**Foundation and Key Stage One Physical Education Overview**

Refer to Rainbow continuum regarding what your pupils can plan for differentiation.

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| **Key points from National Curriculum:** | * Competition, competition, competition * Co-operative physical activities * Physically active for sustained periods of time * Team games * Master basic movements; run, jump, throw, catch * Develop ABC’s (Agility, Balance & Co-ordination) * Tactics for attacking and defending |
| **MTP layout (suggestion only, mostly for game based units)**  **Whole – Part – Whole** | 1. Pupil learns basic skill for game 2. Pupil learns the whole game 3. Pupil learns additional skills to improve game 4. Pupil returns to whole game (2) |
| **Differentiate - STEP** | S. Space  T. Time  E. Equipment  P. Pupils /players (amount) |
| **KS1 Programmes of Study** | Pupils should 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 cooperative physical activities, in a range of increasingly challenging situations.   * 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 * Participate in team games, developing simple tactics for attacking and defending * Perform dances using simple movement patterns |

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **Rec** | **Design create a skill** | **Gymnastics (co-ordination &balance)** | **Dance (co-ordination)** | **Games: throwing and catching (co-ordination)** | **Athletics: Sports Day prep** | **Summer games** |
| Various equipment; explore different ways of using equipment.  Small competitive games  Parachute games | Explore body shapes and different movements  Low level apparatus – mats and benches | Rhythm  Portray different types of animals and moods through music | Throwing and catching individually, in pairs and in groups.  Competition target throw and roll. | Running in lanes.  Competing against themselves and peers. Understanding winning and losing.  Starters orders  Events; sprint, sack, egg and spoon | Races and competition  Selection from the year |
| **Yr 1** | **Games: Running (agility)** | **Gymnastics (co-ordination &balance)** | **Dance (co-ordination)** | **Games: throwing and catching (co-ordination)** | **Athletics: Sports day prep** | **Games** |
| Sprint, straight line speed.  Changing direction quickly  Team races | Safely using and moving low level equipment  Balancing on different parts of the body  Dismounting apparatus safely | Link simple body shapes to make short routine | Team based games  Throwing over and under arm  Improve accuracy and distance of throw  Catch with both and single hand | Sprint  Obstacle  Javelin throw  Standing long jump  Measure distances  Team and individual races and throwing competition | Races  Team competition (bench ball, tidy the bedroom) |
| **Yr2** | **Games: Agility** | **Gymnastics** | **Dance** | **Striking and fielding: Rounders or cricket based** | **Net game: tennis** | **Summer games** |
| Individual and team based competition  Tagging games  Tactics and strategies to outwit opponents | Use and move large apparatus  Safely dismount large apparatus  Create a short sequence on selected apparatus (consider; levels, heights and types of movement) | How does the music make you feel? Portray your feelings through movement  Us e the rhythm to dictate the movement.  Create a routine | Throwing and catching games – throwing at cricket stumps or around a ronders pitch  Kick ball rounders  Kwik cricket  Diamond cricket | Basic racket control  Street tennis; skill invention  Ball control  Hitting the ball; forehand and back hand  Rallying with a partner | Bench ball  Dodgeball  Kwik cricket |