



Oakfield Primary School Autumn Medium Term Wider Curriculum Plan - PE

EYFS: Physical Development

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Gym Body Management To know how to use small and large body parts whilst beginning to balance with control. To begin to know what a static position is. To begin to know how to copy and link static positions. To begin to know what a sequence is. To begin to know how to perform. To begin to know how to perform a copied sequence with support. Locomotion To know how to use different ways to move (forwards and sideways) To begin to know what it means to show control when moving. To begin to know how to use control when moving. To know what it means to change direction.	Gym Body Management To know how to perform sequences. To know how to link static positions. To know how to perform a copied sequence. To know how to alter and adapt a sequence and perform these. Object Control To know what the basic principles are of sending and receiving. To know the terms; looking, power and control. To know how what an effective striking technique is. To know how to apply effective striking technique. To know how to roll with accuracy.	Gym Body Management To know a range of balances using different body parts. To know how to balance using different body parts. To know how to demonstrate a range of balances using different body parts. To know what an apparatus is. To know which apparatus is best for balance and control. To know how to use a piece of apparatus to balance. To know how to use a bench to balance. To know how to perform a copied sequence using apparatus and to adapt or alter the sequence. Invasion Games To know what an 'invasion is'	Gym Body Management To know a variety of balances. To know how to balance with a partner. To know how to perform a variety of balances with a partner. To know what a mirroring balance is. To know how to mirror balance with a partner. To know how to create a sequence showing mirroring balances. To know what it means to refine and improve. To know how to refine and improve sequences based on feedback from teachers and peers. Invasion Games To begin to know what 'shooting' is in relation to	Gym Body Management To know how to perform sequenced balances with a partner on an apparatus. To know what it means to self evaluate. To know how to self evaluate a sequence and make improvements. To know how to canon (take in turns to perform) To know how to use mirror and canon to perform with a partner. Invasion Games To know what it means to shoot. (ball games) To know how to shoot with accuracy. To know how to apply evasive movements to a game situation with increasing accuracy. To know what the term, tactic means. To know how to develop an awareness of tactics. Gym Floor To know and refine how to	Gym Body Management To know how to create, perform and adapt sequenced balances using apparatus in a group. To know how to evaluate. To know how to evaluate an original sequence and make adaptations. To know what is meant by unison. To know how to use mirror, canon and unison to perform a sequence with a group. Invasion Games To know how to apply the strategies of attacking and defending to develop their own invasion game. To refine and adapt own invasion game in response to peer and self-evaluation. Gym Floor To know how to perform a cartwheel with accuracy. To know how to select with intent - steps, rolls, spins, balance, cartwheels and an apparatus to create a group 10 part sequence. To know what unison is.

