

The Vineyard Physical Education Curriculum Overview - Years Reception to 6			
	Autumn	Spring	Summer
<p align="center">EYFS PE follows a multi skill approach covering fundamentals of movement contributing to the Early Learning Goals</p> <p>Physical Development: Gross motor skills. 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</p> <p>Making Relationships: Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p> <p>Health and self-care: Children know the importance for good health of physical exercise</p>			
EYFS	<p align="center">Playground familiarisation and safety</p> <p>Positioning negotiate space and obstacles, playground games individually and in groups</p> <p align="center">Kickstart</p> <p>Walking, jogging, running, Control Stop and Start.</p>	<p align="center">Locomotor and Multiskills</p> <p>Dynamic Movement, Balance, Jumping, Leaping and Landing, Moving to Music, Tumbling and Turning, Rolling, Swinging, Throwing, Catching, Ball Skills, Kicking and Aiming, Hitting, Romping, Climbing and Scrambling</p>	<p align="center">Field familiarisation and safety</p> <p>Dynamic Movement, Balance, Jumping, Leaping and Landing, Throwing, Catching, Ball Skills, Kicking and Aiming, Hitting</p> <p align="center">Performing to spectators</p> <p align="center">Festival of Sport</p>
<p align="center">KS1 continues to develop fundamentals of moving within specific discipline areas, applying their physical literacy to a range of activities.</p> <p align="center">Body management skills of agility, coordination, balance and flexibility feature throughout</p>			
Year 1	<p>Locomotor and Multiskills - EYFS extended curriculum, rules and Instructions. Starting, moving and stopping</p> <p>Athletics - Locomotor skills</p> <p>Run (robot arms), jump (for distance), skip, hop, gallop, throwing (underarm)</p> <p>Gymnastics</p> <p>Developing body shapes, star, tuck, pike, dish, straight, straddle, arch - muscular strength and joint flexibility</p> <p>Multiskills</p> <p>Change 4 life. Understanding the importance of being active</p>	<p>Movement through storytelling - Movement through storytelling and music, following rules to games, moving in unison</p> <p>Invasion Games - Tag based games Playing area/boundaries, attack- moving to a dynamic target, defence - dodge change speed and direction</p> <p>Multiskills - moving to music, tumbling & turning, obstacle course</p> <p>Ball Skills Loco + ball skills - Moving with ball (bouncing, rolling, kicking, dribble with an implement), stop and start (in control of the ball), Catching (fingers down)</p>	<p>Gymnastics - floor exercise, rotation, rolling, jumping, swinging and landing- full core strength, joint flexibility</p> <p>Athletics - locomotor skills; run (fast feet); jump (height); throwing (distance)</p> <p>Net Games - flight - tracking a ball; racquet skills; striking up pendulum swing; jitting up and over</p> <p>Sustained Activity - coordination, bilateral coordination, moderate activity, intensive activity</p> <p>FESTIVAL OF SPORT - performance to spectators, throwing, catching, jumping, strength, stamina, sprint, coordination, agility</p>
Year 2	<p>Kickstart - recap of key movement skills - moving & locomotion, jumping & landing, throwing & catching, ball skills. moving to music, rolling, tumbling, romping</p> <p>Gymnastics</p> <p>British Gymnastics Proficiency Award 8&7</p> <p>Vault – Approach and hurdle step to squat onto bench, take off, flight, landing, finish. Wall Apparatus - rope ladders</p> <p>Ball Skills - loco + ball skills, moving with the ball using sport specific equipment (bouncing, rolling, kicking) for distance and target, striking the ball, catching - fingers up</p>	<p>Multiskills - refinement (when & where to move), dynamic balance, landing</p> <p>Athletics - locomotor skills: run (gears, high knee), jump (hurdling), throwing (push and pull for target)</p> <p>Multiskills -change 4 life health, rules and instructions</p> <p>Game Ready - Non sport specific games - playing games to rules, learning to compete - compete to learn</p>	<p>Orienteering - symbol recognition, map reading, orientation, parkour</p> <p>Athletics - locomotor skills: run (footwork patterns), jump (height), throwing overarm for distance</p> <p>Sustained Activity - coordination, bilateral coordination, moderate activity, intensive activity</p> <p>Strike & Field -cricket - all stars</p> <p>Festival of Sport</p> <p>Performing to spectators, Throwing, Catching, Jumping Strength, Stamina, Sprint, Coordination, Agility</p>

Lower KS2 continue their learning journey as independent learners. In lower KS2 children will use their movement skills and apply principles of attack and defence within game situations. Self-awareness of how competitive environments can have an effect on emotions are examined. Children will be encouraged to achieve despite failure or opposition.

