



Physical Education at Beechwood Primary

By the end of studying Physical Education at Beechwood Primary School, children will be able to answer questions such as:

- How can you live a **healthy and active lifestyle**?
- How can you develop your **competence** in an aspect of the PE curriculum?
- How can you improve your **performance** in an aspect of the PE curriculum?
- How can you develop **creativity** in an aspect of the PE curriculum?
- Can you explain a time that you have needed to show **persistence** in an aspect of the PE curriculum?
- What is **team spirit**?

Key Themes	Year Group Covered						
	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Health & Fitness							
Athletics							
Dance							
Games							
Gymnastics							
Outdoor Adventurous Activities							
Swimming							

EYFS			
EYFS	<p><u>Dance</u></p> <p><i>ACTION: Travel, (fundamental stepping patterns)</i></p> <p><i>SPACE: Show changes in level</i></p> <p><i>RELATIONSHIPS: Work individually</i></p> <p><i>DYNAMICS: Try to show changes in speed</i></p> <p><i>How to move in time to the music</i></p> <p><i>Can comment on the work of others and say what they like about others' work</i></p>	<p><u>Striking and Fielding</u></p> <p><i>Hitting - how to grip a bat and to run after hitting the ball.</i></p> <p><i>Catching - ready position, how to make a W shape</i></p> <p><i>Bowling - Grip, sideways stance.</i></p> <p><i>Wicket Keeping - stance and hand positioning</i></p>	<p><u>Invasion Games</u></p> <p><i>Passing - which part of foot to use to send over short distances</i></p> <p><i>Receiving - how to take up a position of readiness and make a target</i></p> <p><i>Attacking – how to send powerfully</i></p> <p><i>Defending – how to close space and ready self</i></p>
	<p><u>Net/wall</u></p> <p><i>Moving around court – how to have weight on balls of feet when moving around the court</i></p> <p><i>Racket Control – know which is dominant hand and move the ball around using backhand and forehand</i></p> <p><i>Range of shots – get into a sideways position and strike from a high backlift</i></p> <p><i>Game play – track the ball with eyes and move laterally in a line to receive</i></p>	<p><u>Athletics</u></p> <p><i>Jumps - understands that a run with a jump is from one foot and a stationery jump is from 2 feet</i></p> <p><i>Running - knows to start with one foot in front of the other</i></p> <p><i>Throwing - knows how to get into sideways position</i></p>	<p><u>Gymnastics</u></p> <p><i>Conditioning and warm up – knows why it is important to warm up the body.</i></p> <p><i>Floor work – knows the importance of moving from one move gracefully to another</i></p> <p><i>Apparatus - how to transport apparatus safely and how to use apparatus safely</i></p>

Key Stage 1

	<p style="text-align: center;"><u>Dance</u></p> <p><i>ACTION: Travel, Stillness, Gesture</i> <i>SPACE: Show changes in Level, Direction</i> <i>RELATIONSHIPS: Individually and with others: Unison and Mirror</i> <i>DYNAMICS: Show changes in speed and weight of movement</i> <i>How to improve dance through timing and control</i> <i>Knows how to give constructive feedback to a partner</i></p>	<p style="text-align: center;"><u>Striking and Fielding</u></p> <p><i>Hitting - batting stance and how to call for a run.</i> <i>Catching - Walking in and being in a position of readiness.</i> <i>Bowling - which foot to take off from and with foot on or behind the crease line.</i> <i>Wicket Keeping - when to rise and how to cushion the impact</i></p>	<p style="text-align: center;"><u>Invasion Games</u></p> <p><i>Passing - to move into space to receive from a teammate</i> <i>Receiving - Moving in line with the ball and absorbing the impact</i> <i>Attacking – how to turn in different ways</i> <i>Defending – how to jockey and not over committing</i></p>
	<p style="text-align: center;"><u>Net/wall</u></p> <p><i>Moving around court – knows the importance quickly of getting into the right position to hit the ball back</i> <i>Racket Control – knows what height to strike the ball at.</i> <i>Range of shots – can strike from own feed on forehand.</i> <i>Game play – to move forwards or backwards depending on the depth of the ball</i></p>	<p style="text-align: center;"><u>Athletics</u></p> <p><i>SAQ - knows how to cushion impact on knees</i> <i>Jumps - Knows to use arms to drive forward</i> <i>Running - knows how to start and how to dip at the finish</i> <i>Throwing - knows importance of non-throwing arm in achieving elevation in trajectory</i></p>	<p style="text-align: center;"><u>Gymnastics</u></p> <p><i>Conditioning and warm up – Knows a variety of exercises which target different areas of the body.</i> <i>Floor work – can articulate the technical process involved in executing movements</i> <i>Apparatus - how to work safely alongside others whilst travelling in different directions</i></p>
<p style="text-align: center;"><u>OAA</u></p> <p><i>Physical Activity - how to read a simple map and work as a team to find clues</i> <i>Team Challenges - Know how to listen to others and to communicate clearly</i> <i>Creative Problem Solving - how to look internally for ideas and then to other groups if none are forthcoming</i></p>			

