

EVPA Physical Education Curriculum

Early Years Structure

Key Stage 1 readiness skills

- To negotiate space and obstacles safely, with consideration for themselves and others.
- To revise and refine a range of fundamental movement skills e.g. rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- To use a more fluent style of moving, developing control and grace.
- To develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education.
- To use their core muscle strength to achieve a good posture.
- To combine different movements with ease and fluency.
- To confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- To develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Organisation of knowledge:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Introduction to PE	Gymnastics	Net and Wall	Invasion Games	Striking and Fielding	Multiskills and Athletics

Key Stage 1 Structure

Physical Education skills to be developed across units:

- Movements skills, extending their agility, balance, coordination, individually and with others
- Movements skills, developing their running, jumping, throwing and catching
- To be able to engage in competitive and co-operative physical activities
- Perform dances using simple movement patterns

Disciplinary knowledge to be developed within all units:

1. What types of movement can I perform?
2. Can I perform a range of movements on my own and with others?
3. Can I perform a range of movements with balance, agility and co-ordination?
4. What games have I played with and against others?
5. Do I know how to work in a team with someone else?
6. What strategies do I know for winning a game?
7. Can I link simple movement patterns together to create a dance?

Organisation of knowledge:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Orienteering	Gymnastics	Net and Wall	Invasion Games	Striking and Fielding	Multiskills and Athletics

Key Stage 2 Structure

Physical Education skills to be developed across units:

- Linking skills to make actions and sequences of movement (e.g. running, jumping, throwing and catching)
- Communicating, collaborating and competing with and against each other.
- Apply principles of attacking and defending
- How to evaluate and compare performance, recognise success and achieve personal bests in physical activities and sports
- Flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns

Disciplinary knowledge to be developed within all units:

1. What types of actions and sequences can I perform?
2. Can I communicate and collaborate with others?
3. Can I compete with and against myself and others?
4. Can I evaluate and compare mine and others performances?
5. Can I plan and perform a range of movements with balance, agility and co-ordination?
6. What strategies do I know for attacking and defending?
7. Can I link a range of movement patterns together to create a dance?

Organisation of Knowledge:

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Orienteering	Gymnastics	Net and Wall	Invasion Games	Striking and Fielding	Multiskills and Athletics

Swimming (Year 3 and Year 4 Term 4 and Term 5)

Physical education skills to be developed across units:

- The ability to swim competently, confidently and proficiently over 25metres
- A range of strokes e.g. front crawl, backstroke and breaststroke
- Safe self-rescue in different water-based situations

Disciplinary knowledge to be developed within all units:

1. Can I swim 25m confidently?
2. Can I use a range of strokes effectively?
3. I can performs safe self-rescue in different water-based situations?