

PE

EYFS ELG	ELG AREA PD - 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.	MS - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
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SET – Social, emotional, thinking skills

	Year R	Year 1 Year 2
Social	Objectives <ul style="list-style-type: none"> Take turns Learn to share equipment with others Share their ideas with others 	Objectives <ul style="list-style-type: none"> Encourages others to keep trying Talk to a partner about their ideas and take turns to listen Work with a partner and in small groups to play games and solve challenges
Vocabulary	Share , listen	Teamwork, co-operate, solve, instructions
Sticky knowledge	All children will: - Take turn and share equipment. -Share their ideas with others.	All children will: - Listen and share their own ideas and others - Work collaboratively

	Year R	Year 1 Year 2
Emotional	Objectives <ul style="list-style-type: none"> Try again if they do not succeed Practise skills independently Confident to try new tasks and challenges 	Objectives <ul style="list-style-type: none"> Show determination to continue working over a longer period of time Determined to complete the challenges and tasks set Explore Skills Independently before asking for help Confident to share ideas, contribute to class discussion and perform in front of others.
Vocabulary	Confidence	Independence, resilience, determination
Sticky knowledge	All children will: - Share Ideas - be Independent	All children will: - Share ideas - not give up easily - perform in front of others

	Year R	Year 1 Year 2
Thinking	Objectives <ul style="list-style-type: none"> Begin to identify personal successes Choose own movements and actions in response to simple tasks eg how to travel Begin to provide simple feedback about what they liked or though was good about someone else performance. 	Objectives <ul style="list-style-type: none"> Makes decisions when presented with a simple challenge Begin to select and apply skills to use in a variety of differing situations Provide feedback by using keywords from the lesson.
Vocabulary	personal	Challenge
Sticky knowledge	All children will: - Share what they liked about others performances and their own.	All children will: - Share what they liked about others performances using key vocabulary. - use skills and make personal decisions



FUNDAMENTAL MOVEMENT SKILLS – NC KS1 – Master basic movements including running, jumping and throwing as well as developing balancing, agility and coordination and begin to apply these in a range of activities

	Year R	Year 1	Year 2
Fundamental Movement skills (through fundamentals, fitness and Athletics)	Objectives Run and stop with some control. Jump and hop with bent knees. Throwing larger balls and beanbags into space. Explore skipping as a travelling action Balance whilst stationary and on the move. Change direction at a slow pace Explore moving different body parts together	Objectives Attempt to run at different speeds showing an awareness of technique. Begin to link running and jumping movements with some control. Perform a range of more complex jumps showing some technique. Jump, leap and hop and choosing which allows them to jump the furthest Throw towards a target Show some control and balance when travelling at different speeds Begin to show balance and co-ordination when changing direction	Objectives Show balance and co- ordination when running at different speeds Link running and jumping movements with some control and balance Change technique to throw for distance Show control and balance when travelling at different speeds Demonstrates balance and co- ordination when changing direction Performs actions with increased control when co- coordinating their body with and without equipment
Vocabulary	Run, stop, space , jump, balance , skip, push, safely	fast, hop, slow , direction, land , safely heart, mood, lungs, body, exercise	dodge, jog , hurdle, speed, steady, sprint, strong, pace, race
Sticky knowledge	All children will: <ul style="list-style-type: none"> • Be able to use movement skills with developing balance and co-ordination • Negotiate space safely. 	All children will: <ul style="list-style-type: none"> • Be able to change direction and run at different speeds, • Be able to show hopping and jumping movements. • Be able show balance and co- ordination when changing directions. 	All children will: <ul style="list-style-type: none"> • Be able to use coordination and balance when changing speed and direction • Use different techniques to throw at various distances. • Be able to show hopping and jumping movement with balance and control (individual skipping ropes)

Dance – NC KS1 – Perform dances using simple movement patterns

	Year R	Year 1	Year 2
Dance	Objectives Copy basic body actions and rhythms Choose and use travelling actions, shapes and balances Travel in different pathways using space around them Begin to use dynamics with expression with guidance Begin to count to music	Objectives Copy, remember and repeat actions Explore varying speeds to represent and idea Explore different pathways within my performance on my own and with a partner Perform on my own and with others Begin to use counts	Objective. Copy , remember and repeat a series of actions Select from a wider range of actions in relation to a stimulus Use pathways, levels, directions, speeds and timings with guidance. Use mirroring and unison when completing actions with a partner Show a character through actions dynamics and expression Use counts with help to stay in time with the music.
Vocabulary	Move, copy, space, shape, safely, copy , around , forwards, sideways , backwards	counts, pose, level, slow , fast , balance	mirror, action, pathway, direction, speed, timing
Sticky knowledge	All children will: -Be able to use movement skills with developing strength, balance and co-ordination .	All children will: - be able to copy, remember and repeat actions whilst using counts. - be able to work with others to share ideas and select actions	All children will: - be able to copy, remember, repeat and create dance phrases whilst staying in time with the music. - Show confidence and work with a partner using mirroring and unison.

