



## Oakfield Primary School Long 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	<b>Gym Body Management</b> Knowledge of using small and large body parts and beginning to use control. <b>Locomotion</b> Knowledge to move in a variety of directions with control and link movements. <b>Gym Floor</b> Knowledge of performing a copied sequence with rolls. <b>Indoor Athletics</b> Knowledge of jumping for height, running in a straight line and understanding an underarm throw.	<b>Gym Body Management</b> Knowledge of linking static movements and altering given sequence. <b>Object Control</b> Knowledge of sending and receiving and balancing objects. <b>Gym Floor</b> Knowledge of altering a sequence and performing 3 different rolls. <b>Indoor Athletics</b> Knowledge of jumping for distance, applying running technique and refining an underarm throw.	<b>Gym Body Management</b> Knowledge of incorporating apparatus work within a copied and adapted sequence. <b>Invasion Games</b> Knowledge of using evasive movements. <b>Gym Floor</b> Knowledge of creating a 5 part sequence incorporating rolls and balances. <b>Indoor Athletics</b> Knowledge of linking movements using hopping, jumping and distance.	<b>Gym Body Management</b> Knowledge of mirror balancing and refining and improving performance. <b>Invasion Games</b> Knowledge of attack and defence. <b>Gym Floor</b> Knowledge of creating a 5 part sequence with spins and rolls. <b>Indoor Athletics</b> Knowledge of jumping further and higher, awareness different techniques and applying sling throw.	<b>Gym Body Management</b> Knowledge of applying assessment to improve performance. <b>Invasion Games</b> Knowledge of applying attack and defence. <b>Gym Floor</b> Knowledge of combining steps, rolls, spins, balances and cartwheels. <b>Indoor Athletics</b> Knowledge of increasing power and accuracy in a jump, applying sprinting technique and refine throwing technique.	<b>Gym Body Management</b> Knowledge of applying different techniques in partner work and using assessment to continually improve performance. <b>Invasion Games</b> Knowledge of applying attack and defence when devising own game making adaptations and refinements. <b>Gym Floor</b> Knowledge of combining steps, rolls, spins, balances and cartwheels in group work. <b>Indoor Athletics</b> Knowledge of evaluation to improve own performance effectively.
Spring	<b>Performance Dance</b> Knowledge of how to link two movements in a sequence. <b>Interpretative Dance</b>	<b>Performance Dance</b> Know how to use elements of dance with a partner creating a sequence.	<b>Performance Dance</b> Knowledge of performing a sequence and beginning to know how to evaluate a performance. <b>Interpretative Dance</b>	<b>Performance Dance</b> Knowledge of working effectively in a group and incorporating different dance techniques.	<b>Performance Dance</b> Knowledge of how to create their own narrative by using choreographic principles with a partner	<b>Performance Dance</b> Knowledge of how to create their own narrative by using choreographic principles with a

