



# Forest Town Primary School

## Physical Education

### National Curriculum Breakdown

Be Kind  
Be Adventurous  
Persevere  
Be Responsible  
Be Independent  
Be Together

#### KS1

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 co-operative physical activities, in a range of increasingly challenging situations.

#### Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination 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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Developing the whole child:

KS1 Cognitive development Thinking - head	KS1 Affective development Feeling - heart	KS1 Physical development Doing - hands
Apply skills.  Develop simple tactics for attacking and defending.  Develop competence.  Develop confidence.	Work individually and with others.  Develop competence.  Develop confidence.	Develop fundamental skills, specifically master basic movements including running, jumping, throwing and catching.  Develop competence.  Develop agility, balance and co-ordination.  Perform dances using simple movement patterns.
Through: fundamentals, competitive games, dance.		



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Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination and begin to apply these in a range of activities.

#### Fundamental Movement Skills

Children will:

Develop gross motor skills through a range of activities.

Develop fine and gross motor skills through handling equipment.

Learn how to travel and work safely in space, working independently, with a partner and as part of a group.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Decision making Selecting actions Applying actions Using tactics Identifying strengths	Working safely Responsibility Helping others Working with others Encouraging others Taking turns Respect Communication  Honesty Challenge Determination Managing emotions	Balancing Traveling Changing direction Running Sprinting Dodging Jumping Hopping Skipping Sliding Throwing and catching Rolling Hitting a target Bouncing a ball Dribbling with both hands Dribbling with both feet Kicking a ball

#### Topics include:

- Athletics
- Ball skills – feet
- Ball skills – hands
- Bean bag skills
- Dance
- Fitness
- Games
- Gymnastics
- Net and Wall
- Potted Sports Day
- Striking and Fielding



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#### Ability, Balance and Coordination

#### Athletics

Children will begin to develop the skills required for athletic activities.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Exploring ideas Observing Providing feedback	Working safely Collaborating with others  Working independently Honesty Playing by the rules Determination	Running at different speeds Changing direction Jumping for distance Throwing towards a target zone

Children will:

Measure their performance and compete to improve their own score and against others.

Begin to identify areas of strength and areas to develop.

Be given the opportunity to work independently and collaboratively.



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#### Gymnastics

Children will begin to explore basic gymnastics actions on the floor and apparatus.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Selecting skills Applying skills Creating sequences	Taking turns Cooperation Communication Helping others  Confidence Determination	Still shapes Animal travels Jumping Balancing Rolling

Children will:

Show an awareness of space and how to use it safely.

Begin to copy, create, remember and repeat short sequences, using changes in levels and directions.

Have the opportunity to work alone and as part of a team.



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#### Fitness

Children will:

Improve understanding of how the body works

Will begin to understand how exercise affects the body

Understand the benefits of exercise and the importance of leading a healthy active lifestyle

Begin to explore the components of fitness, trying to keep up activity over a period of time and

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Identifying strengths Identifying areas for improvement Observing Providing feedback	Taking turns Encouraging others Supporting others  Determination Perseverance Challenging	Agility Balance Coordination Speed Stamina



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Participate in team games, developing simple tactics for attacking and defending.

#### Team Games

Children will:

Develop their understanding of playing games through a wide range of themed topics.

Practice and further develop their fundamental movement skills through game play.

Learn how to follow the rules of a game, understand why this is important and to play respectfully.

Learn to take turns.

Work alone, with a partner and as part of a team.

Learn how to behave and show respect when winning and losing.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Decision making Selecting actions Applying actions Understanding rules Following rules Using tactics	Taking turns Encouraging others Supporting others Cooperation Communication Respect  Confidence Perseverance Honesty Fair play Managing emotions	Fundamental movement skills



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Participate in team games, developing simple tactics for attacking and defending.

#### Target Games

Children will:

Develop their underarm and overarm throwing action.

