

PE Programme of Study and Curriculum 2020-21

EYFS- Develop coordination, confidence and safe movements via structured and free play

KS1 – Create a movement foundation to underpin lifelong enjoyment of activity Including, fundamental movements and skills, principles for invasion games and dance sequences

KS2 – Develop transferable skills in a broad range of situations to include techniques, principles and fitness for competitive games, dance, outdoor adventurous activities and swimming

Wellbeing: Secure emotional wellbeing (The Association for Physical Education AfPE) in addition to the Youth Sports Trusts “Skills to Achieve” values (below): Physical, Social, Thinking and Health.

	Autumn		Spring		Summer	
	1 st half	2 nd half	1 st half	2 nd half	1 st half	2 nd half
	7 weeks	7 weeks	6 weeks	6 weeks	6 weeks	7 weeks
EYFS / KS1 (Reception & years 1 & 2)	Fundamental movements and Skills	Dance	Gymnastics	Attack and Defend Games	Striking and Fielding Games	Swimming/ Multi Skills
KS2 (years 3-6)	Sailing, orienteering, problem-solving	Dance	Health and Fitness, Gymnastics	Invasion Games	Striking and Fielding Games	Swimming/ Athletics
Sports Club	TBC					



HEALTHY



SOCIAL



THINKING



PHYSICAL

PE

Knowledge Organiser

Autumn KS1 – Fundamental movement skills and Dance

During this unit Pupils will

Knowledge:

- How to move in different ways with efficiency, control and safety
- Techniques for using equipment
- To interpret and recreate global dances

Skills

- **Physical:** agility, static and dynamic balance, fine and gross motor skill coordination, flexibility, speed, reaction time, power, endurance.
- **Social:** responsibility, resilience, fair play, communication, co-operation, inclusion, leadership support, empathy, respect, friendship.
- **Thinking:** predict, create, develop, concentrate, solve.
- **Health:** emotional, physical and spiritual wellbeing, personal safety, recognise how their body response to exercise.

Autumn KS2 – Outdoor Education

During this unit Pupils will

Knowledge:

- How to cooperate with others when completing problem solving tasks
- How to support and include others when orienteering and sailing

Skills

- **Physical:** agility, static and dynamic balance, fine and gross coordination, flexibility, speed, reaction time, power, endurance.
- **Social:** responsibility, resilience, fair play, communication, co-operation, inclusion, leadership support, empathy, respect, friendship.
- **Thinking:** Predict, create, develop, concentrate, solve.
- **Health:** emotional, physical and spiritual wellbeing, personal safety, bodies response to exercise.

Healthy Me



○
Adopting physically active lifestyle habits

○
Understanding of healthy eating and physical activity

○
Adopting healthy eating habits

○
Understanding how the body works and responds to exercise

○
Personal safety and well being

- AfPE suggest: Setting your own goals, working towards personal bests, creating your own games, solving problems, choosing from a variety of activities, having a time out space.

Social Me



○
Personal responsibility and resilience

○
Communication, co-operation and collaboration

○
Fair play and competition

○
Leadership and Inclusion

○
Empathy and supporting others

Thinking Me



○
Predicting and judging outcomes

○
Exploring and creating ideas

○
Evaluating to improve

○
Planning and finding solutions

○
Understanding and applying skills and knowledge

Physical Me



◦
Stability (balance) and dynamic stability

◦
Object control

◦
Swimming and Aquatic

◦
Games and outdoor challenge (specific)

◦
Locomotion