dribbling Explore dribbling with hands and feet with increasing control on the move.</p> <p>Attacking Developing moving into space away from defenders.</p> <p>Defending Explore staying close to other players to try and stop them getting the ball.</p> <p>Space Explore moving with a ball towards goal.</p>	<p>Sending and Receiving Explore S&R abiding by the rules of the game.</p> <p>Dribbling Explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Attacking Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending Track opponents to limit their scoring opportunities.</p> <p>Space Develop moving with a ball towards goal with some control.</p>	<p>Sending and Receiving Develop passing to a teammate using a variety of techniques appropriate to the game.</p> <p>Dribbling Develop control whilst dribbling under pressure.</p> <p>Attacking Develop decision making around when to pass and when to shoot.</p> <p>Defending Develop defending one on one and know when to win the ball</p> <p>Space Move into space to help their team keep possession and score goals.</p>

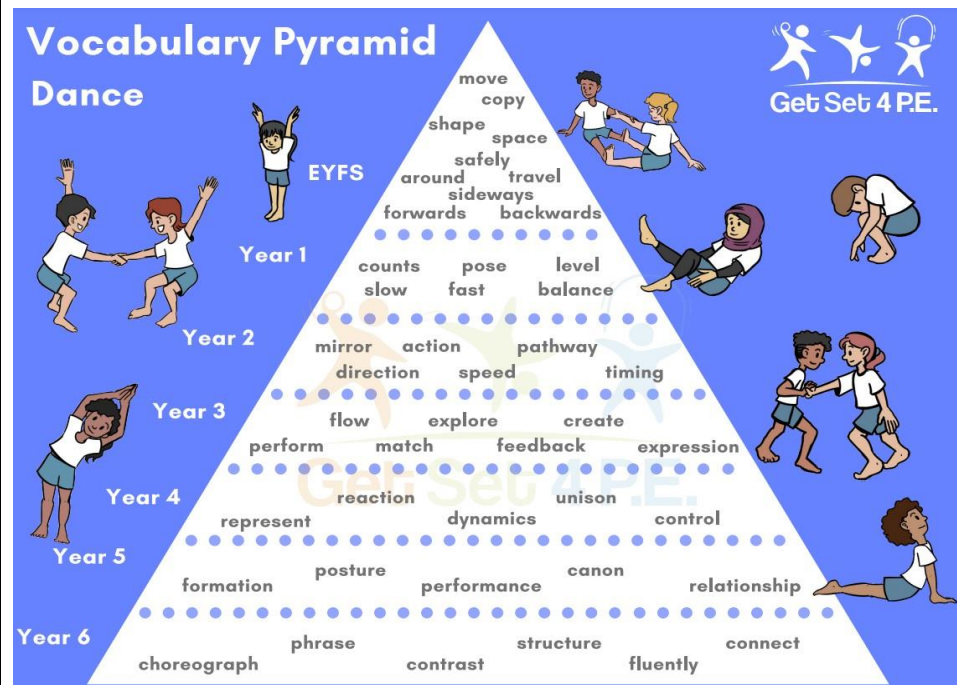
Net and Wall Games	EYFS	Year 1	Year 2	Year 3	Year 4
Co-operation Challenge Control and performance Tactics	<p>ELG: Demonstrate strength, balance and coordination when playing</p> <p>Hitting Explore hitting a ball with their hands.</p> <p>Feeding and Rallying Explore sending a ball to a partner.</p> <p>Footwork Explore changing direction, running and stopping.</p>	<p>Hitting Explore hitting a dropped ball with a racket.</p> <p>Feeding Throw a ball over a net to land into the court area</p> <p>Rallying Explore underarm rallying with a partner</p> <p>Footwork Use the ready position to move towards a ball</p>	<p>Hitting Develop hitting a dropped ball over a net.</p> <p>Feeding Accurately underarm throw over a net to a partner.</p> <p>Rallying Explore underarm rallying with a partner catching after one bounce</p> <p>Footwork Consistently use the ready position to move towards a ball.</p>	<p>Hitting Explore returning a ball using shots such as forehand and backhand.</p> <p>Feeding Explore serving from an underarm serve.</p> <p>Rallying Explore rallying with a forehand.</p> <p>Footwork Consistently use and return to the ready position in between shots.</p>	<p>Hitting Demonstrate increased technique when using shots both cooperatively and competitively.</p> <p>Feeding Develop technique in serving underarm with increased consistency.</p> <p>Rallying Develop consistency in rallying using both backhand with increased technique.</p> <p>Footwork Begin to use appropriate footwork patterns to move around the court.</p>

