



## PE at Frosterley Primary School

<u>EYFS/KS1</u>	<u>Topic</u>	<u>Key Vocabulary</u>	<u>Key Knowledge/Skills</u>
Year A (2020-2021)	<b>Autumn</b> Socially distanced activities <b>Spring</b> Socially distanced activities <b>Summer</b> Socially distanced activities	Space, stretch, muscle, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, , games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll.	Develop fundamental movement skills, becoming increasingly confident and competent. Continue to apply and develop a broader range of skills  Master basic movements such as running, jumping, throwing and catching

<p>Year B (2021-2022)</p>	<p><b>Autumn</b> Dance - Machines Gymnastics - Assessing Level 1 and 2: Unit 1 Tasks 1 and 2 Games – Ten Point Hoops</p> <p><b>Spring</b> Dance - How Does It Feel? Games - Mini Tennis 1 Games - Kick Rounders</p> <p><b>Summer</b> OAA - Where Are We Going? Athletics - Honey Pot SWIMMING</p>	<p>Dance: Travel, Stillness, Direction Space, Body parts, Levels, Speed</p> <p>Gymnastics: Forwards, Backwards, Sideways, Roll, Slow, Body parts, Shape, Jump, Travel, Stretch, Wide, Narrow</p> <p>Games: Striking, Catching, Own space, Team, Speed, Direction, Passing, Controlling, Shooting, Scoring</p> <p>OAA: balance, counterbalance, timing, spotting, decision making competition</p> <p>Athletics: target, speed, take off, landing, underarm, obstacle, sprinting, , pace. distance, weight, height, fluency, javelin, technique, grip, stance, strike, power</p> <p>Swimming: Swim, unaided, strokes, movements, breathing, surface</p>	<p>Dance: develop fundamental movement skills. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations. Perform dances using simple movement patterns.</p> <p>Gymnastics: develop fundamental movement skills: balance, travel, roll and jump. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations.</p> <p>Games: develop fundamental movement skills including running, jumping, throwing and catching. Become increasingly competent and confident to extend their agility, balance and co-ordination. Engage in co-operative and competitive activities against self and others. Participate in team games, developing simple tactics for attack and defence</p> <p>OAA: Engage in co-operative physical activities in a range of increasingly challenging situations. Enjoy communicating and collaborating with each other. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Athletics: develop and begin to master fundamental movement skills; running, jumping, throwing. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations. Engage in competitive activities against self and others.</p> <p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self rescue in different water-based situations</p>
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<p>Year C (2022-2023)</p>	<p><b>Autumn</b> Games - Piggy in the Middle Gymnastics - Making Shapes Dance - Cat Dance</p> <p><b>Spring</b> Gymnastics - Families of Actions Games - Rolla Ball Dance - Moving Along</p> <p><b>Summer</b> Athletics - Colour Match OAA - Shipwrecked SWIMMING</p>	<p>Dance: Travel, Stillness, Direction Space, Body parts, Levels, Speed</p> <p>Gymnastics: Forwards, Backwards, Sideways, Roll, Slow, Body parts, Shape, Jump, Travel, Stretch, Wide, Narrow</p> <p>Games: Striking, Catching, Own space, Team, Speed, Direction, Passing, Controlling, Shooting, Scoring</p> <p>OAA: balance, counterbalance, timing, spotting, decision making competition</p> <p>Athletics: target, speed, take off, landing, underarm, obstacle, sprinting, , pace. distance, weight, height, fluency, javelin, technique, grip, stance, strike, power</p> <p>Swimming: Swim, unaided, strokes, movements, breathing, surface</p>	<p>Games: develop fundamental movement skills including running, jumping, throwing and catching. Become increasingly competent and confident to extend their agility, balance and co-ordination. Engage in co-operative and competitive activities against self and others. Participate in team games, developing simple tactics for attack and defence</p> <p>Gymnastics: develop fundamental movement skills: balance, travel, roll and jump. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations.</p> <p>Dance: develop fundamental movement skills. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations. Perform dances using simple movement patterns.</p> <p>Athletics: develop and begin to master fundamental movement skills; running, jumping, throwing. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations. Engage in competitive activities against self and others.</p> <p>OAA: Engage in co-operative physical activities in a range of increasingly challenging situations. Enjoy communicating and collaborating with each other. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performance with previous ones and demonstrate improvement to achieve their personal best .</p> <p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self rescue in different water-based situations.</p>