Learn how to select and apply an appropriate action for the activity, taking into consideration the size of the object, the size of the target and the distance of the challenge.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Selecting skills Applying skills Decision making Using tactics	Communication Supporting others Encouraging others Leadership  Perseverance Honesty Fair play	Underarm throwing Overarm throwing Kicking a ball Aim and Target Hand eye coordination





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#### Invasion Games

Children will:

- Develop the basic skills required to play invasion games such as sending and receiving an object (ball).
- Begin to develop their understanding of attacking and defending.
- Learn how to score points, take part in uneven and even sided games.
- Learn the importance of following the rules.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Using tactics Exploring actions Decision. Making Recalling information	Cooperation Communication Leadership Helping others Supporting others Encouraging others  Honesty Perseverance Managing emotions	Sending and receiving a ball – throwing and catching. Sending and receiving a ball – kicking and controlling / stopping a ball. Dribbling with hands or feet. Dodging. How to score a goal / point.



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#### Net and Wall Games

Children will:

Learn the importance of the 'ready position'.

Develop basic skills and learn how to play with a partner and against an opponent, in space and over a net.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Decision making Using simple tactics Recalling information Comprehension	Respect Communication  Honesty Fair play Determination	Throwing Catching Hitting a ball Tracking a ball Returning a ball



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#### Striking and Fielding Games

Children will:

Develop their basic understanding of striking and fielding games.

Learn to work alone, with a partner and as part of a team.

Learn how to score points using simple tack ticks whilst following the rules to games.

**Strike** – to hit the ball (with foot, racket or bat).

**Run** – to run between markers to score points.

**Field** – to stop and return the ball to end play.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Selecting skills Applying skills Decision making Using tactics	Communication Supporting others Communicating with others Consideration of others  Perseverance Honesty Fair play	Kicking Throwing Catching Retrieving a ball Tracking a ball Striking a ball



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Participate in team games, developing simple tactics for attacking and defending.

#### Team Building Games

Children will develop their communication, problem solving skills and teamwork through physical activity challenges. They will have the opportunity to work alone, with a partner and as part of a team.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Decision making Using tactics Providing instructions Planning Problem solving	Communication Sharing ideas Inclusion Encouraging others Supporting others  Confidence Trust Honesty	Fundamental movement skills



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Perform dances using simple movement patterns.

#### Dance

Children will begin to:

Explore their expressive movement through dance and topic links.

Choose their own actions in response to a stimulus.

Understand why it is important to count to music and use this in their dancing.

Copy, repeat and link actions together to create short sequences.

Work alone, with a partner and as part of a group to explore the dance idea.

Have the opportunity to perform and watch others dancing.

To give feedback using dance terminology.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Counting Observing Providing feedback Creating Selecting and applying actions	Cooperating with others Working with others Decision making with others Sharing ideas Communication Consideration Respect  Confidence Acceptance Working independently	Stillness Jump Turn Balance Travel Weight transfer



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#### KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

#### Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

#### Swimming and Water Safety

Pupil should be taught to:

- Swim competently, confidently and proficiently over a distance at least 25m.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.



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Developing the whole child:

KS2 Cognitive development Thinking - head	KS2 Affective development Feeling - heart	KS2 Physical development Doing - hands
<p>Apply a broader range of skills.</p> <p>Link skills to make actions and sequences of movement.</p> <p>Learn how to evaluate and recognise their own success.</p> <p>Compare and improve performance with previous ones.</p> <p>Apply basic principles for attacking and defending.</p>	<p>Enjoy communicating, collaborating and competing with each other.</p>	<p>Develop a broader range of skills, running, jumping, throwing and catching in isolation and in combination.</p> <p>Perform dances using a range of movement patterns.</p> <p>Develop flexibility, strength, technique, control and balance.</p>
Through: competitive games suitable for A&D, dance, OAA, swimming, gymnastics, athletics.		



