

Intent: To inspire and nurture all children to lead a healthy and active lifestyle.

EYFS/KS1 Key Skills (Fundamental Movement Skills):					
<i>Fundamental Movement Skills (FMS) come from the National Curriculum for Physical Education basic movement skills to be mastered by the end of KS1.</i>					
Agility	Balance	Throwing & Catching	Control & Coordination	Jumping & Landing	Travelling

KS2 Key Skills (Multi Skills through sports games & competition):					
<i>Multi Skills (MS) come from the National Curriculum for Physical Education...</i>					
Attack & Defence (Invasion)	Sending & receiving	Striking & fielding	Movement (Strength, agility and stamina)	Accuracy & reaction	Outdoor Adventurous Activity (OAA) <i>[see separate overview]</i>

Fundamental Movement Skill (FMS) & Multi Skills (MS) allocation: FMS and MS are allocated to each unit of learning based on the assessed key skills within each taught unit our PE Passport curriculum.

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS pupils should be taught about:						
Rec	<ul style="list-style-type: none"> Fundamental Movement Skills 1 	<ul style="list-style-type: none"> Locomotion 2 	<ul style="list-style-type: none"> Stability 2 	<ul style="list-style-type: none"> Object Manipulation 1 	<ul style="list-style-type: none"> Gymnastics: Flight 	<ul style="list-style-type: none"> Target Games 1
	FMS: Control & Coordination	FMS: Agility; Control & Coordination; Jumping & Landing; Travelling	FMS: Agility; Control & Coordination; Travelling	FMS: Agility; Control & Coordination	FMS: Balance; Jumping & Landing; Travelling; Control & Coordination; Agility	FMS: Travelling; Control & Coordination; Throwing & Catching
Key Stage 1 Pupils should be taught about:						
Year 1:	<ul style="list-style-type: none"> Fundamental Movement Skills 2 	<ul style="list-style-type: none"> Invasion Games Skills 1 	<ul style="list-style-type: none"> Net & Wall Skills 1 	<ul style="list-style-type: none"> Striking & Fielding 1 	<ul style="list-style-type: none"> Athletics 2 	<ul style="list-style-type: none"> Object Manipulation 2
	FMS: Agility; Balance; Control & Coordination; Jumping & Landing	FMS: Throwing & Catching; Travelling	FMS: Control & Coordination; Throwing & Catching	FMS: Throwing & Catching; Control & Coordination	FMS: Jumping & Landing; Agility; Balance; Coordination; Travelling; Throwing & Catching	FMS: Throwing & Catching; Travelling; Agility; Control & Coordination
	<ul style="list-style-type: none"> Gymnastics: Balancing & Spinning 	<ul style="list-style-type: none"> Target Games 2 	<ul style="list-style-type: none"> Dance: Animals 	<ul style="list-style-type: none"> Gymnastics: Rolling & Balancing 	<ul style="list-style-type: none"> Dance: Under the Sea 	<ul style="list-style-type: none"> Yoga
	FMS: Balance; Agility; Control & Coordination	FMS: Control & Coordination; Throwing & Catching	FMS: Travelling	FMS: Balance; Agility; Control & Coordination	FMS: Travelling; Control & Coordination; Balance	FMS: Balance
Year 2:	<ul style="list-style-type: none"> Social Distance 1 	<ul style="list-style-type: none"> Fundamental Skills 3 	<ul style="list-style-type: none"> Invasion Games Skills 2 	<ul style="list-style-type: none"> Target Games 3 	<ul style="list-style-type: none"> Striking & Fielding 2 	<ul style="list-style-type: none"> Athletics 2
	FMS: Balance; Agility; Control & Coordination	FMS: Travelling; Control & Coordination	FMS: Throwing & Catching; Control & Coordination	FMS: Travelling; Throwing & Catching	FMS: Throwing & Catching; Control & Coordination	FMS: Jumping & Landing; Agility; Balance; Coordination; Travelling; Throwing & Catching
	<ul style="list-style-type: none"> Gymnastics: Spinning, Tumbling & Twisting 	<ul style="list-style-type: none"> Net & Walls Games Skills 2 	<ul style="list-style-type: none"> Yoga: Story Book 	<ul style="list-style-type: none"> Dance: Great Fire of London 	<ul style="list-style-type: none"> Gymnastics: Pathways 	<ul style="list-style-type: none"> Dance: Mini Beasts
	FMS: Agility; Balance; Control & Coordination	FMS: Balance; Control & Coordination	FMS: Travelling; Balance	FMS: Travelling; Control & Coordination	FMS: Jumping & Landing; Travelling; Agility; Balance; Control & Coordination	FMS: Travelling; Control & Coordination
Key Stage 2 Pupils should extend their learning on the themes covered in KS1 and build on their knowledge about:						
Year 3:	<ul style="list-style-type: none"> Lacrosse 	<ul style="list-style-type: none"> Tag Rugby 	<ul style="list-style-type: none"> Netball 	<ul style="list-style-type: none"> Football 	<ul style="list-style-type: none"> Handball 	<ul style="list-style-type: none"> Rounders
	MS: Sending and receiving (external coach)	MS: Attack and defence	MS: Sending and receiving	MS: Attack and defence	MS: Accuracy and reaction	MS: Striking and fielding
	<ul style="list-style-type: none"> Dance: Romans 	<ul style="list-style-type: none"> Health Related Fitness 	<ul style="list-style-type: none"> Gymnastics: Linking Movements Together 	<ul style="list-style-type: none"> Dance: Vikings 	<ul style="list-style-type: none"> Gymnastics: Receiving Body Weight 	<ul style="list-style-type: none"> Athletics
MS: Movement	MS: Accuracy and reaction	MS: Movement	MS: Movement	MS: Movement, accuracy and reaction	MS: Movement, accuracy and reaction	