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<p>Year D (2023-2024)</p>	<p><b>Autumn</b> Games - Beanbag Throw Dance - Themes and Dreams</p> <p><b>Spring</b> Gymnastics - Assessing Level 1 / 2: Unit 2 Tasks 1 and 2 Games - 3 Touch Ball Multi-skills</p> <p><b>Summer</b> OAA - Gone Fishing Athletics - Furthest Five, Take Aim, And Pass the Baton, SWIMMING</p>	<p>Dance: Travel, Stillness, Direction Space, Body parts, Levels, Speed</p> <p>Gymnastics: Forwards, Backwards, Sideways, Roll, Slow, Body parts, Shape, Jump, Travel, Stretch, Wide, Narrow</p> <p>Games: Striking, Catching, Own space, Team, Speed, Direction, Passing, Controlling, Shooting, Scoring.</p> <p>OAA: balance, counterbalance, timing, spotting, decision making competition</p> <p>Athletics: target, speed, take off, landing, underarm, obstacle, sprinting, , pace. distance, weight, height, fluency, javelin, technique, grip, stance, strike, power</p> <p>Swimming: Swim, unaided, strokes, movements, breathing, surface</p>	<p>Games: develop fundamental movement skills including running, jumping, throwing and catching. Become increasingly competent and confident to extend their agility, balance and co-ordination. Engage in co-operative and competitive activities against self and others. Participate in team games, developing simple tactics for attack and defence.</p> <p>Gymnastics: develop fundamental movement skills: balance, travel, roll and jump. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations.</p> <p>Dance: develop fundamental movement skills. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations. Perform dances using simple movement patterns.</p> <p>OAA: Engage in co-operative physical activities in a range of increasingly challenging situations. Enjoy communicating and collaborating with each other. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p> <p>Athletics: develop and begin to master fundamental movement skills; running, jumping, throwing. Become increasingly competent and confident in extending their agility, balance and co-ordination, individually and with others in increasingly challenging situations. Engage in competitive activities against self and others.</p> <p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self rescue in different water-based situations.</p>
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<b>KS2</b>			
Year A (2020-2021)	<p><b>Autumn</b> Socially distanced activities</p> <p><b>Spring</b> Socially distanced activities</p> <p><b>Summer</b> Games: Tri-Golf Games - Arc Rounders OAA - Search and Rescue/ Where Am I? Games - Runners</p>	<p>Space, stretch, muscle, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, , games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll.</p> <p>Games: Keeping possession, Passing, Dribbling, Shooting, Support, Marking, Attackers/defenders , Marking Team play, Batting, Fielding, Bowler, Defending, Hitting, Offside, Pitch, Forehand/backhand</p> <p>OAA: Map reading, trust, problem-solving, symbols, retrace, self-confidence, orienteering, course, knot, Subject Specific:, non-verbal.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games: learn to use a broader range of skills in isolation and combination, linking actions together e.g. run, jump, catch. Enjoy communicating, collaborating and competing against each other. Play competitive games, modified where appropriate. Develop an understanding of how to improve having compared their performance with previous ones to achieve their personal best. Learn how to evaluate and recognise their own success.</p> <p>OAA: Engage in co-operative physical activities in a range of increasingly challenging situations. Enjoy communicating and collaborating with each other. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p>
