Physical Education: Our Golden Threads

Fundamental Movement	Dance	Games	Body management	Resilience, team and leadership skills
EYFS **Intro to PE** Can you listen to instructions and try your best when playing games and using equipment? **Fine motor skills** Can you use your hands and fingers to pick up, hold and move objects? **Locomotion** Can you move around the space in different ways like jumping, hopping and running?	**EYFS** Can you move your body to show how the music makes you feel?	**EYFS** **Ball skills** Can you roll, throw, catch or kick a ball to a partner or target?	**EYFS** **Stability** How can you keep your body still and balanced in different positions? **Yoga** How can you stretch and move your body like different animals or shapes? **Gym – high and low, travelling** How can you move your body in different ways, like hopping, jumping, and rolling?	**EYFS**
KS1 **Fundamentals of PE** Can you follow rules and work with others to play simple games fairly and safely? **Athletics** Can you run, jump, and throw using the correct technique to move as fast as you can? **Swimming (year 2)** Can you move through water using your arms and legs while staying afloat? **Object manipulation** Can you throw, catch and control different objects using your hands and feet?	**KS1** Can you copy and create simple dance moves that match the rhythm of the music?	**KS1** **Invasion games** Can you move into a space to receive a pass and keep the ball away from the other team? **Target games** Can you aim and send an object toward a target using the right amount of force? **Strike and field** an you hit a ball and try to run to a safe spot before the other team gets the ball? **Net and wall** How can you use your body to help hit the ball over the net?	**KS1** **Yoga** How can you hold different yoga poses and use your breath to stay calm and focused? **Gym – flight, stretching, pathways, spinning** How can you move your body in different ways to balance and travel?	**KS1**
LKS2 **Athletics** How can you improve your running, jumping or throwing by changing technique or speed? **Swimming** How can you use different swimming strokes to travel further and faster in the water?	**LKS2** How can you use different levels, directions, and speeds to make your dance more interesting?	**LKS2** **Netball ,Hockey, Basketball, handball (Invasion games)** How can you use passing, dribbling and defending skills to help your team keep possession and score points? **Tri-golf (target game)** How can you adjust your aim, power, and technique to get closer to the target or score more points? **Rounders, Cricket (Strike and field games)** How can you hit the ball into space and work with your team to stop the other players scoring?	**LKS2** **Gym – Rolling and travelling, pushing and pulling, arching** How can you combine different shapes and movements to create a sequence?	**LKS2** **OAA** How can you work with your team to solve challenges and find your way around an obstacle course or orienteering route?

		Tennis (Net and wall games) How can you use different shots to control where the ball goes in the game?		
UKS2 **Athletics** How can you use different strategies to improve your performance and compete effectively ub athletic events? **Swimming** How can you improve your swimming technique and stay safe in different water environments?	**UKS2** How can you combine movements and transitions to tell a story or express an idea through dance?	**UKS2** **Netball, Hockey, Basketball, handball (Invasion games)** How can you adapt your tactics and work as a team to outsmart the opposition during a game? **Tri-golf (target game)** How can you use strategies like positioning, timing and shot selection to outplay your opponent o hit the target more effectively? **Rounders, Cricket (Strike and field games)** How can you choose the best shot or fielding position to outplay the opposing team and prevent them from scoring? **Tennis (Net and wall games)** How can you use strategies and different techniques to outsmart your opponent in a net and wall game?	**UKS2** **Gym –counterbalance, sequencing, flight** How can you refine your technique and add creativity to your gymnastics sequence?	**UKS2** **OAA** How can you plan and lead your own route, using maps and strategies to overcome obstacles and challenges?