Indoors	Outdoors
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PE 7 Year Overview

Year 4	• Basketball	• Handball	• Dodgeball	• <u>Swimming</u>	• Tennis	• <u>Cricket</u>
	<i>MS:</i> Sending and receiving	<i>MS:</i> Attack and defence, accuracy and reaction	<i>MS:</i> Attack and defence	<i>MS:</i> Movement	<i>MS:</i> Accuracy and reaction	<i>MS:</i> Striking and fielding
	• Gymnastics: Rolling and Travelling Low	• Hockey	• Dance: Dance Around the World	• Gymnastics: Partner Work, Pulling & Pushing	• Dance: Egyptians	• Athletics
	<i>MS:</i> Movement	<i>MS:</i> Sending and receiving	<i>MS:</i> Movement	<i>MS:</i> Accuracy and reaction	<i>MS:</i> Movement, accuracy and reaction	<i>MS:</i> Movement, accuracy and reaction
Year 5	• Tag Rugby	• <u>Lacrosse</u>	• Netball	• Football	• <u>Badminton</u>	• Rounders
	<i>MS:</i> Attack and defence	<i>MS:</i> Sending and receiving and attack and defence	<i>MS:</i> Sending and receiving	<i>MS:</i> Attack and defence	<i>MS:</i> Sending and receiving	<i>MS:</i> Striking and fielding
	• Dance: Haka	• Health Related Fitness	• Gymnastics: Matching, Mirroring & Contrast	• Dance: British Values	• Gymnastics: Partner Work, Under & Over	• Athletics
	<i>MS:</i> Movement	<i>MS:</i> Movement	<i>MS:</i> Accuracy and reaction	<i>MS:</i> Movement	<i>MS:</i> Movement	<i>MS:</i> Accuracy and reaction
Year 6	• Basketball	• <u>Lacrosse</u>	• Dodgeball	• Health Related Fitness	• <u>Cricket</u>	• <u>Tennis</u>
	<i>MS:</i> Sending and receiving	<i>MS:</i> Attack and defence	<i>MS:</i> Accuracy and reaction	<i>MS:</i> Movement	<i>MS:</i> Striking and fielding	<i>MS:</i> Accuracy and reaction
	• Gymnastics: Flight	• Hockey	• Dance: Dance Through the Ages	• Gymnastics: Group Sequencing	• Dance: WW2	• Athletics
	<i>MS:</i> Movement	<i>MS:</i> Attack and defence	<i>MS:</i> Movement	<i>MS:</i> Movement	<i>MS:</i> Movement	<i>MS:</i> Accuracy and reaction

All PE Provision is aligned with the PE PASSPORT Planning and Assessment App

Underlined means this is externally taught

OAA (Outdoor and Adventurous Activities) will be covered on Visits, Residentials and Timetabled Provision within school e.g. Forset School