Lower Key Stage 2

	<p style="text-align: center;"><u>Dance</u></p> <p><i>ACTION: Travel, Stillness, Gesture, Jump, turn</i> <i>SPACE: Show changes in Level, Direction, Pathway</i> <i>RELATIONSHIPS: Individually and with others: Unison, Mirror and Canon</i> <i>DYNAMICS: Show changes in speed, weight and expression of movement</i> <i>How to improve dance through timing, control, posture and extension</i> <i>knows how to comment constructively on group work and suggest areas for development</i></p>	<p style="text-align: center;"><u>Striking and Fielding</u></p> <p><i>Hitting - Who calls when running between the wickets</i> <i>Catching - Calling name-taking responsibility high ball. where to position self to back up effectively.</i> <i>Bowling - bowl from close in to the stumps and follow through</i> <i>Wicket Keeping - how to bring hands to stumps to execute a stumping.</i></p>	<p style="text-align: center;"><u>Invasion Games</u></p> <p><i>Passing - how to lose an opponent</i> <i>Receiving - how to signal when want to receive</i> <i>Attacking – how to position body between and opponent and the ball to retain possession</i> <i>Defending – how to position your body to be aware of where the ball is and where opponents are.</i></p>
	<p style="text-align: center;"><u>Net/wall</u></p> <p><i>Moving around court – knows to move back into the centre of the court</i> <i>Racket Control – to cushion the impact and to develop a soft feel for the ball.</i> <i>Range of shots – How to get into the best position to return a ball successfully.</i> <i>Game play – knows when to attack and when to defend</i></p>	<p style="text-align: center;"><u>Athletics</u></p> <p><i>SAQ – knows that SAQ can bring improvements in coordination</i> <i>Jumps - Knows which is take off foot</i> <i>Running – knows how to transfer relay batons whilst in motion</i> <i>Throwing - Knows why a run up can add momentum to a throw</i></p>	<p style="text-align: center;"><u>Gymnastics</u></p> <p><i>Conditioning and warm up – knows suitable body preparation activities and how to lead a group</i> <i>Floor work – how work at different levels provides aesthetic variety.</i> <i>Apparatus - knows how to use various dynamic effects to create aesthetically pleasing movement</i></p>
<p style="text-align: center;"><u>OAA</u></p> <p><i>Physical Activity - Know ordnance survey symbols and to exert self to achieve goals</i> <i>Team Challenges - know how to give very clear instructions to keep a partner safe</i> <i>Creative Problem Solving - how to listen to all ideas and plan an activity before undertaking it</i></p>			

