



# PE

## Programme of Study

Nursery	EYFS	Y1	Y2	Y3	Y4	Y5	Y6	Autumn 1
<p>Using the hall space in PE.</p> <p>Being able to move on different parts of the body and a different levels by following an adult model.</p> <p>Moving in different ways to music</p> <p>Circle Games e.g. Duck duck goose</p>	<p>Looking at moving the body.</p> <p>Yoga</p> <p>Different rhythms in music and dance.</p>	<p>Throwing and catching (Boccia) focus - <b>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</b></p>	<p>Burnley Football</p> <p>Team Games Slamball, invasion/end zones, dodgeball, ball games, throwing and catching, rugby and hockey.</p> <p><b>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</b></p> <p><b>Participate in team games, developing simple tactics for attacking and defending.</b></p>	<p>Team Games</p> <p><b>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</b></p> <p><b>I can use throwing and catching in isolation and in combination</b></p>	<p>Throwing and catching</p> <p><b>I can use running, jumping, throwing and catching in isolation and in combination.</b></p> <p><b>I can take part in outdoor and adventurous activity challenges both individually and within a team.</b></p>	<p>Swimming</p> <p><b>I can swim competently, confidently and proficiently</b></p> <p><b>Over a distance of at least 25 metres</b></p> <p><b>I can use a range of strokes effectively</b></p> <p><b>I can perform safe self-rescue in different water-based situations</b></p> <p>Team games</p> <p><b>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</b></p>	<p>Spiral Team games</p> <p><b>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</b></p> <p><b>I can use throwing and catching in isolation and in combination</b></p> <p><b>I can develop flexibility, strength, technique, control and balance - Yoga</b></p>	

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<p>Firework dance using BBC programme and Scarves.</p> <p>Colours in PE – use of scarves, hoops etc in games.</p> <p>Developing listening skills.</p> <p>Learning parachute games.</p> <p>Kicking skills – Shooting into a net.</p> <p>Begin daily mile activity in EYFS yard at Lunch time.</p> <p>Daily Squiggle and dance date</p>	<p>Teamwork</p> <p>Throwing, catching and balancing.</p> <p>Moving in different ways.</p>	<p>Gymnastics focus - <b>master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</b></p>	<p>Burnley Football</p> <p>Team Games</p> <p>Tennis, basket balls,</p> <p>Master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Skills for Team Games</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p> <p>I can use throwing and catching in isolation and in combination</p>	<p>Attacking and defending(hockey)</p> <p>I can play competitive games, modified where appropriate.</p> <p>I can apply basic principles suitable for attacking and defending.</p>	<p>Swimming</p> <p>I can swim competently, confidently and proficiently</p> <p>Over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively</p> <p>I can perform safe self-rescue in different water-based situations</p> <p>Team Games</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p> <p>I can use throwing and catching in</p>	<p>Spiral Physical Skills for team games</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p> <p>I can use throwing and catching in isolation and in combination</p> <p>I can develop flexibility, strength, technique, control and balance - Yoga</p>	Autumn 2

						isolation and in combination  I can develop flexibility, strength, technique, control and balance - Yoga		
<p>More ball skills.</p> <p>Possible soccer tots or equivalent</p> <p>Becoming more confident climbing stairs using single feet – do activities where we need to go upstairs to the family learning room – to visit different members of staff etc. Small groups to go and collect small items with adult to bring down</p> <p>Daily mile activity in EYFS yard at Lunch time</p> <p>Daily Squiggle and dance date</p>	<p>Identifying parts of the body through music.</p> <p>Yoga</p> <p>Moving in a range of ways.</p> <p>Personal space awareness.</p>	<p>Animal movement and dance focus</p> <p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>- perform dances using simple movement patterns.</p>	<p>Gymnastics and Dance</p> <p>Perform dances using simple movement patterns.</p> <p>Master basic movements including jumping as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p>Gymnastics/Dance</p> <p>I can develop flexibility, strength, technique, control and balance</p> <p>I can perform dances using a range of movement patterns</p>	<p>Burnley</p> <p>I can play competitive games, modified where appropriate.</p> <p>I can apply basic principles suitable for attacking and defending.</p>	<p>Swimming</p> <p>I can swim competently, confidently and proficiently</p> <p>Over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively</p> <p>I can perform safe self-rescue in different water-based situations</p> <p>Burnley</p> <p>I can develop flexibility, strength, technique, control and balance</p> <p>I can perform dances using a range of movement patterns</p>	<p>Spiral</p> <p>Gymnastics/Dance</p> <p>I can develop flexibility, strength, technique, control and balance</p> <p>I can perform dances using a range of movement patterns</p>	Spring 1
<p>Mini-beast movements. Dance</p> <p>Using the equipment to climb - over, under, on top of</p>	<p>The importance of exercise and healthy eating.</p>	<p>Dance focus</p> <p>- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</p>	<p>Team Games</p> <p>Master basic movements including throwing and catching, as well as developing balance, agility and</p>	<p>Dodge Ball, Cricket, Rounders</p> <p>I can take part in outdoor and adventurous activity challenges both</p>	<p>Burnley</p> <p>I can use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Swimming</p> <p>I can swim competently, confidently and proficiently</p> <p>Over a distance of at least 25 metres</p>	<p>Spiral</p> <p>Cricket Rounders</p> <p>I can take part in outdoor and adventurous activity challenges both</p>	Spring 2