Year B (2021-2022)	<p><b>Autumn</b> Games - Skittles Gymnastics - Assessing Level 2/3/4 Dance - Making the Grade Swimming</p> <p><b>Spring</b> Games - What a Racket! Dance - What's So Funny? Games - On the Attack</p>	<p>Swimming: Swim, unaided, strokes, movements, breathing, surface</p> <p>Games: Keeping possession, Passing, Dribbling, Shooting, Support, Marking, Attackers/defenders , Marking Team play, Batting, Fielding, Bowler, Defending, Hitting, Offside, Pitch, Forehand/backhand</p> <p>Gymnastics: stretch, push, pull step, spring, crawl, still, slowly, tall, long, forwards, high, low, roll, copy, jump, land, balance,</p>	<p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.</p> <p>Games: learn to use a broader range of skills in isolation and combination, linking actions together e.g. run, jump, catch. Enjoy communicating, collaborating and competing against each other. Play competitive games, modified where appropriate. Develop an understanding of how to improve having compared their performance with previous ones to achieve their personal best. Learn how to evaluate and recognise their own success</p> <p>Gymnastics: Learn to use a broader range of skills in isolation and combination, linking them to make sequences of</p>

	<p><b>Summer</b>  Athletics - Three Jump Challenge/  Faster, Higher, Further  OAA - Crystal Star Challenge/  Communication Challenge  and Safely Across  Games - Zone Rounders</p>	<p>Muscles, Joints,  Symmetrical/asymmetrical, Rotation,  Turn, Shape, Landing, Take-off, Flight,  Performance/evaluation</p> <p>Dance: Dance style, Technique, Pattern,  Rhythm, Variation, Unison  Canon, Action, Reaction</p> <p>Athletics: Rotation, relay, estimating,  exchange, muscles, propel, long  jump, high jump, bicep,  triceps, calf, quadriceps,  abdominals, hamstrings  triple jump, discus,  crouching, phase, torso,  assisted, unassisted, stamina, aerobic  capacity,  high intensity, sustain</p> <p>OAA: Map reading, trust,  problem-solving, symbols,  retrace, self-confidence, orienteering,  course,  knot, Subject Specific:, non-verbal</p>	<p>movement. Develop flexibility, strength, technique and control  and balance. Enjoy communicating and collaborating with  each other. Develop an understanding of how to improve and  learn to evaluate and recognise their own success having  compared their performance with previous ones.</p> <p>Dance: perform dances using a range of movement patterns.  Enjoy communicating and collaborating with each other.  Develop an understanding of how to improve and learn to  evaluate and recognise their own success, having compared  their performance with previous ones.</p> <p>Athletics: learn to use a broader range of skills in isolation  and combination. Enjoy competing against each other.  Develop an understanding of how to improve and learn to  evaluate and recognise their own success. Develop strength,  technique and control.</p> <p>OAA: Engage in co-operative physical activities in a range of  increasingly challenging situations. Enjoy communicating and  collaborating with each other. Take part in outdoor and  adventurous activity challenges both individually and within a  team. Compare their performance with previous ones and  demonstrate improvement to achieve their personal best .</p>
<p>Year C  (2022-2023)</p>	<p><b>Autumn</b>  Games - 3 Touch Ball  Gymnastics - Group Dynamics  Dance - Round the Clock  SWIMMING</p> <p><b>Spring</b>  Games - Run the Loop  Gymnastics - Partner Work  Games - Wide Attack</p>	<p>Swimming: Swim, unaided, strokes,  movements, breathing, surface</p> <p>Games: Keeping possession, Passing,  Dribbling, Shooting,  Support, Marking, Attackers/defenders ,  Marking  Team play, Batting, Fielding,  Bowler, Defending, Hitting,  Offside, Pitch, Forehand/backhand</p>	<p>Swimming: Swim competently, confidently and proficiently  over a distance of at least 25 metres. Use a range of strokes  effectively. Perform safe self rescue in different water-based  situations.</p> <p>Games: learn to use a broader range of skills in isolation and  combination, linking actions together e.g. run, jump, catch.  Enjoy communicating, collaborating and competing against  each other. Play competitive games, modified where  appropriate. Develop an understanding of how to improve  having compared their performance with previous ones to</p>

	<p><b>Summer</b>  Games - Mini Tennis 2  OAA - Beat the Clock and Electric Fence  Athletics - Off, Up and Away  Games - Target Baggers</p>	<p>Gymnastics: stretch, push, pull step, spring, crawl, still, slowly, tall, long, forwards, high, low, roll, copy, jump, land, balance,  Muscles, Joints,  Symmetrical/asymmetrical, Rotation, Turn, Shape, Landing, Take-off, Flight, Performance/evaluation</p> <p>Dance: Dance style, Technique, Pattern, Rhythm, Variation, Unison  Canon, Action, Reaction</p> <p>Athletics: Rotation, relay, estimating, exchange, muscles, propel, long jump, high jump, bicep, triceps, calf, quadriceps, abdominals, hamstrings  triple jump, discus, crouching, phase, torso, assisted, unassisted, stamina, aerobic capacity, high intensity, sustain</p> <p>OAA: Map reading, trust, problem-solving, symbols, retrace, self-confidence, orienteering, course, knot, Subject Specific:, non-verbal</p>	<p>achieve their personal best. Learn how to evaluate and recognise their own success.  