Striking and Fielding	EYFS	Year 1	Year 2	Year 3	Year 4
Control and performance Challenge Competition Tactics	<p>PD52 Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Striking Explore sending a ball to a partner.</p> <p>Fielding Explore tracking and stopping a rolling ball.</p> <p>Throwing and Catching Explore rolling, throwing and catching using a variety of equipment.</p>	<p>Striking Explore striking a ball with their hand and equipment</p> <p>Fielding Develop tracking and retrieving a ball for their team.</p> <p>Throwing Explore technique when throwing over and underarm.</p> <p>Catching Develop coordination and technique when catching.</p>	<p>Striking Develop striking a ball with their hand and equipment with some consistency.</p> <p>Fielding Understand that there are different roles within a fielding team.</p> <p>Throwing Develop coordination and technique throwing over and underarm.</p> <p>Catching Catch with two hands with some coordination and technique.</p>	<p>Striking Begin to strike a bowled ball using different equipment.</p> <p>Fielding Explore bowling and fielding skills to include two-handed pick up and long and short barriers.</p> <p>Throwing Use overarm and underarm throwing in game situations.</p> <p>Catching Catch with some consistency in game situations.</p>	<p>Striking Develop batting technique consistent with the rules of the game.</p> <p>Fielding Develop bowling with some consistency, abiding by the rules of the game.</p> <p>Throwing Use overarm and underarm throwing with increased consistency in game situations.</p> <p>Catching Beginning to catch with one and two hands with some</p>

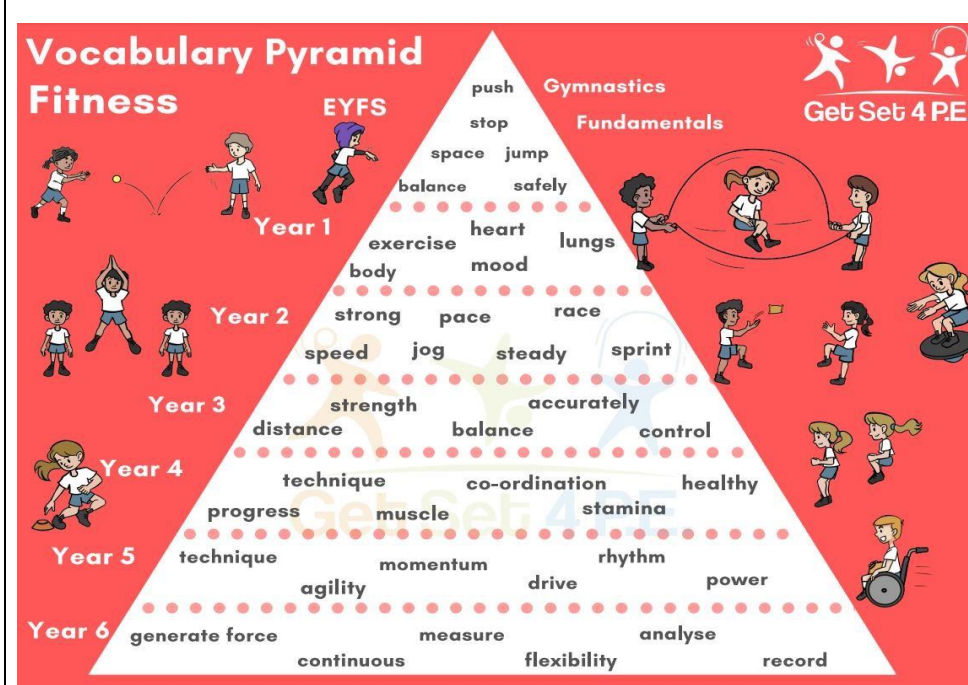
Target Games	EYFS	Year 1	Year 2	Year 3	Year 4
Control and performance Challenge	<p>PD52 Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p>Catching Explore catching using a variety of equipment.</p> <p>Throwing Explore throwing using a variety of equipment</p> <p>Striking Explore sending a ball to a partner</p>	<p>Throwing Overarm Explore technique when throwing overarm towards a target.</p> <p>Throwing Underarm Explore technique when throwing underarm towards a target.</p> <p>Striking Explore striking a ball with their hand and equipment</p>	<p>Throwing Overarm Develop co-ordination and technique when throwing overarm at a target</p> <p>Throwing Underarm Develop co-ordination and technique when throwing underarm at a target.</p> <p>Striking Develop striking a ball with equipment with some consistency.</p>	<p>Throwing Explore throwing at a moving target.</p> <p>Catching Build the confidence to attempt catching in game situations</p> <p>Striking Begin to explore striking a ball with sport specific equipment.</p>	<p>Throwing Throw with increasing accuracy and success in game situations.</p> <p>Catching Catch with increasing consistency in game situations.</p> <p>Striking Explore striking techniques appropriate to the situation.</p>