	<p>Knowledge of beginning to use awareness of space and direction in order to link two movements when responding to stimuli.</p> <p><b>Gym Flight</b> Knowledge of beginning to take off and landing whilst creating shapes.</p> <p><b>Games Object Control</b> Knowledge of controlling an object whilst changing direction and using equipment.</p>	<p><b>Interpretative Dance</b> Knowledge of moving freely and incorporating levels and direction when responding to stimuli.</p> <p><b>Gym Flight</b> Knowledge of take off and landing whilst creating shapes. Knowledge of spinning in a 5 part sequence.</p> <p><b>Games - Sending and Receiving.</b> Knowledge of sending and with control and an effective striking technique.</p>	<p>Knowledge of how to create a paired routine by exploring levels, direction and speeds.</p> <p><b>Gym Flight</b> Knowledge of take off and landing with apparatus. Knowledge of full and half turns incorporated into a sequence.</p> <p><b>Games - Invasion</b> Knowledge of beginning to apply the principles for attacking and defending.</p>	<p><b>Interpretative Dance</b> Knowledge of incorporating choreographic principles to create a narrative.</p> <p><b>Gym Flight</b> Knowledge of combining leaps and jumps into a sequence.</p> <p><b>Games - Invasion</b> Knowledge of beginning to apply the strategies for attacking and defending. Knowledge of beginning to apply the correct shooting technique.</p>	<p>when responding to stimuli.</p> <p><b>Interpretative Dance</b> Knowledge of using self-evaluation. Knowledge of how to create their own narrative by using choreographic principles with a partner when responding to stimuli.</p> <p><b>Gym Flight</b> Knowledge of combining steps, rolls, spins, balance, leaps and a cartwheel in a sequence. Knowledge of gymnastic techniques to enhance performance.</p> <p><b>Games - Invasion</b> Knowledge of apply shooting and strategies for attacking and defending with accuracy within a game situation.</p>	<p>partner when responding to stimuli. Knowledge of using self and peer evaluation effectively.</p> <p><b>Interpretative Dance</b> Knowledge of creating a group performance using various technique for visual affect. Knowledge of creating and adapting a sequence.</p> <p><b>Gym Flight</b> Knowledge of combining steps, rolls, spins, balance, leaps and a cartwheel in a complex sequence. Knowledge of gymnastic techniques to enhance performance. Knowledge of assessment o improve performance.</p> <p><b>Games - OAA</b> Knowledge of working cooperatively in order to orientate by identifying key features of a map.</p>
Summer	<p><b>Games Net/Wall</b> Knowledge of beginning to develop hand eye coordination to strike a rolling ball. Knowledge of an effective hitting position.</p> <p><b>Sending and Receiving</b> Knowledge of how to roll, throw and stop a ball with control.</p>	<p><b>Games Net/Wall</b> Knowledge of applying coordination and agility when consolidating racket skills to hit with control.</p> <p><b>Games - Locomotion</b> Knowledge of applying agility and evasion skills.</p>	<p><b>Games Net/Wall</b> Knowledge of developing hand eye coordination with effective hitting technique to completing a rally with a partner.</p> <p><b>Athletics</b> Knowledge of jumping with power and balance. Knowledge of how running affects health and fitness.</p>	<p><b>Games Net/Wall</b> Knowledge of a forehand, backhand and volley and executing and performing a variety of shots with control.</p> <p><b>Athletics</b> Knowledge of jumping with power and balance in a range of tasks. Knowledge of running for an extended period of time</p>	<p><b>Games Net/Wall</b> Knowledge of performing forehand, backhand and volley shot with increasing accuracy. Knowledge of officiating a game.</p> <p><b>Athletics</b> Knowledge of how to develop a 3 part sequence jump. Knowledge of how to apply starting positions for running. Knowledge of how to perform</p>	<p><b>Games Net/Wall</b> Knowledge of performing a variety of shots; forehand, backhand, volley with increased accuracy in a rally. Knowledge of how to keep a ball/shuttlecock in play by concentrating on is placement within the court.</p> <p><b>Athletics</b> Knowledge of how to refine a</p>



	<p><b>Athletics</b> Knowledge of beginning to know how to develop agility when completing running, throwing and jumping tasks.</p> <p><b>Games Locomotion</b> Knowledge of moving with control in a variety of directions using spatial awareness.</p>	<p><b>Athletics</b> Knowledge of knowing how to develop agility when completing running, throwing and jumping tasks.</p> <p><b>Games Locomotion</b> Knowledge of applying agility and evasion skills with control.</p>	<p>Knowledge of throwing for distance using different techniques.</p> <p><b>OAA</b> Knowledge of developing the principles of team work.</p> <p>Knowledge of the physical skills needed for orienteering: agility, balance, co-ordination.</p> <p><b>Striking and Fielding</b> Knowledge of striking and stopping a moving ball.</p>	<p>and exploring starting positions for running.</p> <p>Knowledge of how to throw for distance with power.</p> <p><b>OAA</b> Knowledge of applying the concept of a map when completing a course.</p> <p><b>Striking and Fielding</b> Knowledge of throwing and catching and applying these to a game.</p>	<p>an overarm throw with increasing accuracy.</p> <p><b>OAA</b> Knowledge of developing their map work skills including using coordination when orientating a map.</p> <p><b>Striking and Fielding</b> Knowledge of throwing and catching with accuracy and fielding and bowling techniques and applying these to a game.</p>	<p>triple jump.</p> <p>Knowledge of how to refine sprint, pace and tactics when running.</p> <p>Knowledge of how to throw using a variety of techniques.</p> <p><b>OAA</b> Knowledge of reading complex maps by interpreting symbols.</p> <p><b>Striking and Fielding</b> Knowledge of how to develop striking and fielding techniques in order to improve their play.</p>
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