	<p>To know how to ensure spatial awareness when changing direction when moving.</p> <p>Gym Floor</p> <p>To know different levels in travel.</p> <p>To know how to copy a balance, roll balance.</p> <p>To know how to perform a simple copied sequence balance-roll balance.</p> <p>To know what an egg and log roll is.</p> <p>To know how to perform log and egg rolls.</p> <p>Indoor Athletics</p> <p>To know how to jump for height.</p> <p>To know how to jump for height in a variety of different ways.</p> <p>To know how to run.</p> <p>To know how to run varying speed.</p> <p>To know how to run in a straight line.</p> <p>To know and have an awareness of speed when running in a straight line.</p> <p>To begin to know how to throw underarm.</p> <p>To begin to know how to use an appropriate amount of underarm power/strength to throw a range of equipment.</p>	<p>To know how to bounce a ball.</p> <p>To know how to bounce and catch a ball accurately to self.</p> <p>Gym Floor</p> <p>To know a variety of different levels in travel.</p> <p>To know what makes up a 3 part sequence.</p> <p>To know how to perform a copied 3 part sequence(step, balance, roll) independently.</p> <p>To know how to extend 3 part to 5 part sequence.</p> <p>To know what a dish and hollow roll is.</p> <p>To know how to perform dish and hollow, egg and log independently.</p> <p>Indoor Athletics</p> <p>To know how to refine a jump for height.</p> <p>To know what it means to jump for distance.</p> <p>To know how to jump for distance.</p> <p>To know what effective and correct running is.</p> <p>To know how to run effectively and</p>	<p>To begin to know how to play invasion games.</p> <p>To begin to know what it means to attack and defend.</p> <p>To begin to know and apply the principal of attacking and defending.</p> <p>To know what an evasive movement is.</p> <p>To know how to use evasive movements.</p> <p>To know how to use evasive movements and move in different directions.</p> <p>Gym Floor</p> <p>To know what a teddy bear roll is.</p> <p>To know what a forward roll is.</p> <p>To know what a side roll is.</p> <p>To know how to perform a teddy bear roll.</p> <p>To begin to know how to perform a forward roll.</p> <p>To begin to know how to perform a side roll.</p> <p>To know how to perform a roll/balance sequence with a partner.</p> <p>To know how to create a 5-part paired sequence.</p> <p>To know a range of apparatus.</p> <p>To know how to use a range of apparatus in a sequence.</p> <p>Indoor Athletics</p>	<p>ball games.</p> <p>To begin to know how to use the correct technique for shooting.</p> <p>To begin to know how the strategies of attack and defence is used in a game situation.</p> <p>Gym Floor</p> <p>To know how to refine teddy bear, dish and hollow roll.</p> <p>To know how to forward roll and backward roll.</p> <p>To know how to control a spin.</p> <p>To know how to spin to change direction.</p> <p>To know how to create a 5-part sequence using controlled spins to change direction.</p> <p>Indoor Athletics</p> <p>To know what a standing long jump is.</p> <p>To know how to complete a standing long jump with accuracy.</p> <p>To know how to evaluate their jump.</p> <p>To know what will make their jump higher or further.</p> <p>To know how to improve their jump in order to jump further and higher.</p> <p>To know which technique to apply when running a selection of races.</p> <p>To know what a sling throw</p>	<p>forward and backwards roll.</p> <p>To know what a cartwheel is.</p> <p>To know how to perform a cartwheel.</p> <p>To know how to combine steps; rolls, spins, balance and cartwheel. & part sequence.</p> <p>To know what it means to 'mirror'</p> <p>To know what it means to 'canon'</p> <p>To know how to use mirror and canon with a partner.</p> <p>To know how to use mirror and canon with a partner to perform.</p> <p>Indoor Athletics</p> <p>To know how to increase power of a jump.</p> <p>To know how to increase power and accuracy of a jump.</p> <p>To know how to speed bounce.</p> <p>To know how to jump to catch something.</p> <p>To know how to bench jump.</p> <p>To know how to sprint.</p> <p>To know how to apply the principles of sprinting to a team race.</p> <p>To begin to know what pace is.</p> <p>To begin to know what endurance is.</p> <p>To begin to know how pace and endurance affects running for distance.</p> <p>To know and refine throwing techniques.</p> <p>To know how to select an appropriate throwing technique for a sling-throw using quoits.</p>	<p>To know how to use mirror, canon and unison to perform a sequence with a group.</p> <p>Indoor Athletics</p> <p>To know how to select the most appropriate running and jumping technique for the desired outcome.</p> <p>To know how to use evaluation and improve a performance effectively.</p> <p>To know how pace and endurance effects running for distance and apply to own running.</p>
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		<p>correctly.</p> <p>To know how to apply this running to a race.</p> <p>To know how to use an appropriate amount of underarm strength/power to throw a range of equipment.</p>	<p>To know how to hop for distance.</p> <p>To know what it means to link movements.</p> <p>To know how to link movements together using hopping, jumping for distance.</p> <p>To know what an obstacle and relay race is.</p> <p>To know how to vary speed to complete an obstacle and relay race.</p> <p>To know how to choose the correct technique for running at speed.</p>	<p>is.</p> <p>To begin to select appropriate techniques for a sling throw using a range of equipment.</p>		
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