Vocabulary Development

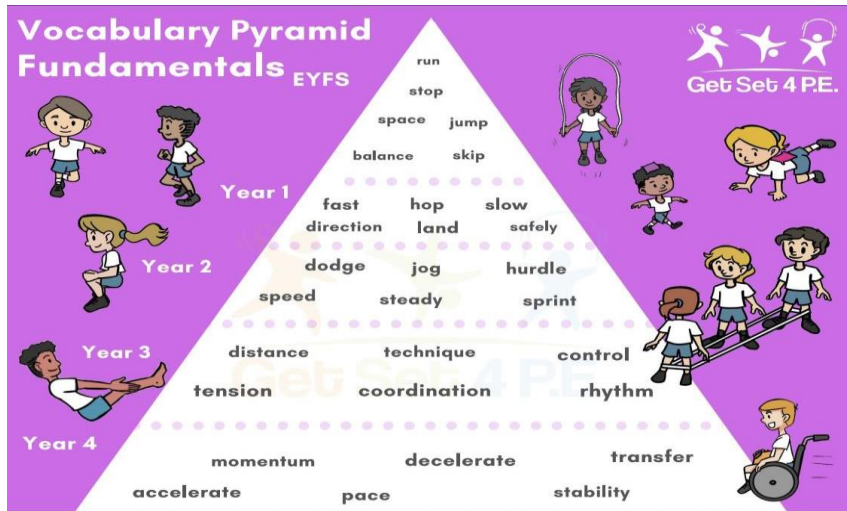
Dance



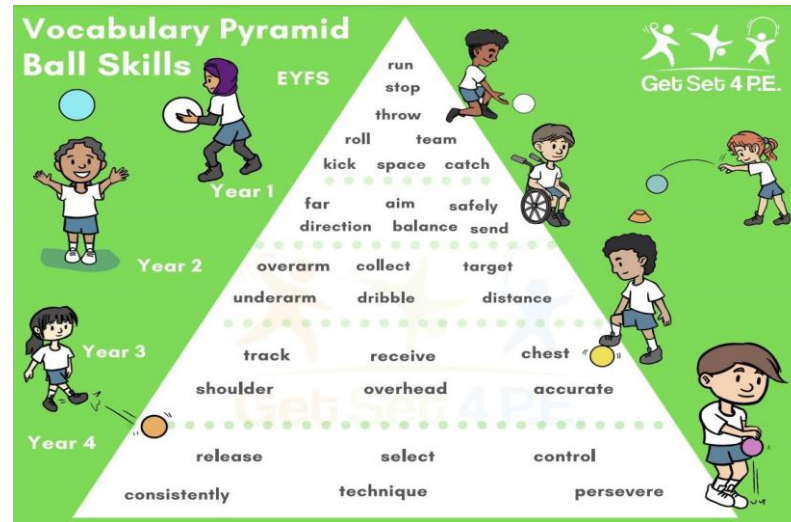
Fitness



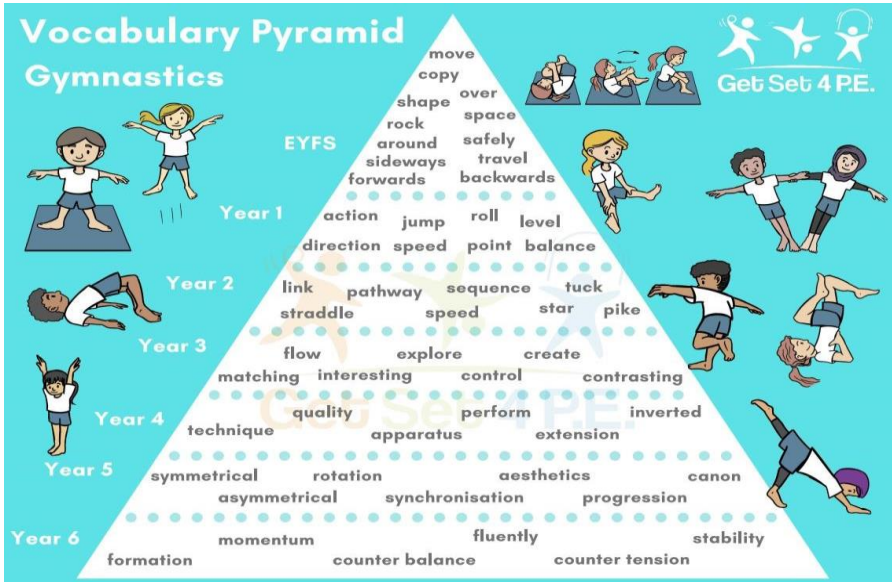
Fundamentals