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Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

#### Games - Invasion

An invasion game is used to describe any game where the objective is to attack the oppositions territory and score a goal or point. They are usually played between teams of equal players and these fast-paced games focus on teamwork, maintaining possession, scoring and defending.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Decision Making Planning strategies Selecting tactics Applying tactics Observing Providing feedback	Working safely Communication Collaboration Cooperation Respect Inclusive  Honesty Fair play Perseverance Confidence Empathy	Traveling Turning / Changing direction Passing Shooting Intercepting Tackling Dodging Blocking Attacking and Defending Goal keeping Game play

#### Sports Include:

- Football
- Basketball
- Netball
- Handball
- Dodgeball
- Tag Rugby
- Hockey

#### Extension Games

- Zone ball
- Bench ball
- Hoop ball
- Mat ball
- Blind Football





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#### Games - Net and Wall

Net and wall games are used to describe any game in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area whilst making it difficult for the opponent to return the object.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Decision making Understanding rules Selecting and applying skills Selecting and applying tactics Identifying strengths and areas for development Evaluating and improving	Communication Collaboration Respect Supporting others Encouraging others  Confidence Perseverance Honesty	Throwing and Catching Ready position Split step Grip Different striking shots – forehand, backhand, serve, volley, set, dig Contact point Advance and Retreat How to score points

#### Sports include:

- Tennis
- Table Tennis
- Badminton
- Squash
- Volleyball
- Sitting Volleyball



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#### Games - Striking and Fielding

Striking and Fielding Games are activities in which players score points by striking and object and running to a designated playing area or prevent opponents from scoring by retrieving the object and returning it to stop the play.

The main objective for the striking team is to hit the ball or object into an open space or playing area. The fielding team will attempt to return the ball or object before the striking team complete a run between 2 markers.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Observing Providing feedback Identifying how to improve Decision making Selecting skills Selecting and applying strategies Using tactics	Collaboration Communication Respect Supporting others Encouraging others Organising Self-managing a game  Perseverance Honesty Fair play Confident to take risks Managing emotion	Underarm and overarm throwing Catching Underarm and overarm bowling Fielding and tracking a ball Long and Short barrier Batting / Striking Game play

#### Sports include:

- Cricket
- Rounders

#### Extension Games

- Baseball
- Danish longball
- Football cricket
- 246 Cricket
- Scatter ball



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#### Games - Target

These are activities in which players send an object towards a target while avoiding any obstacles. By playing these games participants will learn and practice aim and accuracy as then send an object towards targets at different distances or of different sizes to accumulate the most points.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Selecting skills Applying skills Decision making Using tactics	Communication Supporting others Encouraging others Leadership  Perseverance Honesty Fair play	Aim and Target Hand eye coordination Striking Rolling Pull and Release

#### Sports include:

- Croquet
- Golf
- Archery
- Boccia
- Curling
- Bowling



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Develop flexibility, strength, technique, control and balance.

#### Athletics and Sportshall Athletics

Athletics is a group sporting events that involve competition, whether that be against others or striving for a Personal Best. It emphasises the importance of team competition, fair play and the fact that taking part and trying your hardest is just as important. This refers to the track and field events.

- Track - Running
- Field - Jumping
- Field - Throwing

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Observing and providing feedback Exploring ideas	Working collaboratively Supporting others Working safely Negotiating  Perseverance Determination	<b>Track</b> Sprint Run – 70m Long Distance Run – 400m Hurdles Relay Change Over Obstacle Relay Over and Under Relay Cross Country Running <b>Field</b> Standing Long Jump 5 Strides Triple Jump Vertical Jump Chest Push Foam Vortex Foam Javelin Shot Putt Discuss



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Develop flexibility, strength, technique, control and balance.

#### Fitness, Health and Wellbeing

The ability to meet the demands of the environment and relates to how physically demanding life is.

