

Physical Development Foundation

Key vocabulary to be taught/ embedded

- Agility
- Balance
- Coordination
- Speed
- Space
- Awareness
- Control
- Equipment

Unit Objectives

This time children will...

- Move with increased agility, balance and coordination (ABC)
- Show awareness of space, themselves and others;
- Develop familiarity with a variety of small games equipment
- Recognise the importance of keeping healthy and some things that contribute to this
- Recognise some changes that happen to their bodies when they are active

Success Criteria

- Walk, run, jump and land safely
- Balance beanbags on my body
- Run when carrying a ball
- Aim and roll a ball to hit a cone
- Listen carefully to the teacher
- Play with different games equipment
- Move on my hands and feet at the same time
- Avoid bumping into children when moving
- Enjoy playing games with friends

KS1 National Curriculum links

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Dance

Prior Learning (skills and knowledge)

In EYFS children should have learnt to:

- Move with increased agility, balance and coordination (ABC)
- Show awareness of space, themselves and others
- Develop familiarity with a variety of small games equipment
- Recognise the importance of keeping healthy and some things that contribute to this
- Recognise some changes that happen to their bodies when they are active

Unit Objectives

This time children will...

- explore movement ideas and respond imaginatively to a range of stimuli;
- move confidently and safely in their own and general space, using changes of speed, level and direction
- compose and link movement phrases to make simple dances with clear beginnings, middles and ends
- perform movement phrases using a range of body actions and body parts
- recognise how their body feels when still and when exercising
- talk about dance ideas inspired by different stimuli;
- copy, watch, and describe dance movement.

Success criteria

- Join 2 movements with different actions
- Copy my teachers movements
- Think of and use my own ideas for movement
- Copy others movements
- Choose movements to link together
- Create a dance that has a beginning, middle and end
- Use different movements in my dance
- Practise and repeat my movements with good control
- Understand words such as movement, phrase and gesture and use these when I talk about my dance

Key vocabulary

- **Movement**
- **Expression**
- **Explore**
- **Sequence**
- **Performance**
- **Control**
- **Position**

KS1 National Curriculum links

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Athletics

Prior Learning (skills and knowledge)

In EYFS children should have learnt to:

- Move with increased agility, balance and coordination (ABC)
- Show awareness of space, themselves and others
- Develop familiarity with a variety of small games equipment
- Recognise the importance of keeping healthy and some things that contribute to this
- Recognise some changes that happen to their bodies when they are active

Unit Objectives

This time children will...

- Repeat and explore simple running, jumping and throwing actions with control and coordination.
- Select appropriate actions and link them in ways that suit the activities
- Discuss their own and others' running, jumping and throwing actions and suggest improvements
- Suggest reasons why warming up and cooling down are important and why physical activity is good for health.

Success criteria

- understand the basic technique for distance running
- react quickly to a stimulus/command
- perform jumps for distance with different take-offs and landings
- perform a push throw for distance, with accuracy
- understand the basic principles and technique of a push throw
- work cooperatively as part of a team;
- practise and improve running [speed], jumping for distance and the push throw

Key vocabulary

- **Running**
- **Jumping**
- **Throwing**
- **Technique**
- **Distance**
- **Accuracy**
- **Direction**

KS1 National Curriculum links

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Dance

Prior Learning (skills and knowledge)

In Year 1 children should have learnt to:

- explore movement ideas and respond imaginatively to a range of stimuli;
- move confidently and safely in their own and general space, using changes of speed, level and direction
- compose and link movement phrases to make simple dances with clear beginnings, middles and ends
- perform movement phrases using a range of body actions and body parts
- recognise how their body feels when still and when exercising
- talk about dance ideas inspired by different stimuli;
- copy, watch, and describe dance movement.

Unit Objectives

This time children will...

- explore, remember, repeat and link a range of agility, balance and coordination
- develop an awareness of the expressive qualities of the dance
- compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings;
- recognise and describe how different dance activities make them feel;
- understand the importance of warming up and cooling down
- watch and describe dance phrases and dances, and use what they learn to improve their own work

Success criteria

- Explore movement skills, actions and ideas
- Remember and repeat skills and actions
- Vary the way I perform different skills and movement phrases
- Explore, practice and improve movement skills, actions and ideas
- Remember and repeat linked skills and actions with improved control
- Watch others performing and describe and copy what they have done
- Use new skills to improve the quality of my work

Key vocabulary

- **Movement**
- **Expression**
- **Explore**
- **Sequence**
- **Performance**
- **Control**
- **Position**
- **Direction**

KS1 National Curriculum links

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Athletics

Prior Learning (skills and knowledge)

In Year 1 children should have learnt to:

- Move confidently and safely in their own and general space
- Using changes of speed, level and direction
- Copy or create and link movement phrases with a beginning, middle and end
- Perform movement phrases using a range of body actions and body parts
- Know how to carry and place apparatus
- Recognise how their body feels when still and exercising
- Watch, copy and describe what they and others have done

Unit Objectives

This time children will...