Gymnastics: Learn to use a broader range of skills in isolation and combination, linking them to make sequences of movement. Develop flexibility, strength, technique and control and balance. Enjoy communicating and collaborating with each other. Develop an understanding of how to improve and learn to evaluate and recognise their own success having compared their performance with previous ones.</p> <p>Dance: perform dances using a range of movement patterns. Enjoy communicating and collaborating with each other. Develop an understanding of how to improve and learn to evaluate and recognise their own success, having compared their performance with previous ones</p> <p>Athletics: learn to use a broader range of skills in isolation and combination. Enjoy competing against each other. Develop an understanding of how to improve and learn to evaluate and recognise their own success. Develop strength, technique and control</p> <p>OAA: Engage in co-operative physical activities in a range of increasingly challenging situations. Enjoy communicating and collaborating with each other. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performance with previous ones and demonstrate improvement to achieve their personal best</p>
<p>Year D  (2023-2024)</p>	<p><b>Autumn</b>  Swimming  Gymnastics – Balancing Act  Games – Long and Thin or Short and Fat/ Pairs Cricket  Dance – Indian Delight</p>	<p>Swimming: Swim, unaided, strokes, movements, breathing, surface</p>	<p>Swimming: Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self rescue in different water-based situations.</p> <p>Games: learn to use a broader range of skills in isolation and combination, linking actions together e.g. run, jump, catch.</p>

	<p><b>Spring</b>  Gymnastics - Acrobatic  Gymnastics  Games – Calling the Shots  Games - Grid Rugby and  Tag Rugby</p> <p><b>Summer</b>  Games - Fives and Threes  Dance - Masquerade  OAA – Crystal Star Challenge  Athletics -Distance Challenge</p>	<p>Games: Keeping possession, Passing, Dribbling, Shooting, Support, Marking, Attackers/defenders , Marking  Team play, Batting, Fielding,  Bowler, Defending, Hitting,  Offside, Pitch, Forehand/backhand</p> <p>Gymnastics: stretch, push, pull  step, spring, crawl, still, slowly,  tall, long, forwards, high, low, roll, copy,  jump, land, balance,  Muscles, Joints,  Symmetrical/asymmetrical, Rotation,  Turn, Shape, Landing, Take-off, Flight,  Performance/evaluation</p> <p>Dance: Dance style, Technique, Pattern,  Rhythm, Variation, Unison  Canon, Action, Reaction</p> <p>Athletics: Rotation, relay, estimating,  exchange, muscles, propel, long  jump, high jump, bicep,triceps, calf,  quadriceps, abdominals, hamstrings  triple jump, discus, crouching, phase,  torso assisted, unassisted, stamina,  aerobic capacity, high intensity, sustain</p> <p>OAA: Map reading, trust,  problem-solving, symbols,  retrace, self-confidence, orienteering,  course, knot, Subject Specific:, non-  verbal</p>	<p>Enjoy communicating, collaborating and competing against each other. Play competitive games, modified where appropriate. Develop an understanding of how to improve having compared their performance with previous ones to achieve their personal best. Learn how to evaluate and recognise their own success.</p> <p>Gymnastics: Learn to use a broader range of skills in isolation and combination, linking them to make sequences of movement. Develop flexibility, strength, technique and control and balance. Enjoy communicating and collaborating with each other. Develop an understanding of how to improve and learn to evaluate and recognise their own success having compared their performance with previous ones</p> <p>Dance: perform dances using a range of movement patterns. Enjoy communicating and collaborating with each other. Develop an understanding of how to improve and learn to evaluate and recognise their own success, having compared their performance with previous ones.</p> <p>Athletics: learn to use a broader range of skills in isolation and combination. Enjoy competing against each other. Develop an understanding of how to improve and learn to evaluate and recognise their own success. Develop strength, technique and control</p> <p>OAA: Engage in co-operative physical activities in a range of increasingly challenging situations. Enjoy communicating and collaborating with each other. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p>
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