Upper Key Stage 2

	<p style="text-align: center;"><u>Dance</u></p> <p><i>ACTION: Travel, Stillness, Gesture, Jump, turn</i> <i>SPACE: Show changes in Level, Direction, Pathway and Area</i> <i>RELATIONSHIPS: Individually and with others: Unison, Mirror and Canon</i> <i>DYNAMICS: Show changes in speed, weight and expression of movement</i> <i>How to improve dance through timing, control, posture, extension and alignment</i> <i>knows how to think critically about dance and communicate effectively about their own and others' work</i></p>	<p style="text-align: center;"><u>Striking and Fielding</u></p> <p><i>Hitting - how to transfer hands so as not to turn blind to the fielder.</i> <i>Catching - when to return on the bounce and when to return on the full.</i> <i>Bowling - bowl using different grips</i> <i>Wicket Keeping - how to step across to leg or off side without stepping backwards to take the ball</i></p>	<p style="text-align: center;"><u>Invasion Games</u></p> <p><i>Passing - when to take a touch before sending and when to send first time</i> <i>Receiving - how to receive a ball in different ways and retain possession</i> <i>Attacking – how to use width and support</i> <i>Defending – positioning of other teammates.</i></p>
	<p style="text-align: center;"><u>Net/wall</u></p> <p><i>Moving around court – knows how to work alongside a partner</i> <i>Racket Control – know that forehand and backhand grips alter and that backhand can be two handed.</i> <i>Range of shots – Knows names of different types of shots</i> <i>Game play – knows when to execute certain shots.</i></p>	<p style="text-align: center;"><u>Athletics</u></p> <p><i>SAQ – knows that that plyometric training develops power</i> <i>Jumps - knows various jumping techniques and can articulate</i> <i>Running – knows different takeover techniques</i> <i>Throwing - Knows how to throw leaving sufficient space to follow through</i></p>	<p style="text-align: center;"><u>Gymnastics</u></p> <p><i>Conditioning and warm up – knows how to prepare the body for a distinct discipline e.g. flight, weight on hands and articulate why.</i> <i>Floor work – understands different ways of working with others – unison, matching, mirroring etc.</i> <i>Apparatus - knows how to execute a wide range of the main gymnastic skills.</i></p>
<p style="text-align: center;"><u>OAA</u></p> <p><i>Physical Activity - know how to read a map and use the strengths of the group to bring about the best outcome</i> <i>Team Challenges - know how to use a variety of non-verbal communication</i> <i>Creative Problem Solving - how to solve difficult challenges, how to discuss first and then evaluate at end.</i></p>			

Theme	Associated Vocabulary
Health & Fitness	Exercise, heart, flexibility, stretch, warm up, cool down, safety
Athletics	Running, relay, accelerate, jog, sprint, change direction, jump, long jump, vertical jump, take off, flight, control, throw, accuracy, overarm, push, compete, perform, evaluate
Dance	Sequence, movement, motif, improvise, space, pace, timing, rhythm, expression, transition, travelling, compete, perform, evaluate
Games	Striking, hitting, serve, bowl, backhand, throwing, catching, overarm, underarm, bouncing, kicking, dribbling, passing, possession, attacking, defending, fielding, space, tactics, rules, compete, perform, evaluate
Gymnastics	Rolls, jump, vault, handstand, cart wheel, round off, travelling, shape, balance, compete, perform, evaluate, straight, tuck, jumping jack, star, straddle, pike, stag, cat leap, split leap, half turn, teddy bear roll, forward roll, backward roll, squat, lunge, chassis, pivot
Outdoor Adventurous Activities	Trail, orienteering, navigation, communication, challenge, problem solving, equipment, route, compete, perform, evaluate
Swimming	Front crawl, back stroke, breast stroke, tread water, dive,

Key Concept	Associated Vocabulary
Healthy & Active Lifestyles	Exercise, heart, flexibility, stretch, warm up, cool down, safety
Competence	Confidence, taking responsible risks, striving for accuracy, motivated, fine motor, gross motor
Performance	Evaluate, improve, learn, review
Creativity	Explore, apply past knowledge to new situations, innovate, create
Persistence	Resilience, growth mindset, taking responsible risks,
Team Spirit	Team work, collaboration, trust, communication, pride, adaptability, problem solving
These concepts will run through all year groups	