- Repeat and explore simple running, jumping and throwing actions with control and coordination.
- Select appropriate actions and link them in ways that suit the activities
- Discuss their own and others' running, jumping and throwing actions and suggest improvements
- Suggest reasons why warming up and cooling down are important and why physical activity is good for health.

Success criteria

- understand the basic technique for distance running
- react quickly to a stimulus/command
- perform jumps for distance with different take-offs and landings
- perform a push throw for distance, with accuracy
- understand the basic principles and technique of a push throw
- work cooperatively as part of a team;
- practise and improve running [speed], jumping for distance and the push throw

Key vocabulary

- **Running**
- **Jumping**
- **Throwing**
- **Technique**
- **Distance**
- **Accuracy**
- **Direction**

KS1 National Curriculum links

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Net Games

Prior Learning (skills and knowledge)

In Year 2 children should have learnt to:

- remember, repeat and link combinations of gymnastic actions, body shapes and balances with control
- recognise and describe what their bodies feel like during different types of activity
- Improve their work using information they have gained by watching, listening and investigating
- Lift, move and place equipment safely

Unit Objectives

This time children will...

- Consolidate and develop the range and consistency of their skills in net games
- Choose and use a range of simple tactics and strategies
- Keep, adapt and make rules for net games
- Know why warming up is important
- Recognise how playing affects their bodies
- Recognise what skilful play looks like
- Suggest ideas and practises to improve their play

Success criteria

- Send a ball/beanbag with more accuracy
- Keep a game going with my partner
- Understand the rules we are using in a game
- Perform the forehand shot
- Perform the backhand shot
- Understand what I need to do to score
- Understand what I need to do to stop my partner from scoring

Key vocabulary

- Grip
- Accuracy
- Forehand
- Backhand
- Ball
- Racket
- Bounce
- Scoring

KS2 National Curriculum links

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Athletics

Prior Learning (skills and knowledge)

In Year 2 children should have learnt to:

- remember, repeat and link combinations of gymnastic actions, body shapes and balances with control
- recognise and describe what their bodies feel like during different types of activity
- Improve their work using information they have gained by watching, listening and investigating
- Lift, move and place equipment safely

Unit Objectives

This time children will...

- Repeat and explore simple running, jumping and throwing actions with control and coordination.
- Select appropriate actions and link them in ways that suit the activities
- Discuss their own and others' running, jumping and throwing actions and suggest improvements
- Suggest reasons why warming up and cooling down are important and why physical activity is good for health.

Success criteria

- understand the basic technique for distance running
- react quickly to a stimulus/command
- perform jumps for distance with different take-offs and landings
- perform a push throw for distance, with accuracy
- understand the basic principles and technique of a push throw
- work cooperatively as part of a team;
- practise and improve running [speed], jumping for distance and the push throw

Key vocabulary

- **Running**
- **Jumping**
- **Throwing**
- **Technique**
- **Distance**
- **Accuracy**
- **Direction**

KS2 National Curriculum links

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- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Net Games

Prior Learning (skills and knowledge)

In Year 3 children should have learnt to:

- Develop batting, bowling, throwing and catching skills
- Select from a range of skills acquired when playing competitive striking and fielding games
- Develop a greater understanding of attack and defence in striking and fielding games
- Understand and apply rules in striking and fielding games
- Understand the importance of warming up before physical activity
- Recognise what is successful in their own and others performance and suggest how it can be improved

Unit Objectives

This time children will...

- Consolidate and develop the range and consistency of their skills in net games
- Choose and use a range of simple tactics and strategies
- Keep, adapt and make rules for net games
- Know why warming up is important
- Recognise how playing affects their bodies
- Recognise what skilful play looks like
- Suggest ideas and practises to improve their play

Success criteria

- Send a ball/beanbag with more accuracy
- Keep a game going with my partner
- Understand the rules we are using in a game
- Perform the forehand shot
- Perform the backhand shot
- Understand what I need to do to score
- Understand what I need to do to stop my partner from scoring

Key vocabulary

- Grip
- Accuracy
- Forehand
- Backhand
- Ball
- Racket
- Bounce
- Scoring

KS2 National Curriculum links

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Athletics

Prior Learning (skills and knowledge)

In Year 3 children should have learnt to:

- Consolidate and improve the quality of actions, body shapes and balances
- Link phrases of movement more skilfully
- Select appropriate actions and use simple compositional ideas
- Know the importance of suppleness and strength
- Describe and evaluate the effectiveness and quality of a performance
- Recognise how their own performance has improved
- Recognise and describe the short term effects of exercise on the

Unit Objectives

This time children will...

- Repeat and explore simple running, jumping and throwing actions with control and coordination.
- Select appropriate actions and link them in ways that suit the activities
- Discuss their own and others' running, jumping and throwing actions and suggest improvements
- Suggest reasons why warming up and cooling down are important and why physical activity is good for health.