Body Management – through Yoga and Gymnastics – NC KS1 Master basic movements as well as developing balance, agility and co-ordination.

	Year R	Year 1	Year 2
Yoga and Gymnastics	Objectives -Show shapes and actions that stretch their bodies - Create shapes showing a basic level of stillness using different parts of their bodies - Copy and link simple actions together -Begin to take weight on different body parts -Explore rocking and rolling -Explore jumping safely	Objectives -Perform balances making their body tense, stretched and curled. -Take body weight on hands for short periods of time. -Demonstrate poses and movements that challenge their flexibility -Remember, repeat and link simple actions together - Explore straight, tuck, straddle, pike shapes and yoga poses - Explore barrel straight and forward roll progressions	Objectives - Perform balances on different body parts with some control and balance -Take body weight on different body parts, with and without apparatus. -Show increased awareness of extension and flexibility in actions. -Copy, remember, repeat and plan linking simple actions with some control and technique. - Explore yoga poses, rolls and shape jumps and put into a sequence.
Vocabulary	move, copy, shape, over, rock, space, around, sideways, travel, forwards, backwards , safely	Action, direction, jump, speed, roll, level, point, balance, tuck, pike, straddle , breath, slowly, listen, feel	Link, pathway, sequence, speed, focus, position, pose, create, flow, choose
Sticky knowledge	All children will: <ul style="list-style-type: none"> Be able to use movement skills with developing strength, balance and co ordination Follow instructions involving several ideas or actions 	All children will: <ul style="list-style-type: none"> Be able to link simple actions together Remember and repeat actions and shapes Be able to use apparatus safely Be able to make their body tense, relaxed, stretched and curled. Be able to describe how their body feels 	All children will: <ul style="list-style-type: none"> Be able to plan, link and repeat actions with a simple sequence Be able to works safely with others and apparatus. Be able to use directions and levels to make my work look interesting. Be able to describe how their body feels and the benefit of exercise.



Games – through ball, skills, sending and receiving , invasion, net and wall and striking and fielding games.

NC – KS1 Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

	Year R	Year 1	Year 2
Games	Objectives <ul style="list-style-type: none"> - Drop and catch with two hands. - Move a ball with feet - Throw and roll a variety of beanbags and larger balls to space - Kick larger balls to space - Stop a beanbag or large ball sent to them using hands - Attempt to stop a large ball to them using feet - Hit a ball with hands - Run and stop when instructed - Move around showing limited awareness of others - Make simple decisions in response to a situation 	Objectives <ul style="list-style-type: none"> -Drop and catch a ball after one bounce on the move. -Move a ball using different parts of the foot. -Throw and roll towards a target with some varying techniques. Kick towards a stationary target Catch a beanbag and a medium-sized ball. Attempt to track balls and other equipment Strike a stationary ball using a racket. Run, stop and change direction with some balance and control. Recognise space in relation to others. Begin to use simple tactics with guidance. 	Objectives <ul style="list-style-type: none"> -Dribble a ball with two hands on the move -Dibble a ball with some success, stopping it when required. -Throw and roll towards a target using varying techniques with some success. -Show balance when kicking towards a target. -Catch an object passed to them, with and without a bounce. -Move to track a ball and stop it using feet with limited success. -Strike a ball using a racket. -Run, stop and change direction with balance and control. -Move to space to help score goals or limit others scoring. -Use simple tactics.
Vocabulary	Pass, team, tag, balance, safely, space, forwards, backwards, catch, throw, bounce, run, stop, throw, roll , kick	Partner, net, score, points, underarm, defender, dribbling, ready, position,	Overarm, underarm, collect, dribble, target, distance, received, send, team-mate, possession, goal, dodge, bounce pass, defend, receive , trap, against
Sticky knowledge	All children will: <ul style="list-style-type: none"> -Be able to explore sending an object with hands and feet - Explore catching to self and with a partner -Explore stopping a ball with hands and feet. 	All children will: <ul style="list-style-type: none"> - Be able to roll, throw and catch with some accuracy. - Be able to explore dribbling - Be able to use simple tactics 	All children will: <ul style="list-style-type: none"> -Be able to roll, throw and kick a ball to hit a target. - Be able to catch a range of objects with two hands and with and without a bounce. - Be able to dribble with control