		<p>co-ordination, and begin to apply these in a range of activities.</p> <p>- participate in team games, developing simple tactics for attacking and defending</p> <p>- perform dances using simple movement patterns.</p>	<p>co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>individually and within a team</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p>	<p>I can take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>I can use a range of strokes effectively</p> <p>I can perform safe self-rescue in different water-based situations</p> <p><b>Burnley</b></p> <p>I can take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p>	<p>individually and within a team</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p>	
Acting out different traditional tales using movement and equipment	<p>Adjusting direction and speed.</p> <p>Personal space awareness.</p> <p>Throwing, catching and balancing.</p>	<p>Multi skills focus - <b>master basic movements</b> including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p><b>Athletics</b></p> <p>Master basic movements including running, jumping,</p>	<p>Running/Jumping Athletic Style Activities</p> <p>I can use running and jumping in isolation and in combination</p> <p>I can take part in outdoor and adventurous activity challenges both</p>	<p><b>Yoga</b></p> <p>I can compare my performance with previous ones and demonstrate improvement to achieve my personal best. I can develop flexibility, strength, technique, control and balance.</p>	<p><b>Swimming</b></p> <p>I can swim competently, confidently and proficiently</p> <p>Over a distance of at least 25 metres</p> <p>I can use a range of strokes effectively</p>	<p><b>Spiral Running</b></p> <p>I can use running and jumping in isolation and in combination</p> <p>I can take part in outdoor and adventurous activity challenges both individually and</p>	<b>Summer 1</b>

		<p>- participate in team games, developing simple tactics for attacking and defending</p> <p>- perform dances using simple movement patterns.</p>		<p>individually and within a team – Burnley</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)</p>		<p>I can perform safe self-rescue in different water-based situations</p> <p>Zumba I can use running and jumping in isolation and in combination</p> <p>I can take part in outdoor and adventurous activity challenges both individually and within a team – Burnley</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) - Burnley</p>	<p>within a team - Burnley</p> <p>I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) - Burnley</p>	
<p>Animal movement Team games</p> <p>Nursery Sport Day Event (Muga) – activities for children and adults to participate in together.</p>	<p>Sports Day – practical time to learn the athletics skills.</p>	<p>Sticking and fielding (rounder's/cricket) focus</p> <p>- master basic movements including running, jumping, throwing and catching, as well as developing</p>	<p>Burnley Football</p> <p>Team Games Slamball, invasion/end zones, dodgeball, ball games, throwing and catching, rugby and hockey.</p>	<p>Outdoor Adventure Invasion Games</p> <p>I can compare my performance with previous ones and demonstrate improvement to achieve my personal best</p>	<p>Yoga</p> <p>I can take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Swimming I can swim competently, confidently and proficiently</p> <p>Over a distance of at least 25 metres</p>	<p>Spiral</p> <p>I can compare my performance with previous ones and demonstrate improvement to achieve my personal best</p>	<p>Summer 2</p>

		<p>balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <ul style="list-style-type: none"> <li>- participate in team games, developing simple tactics for attacking and defending</li> <li>- perform dances using simple movement patterns.</li> </ul>	<p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>		<p>I can perform dances using a range of movement patterns.</p> <p>I can compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>I can use a range of strokes effectively</p> <p>I can perform safe self-rescue in different water-based situations</p> <p><b>Athletics</b></p> <p>I can compare my performance with previous ones and demonstrate improvement to achieve my personal best</p>		
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