Success criteria

- understand the basic technique for distance running
- react quickly to a stimulus/command
- perform jumps for distance with different take-offs and landings
- perform a push throw for distance, with accuracy
- understand the basic principles and technique of a push throw
- work cooperatively as part of a team;
- practise and improve running [speed], jump-

Key vocabulary

- **Running**
- **Jumping**
- **Throwing**
- **Technique**
- **Distance**
- **Accuracy**
- **Direction**

KS2 National Curriculum links

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Net Games

Prior Learning (skills and knowledge)

In Year 4 children should have learnt to:

- Acquire and develop a range of skills in batting, bowling and fielding
- Develop and apply a greater understanding of the rules and tactics involved in playing striking and fielding games
- Develop a greater understanding of fitness and health and relate this to the games they play
- Recognise their own and others strengths in playing striking and fielding games
- Be able to identify what they need to improve in their own performance and discuss ways of doing this

Unit Objectives

This time children will...

- develop the range and consistency of their skills, especially in specific net games
- use and adapt rules, strategies and tactics, using their knowledge of basic principles of attack and defence
- know why warming up and cooling down are important
- know how physical activity affects their health
- evaluate performances, explain what needs improving in their own and others' work, and suggest possible improvements.

Success criteria

- Hit the ball using forehand
- Hit the ball using backhand
- Perform an overhead shot
- Keep games going with a partner
- Apply my knowledge and skills to different net games
- Understand the rules of net games
- Understand the purpose of warming up
- Understand the rules we are using in our games

Key vocabulary

- **Backhand**
- **Forehand**
- **Racket**
- **Ball bounce**
- **Timing**
- **Technique**
- **Positioning**
- **Tactics**
- **Scoring** * develop the range and consistency of

KS2 National Curriculum links

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Athletics

Prior Learning (skills and knowledge)

In Year 4 children should have learnt to:

- Consolidate and improve the quality of actions, body shapes and balances
- Link phrases of movement more skilfully
- Select appropriate actions and use simple compositional ideas
- Know the importance of suppleness and strength
- Describe and evaluate the effectiveness and quality of a performance
- Recognise how their own performance has improved
- Recognise and describe the short term effects of exercise on the

Unit Objectives

This time children will...

- Repeat and explore simple running, jumping and throwing actions with control and coordination.
- Select appropriate actions and link them in ways that suit the activities
- Discuss their own and others' running, jumping and throwing actions and suggest improvements
- Suggest reasons why warming up and cooling down are important and why physical activity is good for health.

Success criteria

- understand the basic technique for distance running
- react quickly to a stimulus/command
- perform jumps for distance with different take-offs and landings
- perform a push throw for distance, with accuracy
- understand the basic principles and technique of a push throw
- work cooperatively as part of a team;
- practise and improve running [speed], jump-

Key vocabulary

- **Running**
- **Jumping**
- **Throwing**
- **Technique**
- **Distance**
- **Accuracy**
- **Direction**

KS2 National Curriculum links

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Net Games

Prior Learning (skills and knowledge)

In Year 5 children should have learnt to:

- Acquire and develop a range of skills in batting, bowling and fielding
- Develop and apply a greater understanding of the rules and tactics involved in playing striking and fielding games
- Develop a greater understanding of fitness and health and relate this to the games they play
- Recognise their own and others strengths in playing striking and fielding games
- Be able to identify what they need to improve in their own performance and discuss ways of doing this

Unit Objectives

This time children will...

- develop the range and consistency of their skills, especially in specific net games
- use and adapt rules, strategies and tactics, using their knowledge of basic principles of attack and defence
- know why warming up and cooling down are important
- know how physical activity affects their health
- evaluate performances, explain what needs improving in their own and others' work, and suggest possible improvements.

Success criteria

- Hit the ball using forehand
- Hit the ball using backhand
- Perform an overhead shot
- Keep games going with a partner
- Apply my knowledge and skills to different net games
- Understand the rules of net games
- Understand the purpose of warming up
- Understand the rules we are using in our games

Key vocabulary

- **Backhand**
- **Forehand**
- **Racket**
- **Ball bounce**
- **Timing**
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- **Positioning**
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KS2 National Curriculum links

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
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- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Athletics

Prior Learning (skills and knowledge)

In Year 5 children should have learnt to:

- Perform actions, shapes and balances consistently and fluently
- Understand and perform actions relating to symmetry, asymmetry, twisting, turning and rotation
- Choose and apply basic compositional ideas to the sequences and adapt them to new situations
- Know and understand the basic principles of a warm up
- Understand why physical activity is good for their health
- Choose and use information and criteria to evaluate their own and others work

Unit Objectives

This time children will...

- Repeat and explore simple running, jumping and throwing actions with control and coordination.
- Select appropriate actions and link them in ways that suit the activities
- Discuss their own and others' running, jumping and throwing actions and suggest improvements
- Suggest reasons why warming up and cooling down are important and why physical activity is good for health.

Success criteria

- understand the basic technique for distance running
- react quickly to a stimulus/command
- perform jumps for distance with different take-offs and landings
- perform a push throw for distance, with accuracy
- understand the basic principles and technique of a push throw
- work cooperatively as part of a team;
- practise and improve running [speed], jump-

Key vocabulary

- **Running**
- **Jumping**
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- **Technique**
- **Distance**
- **Accuracy**
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- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best