<p><u>Year 3</u></p>	<p><u>Kickstart - recap of key movement skills</u> Moving & Locomotion Jumping & Landing Throwing & Catching Ball Skills Moving to Music Rolling, Tumbling, Romping <u>Gymnastics</u> Key Steps 2 Body Management Single bounce skips with rope, dish, half lever, japana arch, front support, box splits, shoulder flexibility, broad jump Y3/4 Floor Exercise Metal and rope, horizontal ladders. Rolling Muscular Strength Joint Flexibility Ball Skills Locomotor + Ball Skills Intercepting Predicting Catching-one handed</p>	<p><u>Throwing and Catching</u> Overarm, Underarm, one handed, two handed Static/dynamic skills Bench ball Generic ball games <u>Invasion</u> Sending (Throwing) Receiving (Catching) Attack and Defence (When & Where) <u>Multiskills</u> Refinement (when & where to move) Dynamic Balance Landing Moving to Music Simultaneous <u>Striking</u> Forehand / Backhand / Side strike Serve / Overhead Volley</p>	<p><u>Athletics</u> Run (Gears + Agility) Jump (Height+Distance) Throw (Distance using sling and pull) Movement Circuits (Indoors) <u>Strike & Field</u> Fielding (Tracking, catching, throwing) Striking for distance <u>Sustained Activity</u> Coordination Bilateral coordination Moderate activity Intensive activity <u>Strike & Field Games</u> Cricket Foot Rounders <u>Festival of Sport</u> Performing to spectators, Throwing, Catching, Jumping Strength, Stamina, Sprint, Coordination, Agility</p>
<p><u>Year 4</u></p>	<p><u>Kickstart - recap of key movement skills</u> Moving & Locomotion Jumping & Landing Throwing & Catching Ball Skills Moving to Music Rolling, Tumbling, Romping <u>Gymnastics</u> Y3/4 Floor Exercise British Gymnastics Proficiency Award 6&5 Vault – Approach and hurdle step to squat onto bench, take off, flight, landing, finish. Wall Apparatus Muscular Strength Joint Flexibility <u>Invasion</u> Playing towards targets Attacking and Defending Predicting Play</p>	<p><u>Multi-Activity</u> Catching Aiming Strength Endurance Reaction Speed <u>Invasion</u> Sport Specific games focussed on scoring <u>Orienteering/adventure</u> Working with a map Working at height Balance Teamwork Marble Hill Adventure Park <u>Striking</u> Forehand / Backhand / Side strike Serve / Overhead Volley Tennis Golf Cricket</p>	<p><u>Athletics</u> Run for speed Jump for distance Throw for accuracy Movement Circuits (Indoors) <u>Strike & Field</u> Fielding Tracking, Collecting, Throwing, Catching Striking the ball for distance and accuracy <u>Sustained Activity</u> Coordination Bilateral coordination Moderate activity Intensive activity <u>Strike & Field Games</u> Tee Ball <u>Festival of Sport</u> Performing to spectators, Throwing, Catching, Jumping Strength, Stamina, Sprint, Coordination, Agility</p>

Upper KS2 continue their learning journey as independent learners. Upper KS2 develops physical ability, tactical knowledge, leadership capacity, fitness and teamwork through individual sports. A selection of sport specific rules will be taught leading into competitive pathways. Children will be encouraged to be ambitious, showing a strong desire to succeed. Children will continue to develop the concept of fairness, and an appreciation of honest competition.

<p><u>Year 5</u></p>	<p><u>Kickstart - recap of key movement skills</u> Moving & Locomotion Jumping & Landing Throwing & Catching Ball Skills Moving to Music Rolling, Tumbling, Romping <u>Throwing & Catching</u> Dodgeball, benchball Hand-eye coordination One handed overarm throw Dodging Catching <u>Throwing & Catching</u> 5:2 Netball: Flag Football Rules and Tactics Maintaining possession Intercepting play</p>	<p><u>Gymnastics</u> Proficiency Award 4 Floor Exercise 3 Vault Fitness Circuits Muscular Strength Joint Flexibility <u>Invasion</u> 3:3 Handball:Lacrosse Rules and Tactics <u>Team Building Games</u> Listening Contributing ideas and suggestions Questioning & Clarifying Persuading & Defending Helping & Caring <u>Striking</u> For accuracy 3:2:1 Hockey: Table Tennis: Cricket</p>	<p><u>Athletics</u> Run, Jump, Throw for speed distance and accuracy Movement Circuits (Indoors) <u>Strike & Field</u> Strike for distance Field for accuracy and distance 2:4 Cricket:Rounders <u>Orienteering & Adventure</u> Map Reading Team challenges Forest School Visit <u>Sustained Activity</u> Coordination Bilateral coordination Moderate activity Intensive activity <u>Festival of Sport</u> Performing to Spectators, Throwing, Catching, Jumping Strength, Stamina, Sprint, Coordination, Agility</p>
<p><u>Year 6</u></p>	<p><u>Kickstart - recap of key movement skills</u> Moving & Locomotion Jumping & Landing Throwing & Catching Ball Skills Moving to Music Rolling, Tumbling, Romping <u>Throwing & Catching</u> Dodgeball, benchball Hand-eye coordination One handed overarm throw Dodging Catching Retrieving Curve balls <u>Throwing & Catching</u> 1:4:2 Netball:Basketball: Handball Rules and Tactics Maintaining possession Intercepting and predicting play</p>	<p><u>Gymnastics</u> Proficiency Award 3 Floor Exercise 2 Vault Wall Apparatus Muscular Strength Joint Flexibility <u>Invasion</u> 1:3:2 Handball: Lacrosse:Flag Football Rules and Tactics Maintaining possession Intercepting and predicting play <u>Striking</u> For accuracy and power Table Tennis Cricket <u>Movement Circuits</u> Strength Endurance Reaction Speed Agility Core Strength</p>	<p><u>Athletics</u> Run, Jump, Throw for speed, distance Movement Circuits (Indoors) <u>Volleyball</u> Setting Serving Digging Spiking and Blocking <u>Strike & Field</u> Field for placement, accuracy and distance Strike for placement and accuracy 2:4 Cricket:Rounders <u>Sustained Activity</u> Coordination Bilateral coordination Moderate activity Intensive activity <u>Festival of Sport</u> Performing to Spectators, Throwing, Catching, Jumping Strength, Stamina, Sprint, Coordination, Agility</p>