To understand how the body works, the importance of leading a healthy lifestyle and keep up activity over a period of time.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Identifying areas of strength Identifying areas for developing Analysing data	Working safely Supporting others Encourages others Working collaboratively  Perseverance Determination	Agility Balance Co-ordination Power Strength Stamina Speed Suppleness / Flexibility Reaction Time

#### This can be explored through:

- Circuit Training
- Rotations
- Obstacle courses
- HIIT Training
- Zumba
- Yoga
- Boxercise



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#### Gymnastics

Gymnastics is a sport that includes physical exercises and actions requiring, balance, strength, flexibility, agility and coordination.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Observing Providing feedback Selecting and applying actions Evaluating and improving	Collaboration Communication Respect Responsibility  Confidence	Still body shapes Animal travels Jumps Balances Rolls

Sequencing alone, with a partner in small groups.

Perform on the floor and on apparatus.

Perform using Unison and Cannon.

Perform using Copying and Mirroring techniques.

Perform with props – Rhythmic gymnastics.



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Perform dances using a range of movement patterns.

#### Dance

Dance, the movement of the body in a rhythmic way. The 5 elements of dance are Body, Action, Space, Time and Force. The body performs an action, in space and in time with force.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Selecting and applying actions Creating Observing Providing feedback Using feedback to improve	Working safely Sharing ideas Respect Consideration of others Inclusion of others Supporting others Leadership Collaboration Consolidation  Confidence Acceptance Empathy	Stillness Jump Turn Balance Travel Weight transfer  Body Action Space Time Force

Body – what is being used to perform? Body parts.

Action – what are you performing? Stillness, Jump, Turn, Balance, Travel or Weight Transfer?

Space – where are you performing? Level, direction, pathway. General, personal, relationships.

Time – When is movement performed? Changes in speed or rhythm? Unison / canon.

Force – How is the movement performed? Energy, weight and flow.

#### Dances from

- Different eras – Rock 'n' Roll, Charleston, Disco.
- Different countries – Bollywood, Country, Line, Carnival.
- Different environments – Jungle, Sea, Desert.
- Different times – Seasons, Weather, Life cycle.
- Cross curricular links – Maths, English, Science, Art, Music, ICT, Geography.
- Modern trends – Street dance, Cheerleading, Zumba, Strictly, Superheroes.



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Take part in outdoor and adventure activity challenges both individually and within a team.

#### Outdoor Adventure Activities

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Planning Decision making Predict Analyse Create Evaluate Map reading Problem solving Environmental awareness	Teamwork Trust Inclusion Communication Listening Responsibility Respect Fair play Confidence	Fundamental movement skills Agility Balance Coordination Use space in different ways Vary movement patterns

**Communicating and tactics** - Looking at the 5 types of communication:

- Verbal
- Non-verbal
- Written
- Listening
- Visual.

**Tactic** - Choosing an action, method or strategy carefully to achieve a planned particular goal.

**Problem solving** - The process of finding solutions to difficult or complex issues.

Looking at the 7 steps to achieving problem solving success:

- Identify the issues – what is the problem?
- Understand everyone's interests – listen to everyone's ideas
- List the possible solutions – make a list
- Evaluate the options
- Select an option
- Document the agreement – the plan of attack
- Agree on contingencies, monitoring and evaluation.

**Orienteering** An outdoor activity where you walk or run a course via a series of checkpoints, using a map for guidance.





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#### Swimming and Water Safety

Pupil should be taught to:

- Swim competently, confidently and proficiently over a distance at least 25m.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Whole child development includes:		
Cognitive – Thinking Head	Social and Emotional – Feeling Heart	Physical – Doing Hands
Creating actions Decision making Selecting skills Applying skills Using tactics	Cooperation Communication Supporting others Encouraging others Working safely  Confidence Comprehension Determination Challenge	Float Travel Submerge Kick with legs Pull with arms Glide Front crawl Back stroke Breaststroke Butterfly Sculling Rotation Surface dives Treading water HELP and huddle position Reach and rescue