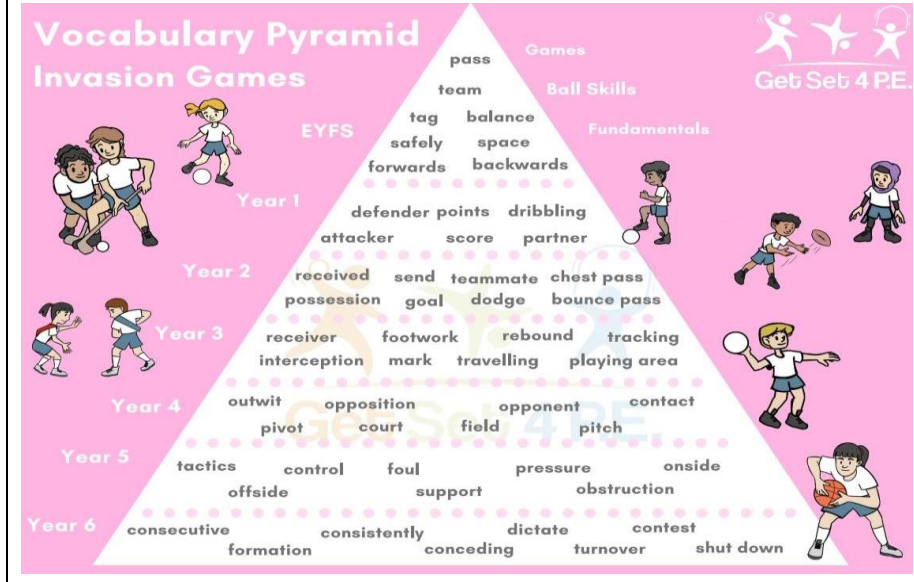
Ball Skills



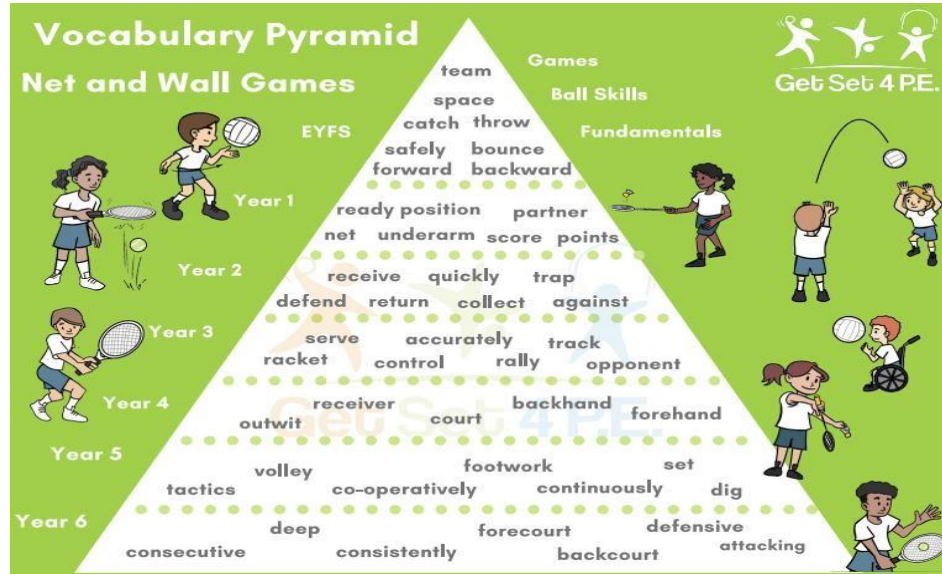
Gymnastics



Invasion Games



Net and Wall Games



Striking and Fielding

