



Physical Education Curriculum

Physical Education at Mount Pleasant Primary School

This document shares the Physical Education (PE) curriculum narrative from EYFS to Year 6, as well as a more in-depth look at how each unit builds up on prior learning and concepts. PE in our school is delivered through the Beyond the Physical Framework. This framework teaches children fundamental movement skills and develops this year on year by increasing the challenge level until they have mastered the movements. In addition, it provides opportunities for pupils to become physically confident in a way which supports their health and fitness along with opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect.

Our curriculum ensures that the teaching and learning of PE is inclusive and progressive and allows for all children the opportunity to acquire, develop and master fundamental skills, gain knowledge and understanding of key concepts and provide opportunities that will foster a life-long love and participation of physical activity and sport.

Early Years Framework and National Curriculum

<p>EYFS</p>	<p>ELG: Gross Motor Skills Children at the expected level of development will:</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	
<p>National Curriculum</p>	<p>Key Stage 1</p> <p>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:</p> <ul style="list-style-type: none"> • 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. 	<p>Key Stage 2</p> <ul style="list-style-type: none"> • 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.

MPPS Physical Education Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Play Move Explore	Move Match Magic	Explore Evade Escape	Search Steal Share	Crawl Climb Collect	Hands Feet Equipment
Year 1	Agility Balance Coordination	Throw Prepare Catch	Jump Shape Create	Duel Win Lose	Run Jump Throw	Target Control Combine
	Look Run Avoid	Hands Feet Equipment	Fair Share Dare	Inspire Create Perform	React Roll Retrieve	Send Receive Return
Year 2	Agility Balance Coordination	Throw Prepare Catch	Jump Shape Create	React Roll Retrieve	Run Jump Throw	Target Control Combine
	Look Run Avoid	Hands Feet Equipment	Fair Share Dare	Inspire Create Perform	React Roll Retrieve	Send Receive Return
Year 3	Look Run Avoid	Jump Shape Create	Inspire Create Perform	Fair Share Dare	Strike React Rally	React Roll Retrieve
	Agility Balance Coordination	Hands Feet Equipment	Duel Win Lose	Pass Position Patience	Accuracy Power Distance	Run Jump Throw
Year 4	Look Run Avoid	Fair Share Dare	Inspire Create Perform	Symmetry Balance Travel	Strike React Rally	Run Jump Throw
	React Roll Retrieve	Hands Feet Equipment	Duel Win Lose	Pass Position Patience	Accuracy Power Distance	Target Control Combine
Year 5	Fair Share Dare	Inspire Create Perform	Watch Move Connect	Serve Set Slam	Aim Strike Retrieve	Speed Distance Strength
	Evade Invade Capture	Block Guard Support	Symmetry Balance Travel	Explore Solve Challenge	Run Jump Throw	Lend Move Score
Year 6	Evade Invade Capture	Inspire Create Perform	Lend Move Score	Symmetry Balance Travel	Aim Stike Retrieve	Speed Distance Strength
	Tag Rugby	Football	Basketball	Mini Tennis	Cricket	Athletics

Year 7 at Moor end Academy

Football, Badminton, Basketball	Rugby, Leadership	Handball, Basketball, Football	Health & Fitness	Badminton, Trampoline	Trampoline, Rugby	Cricket, Athletics
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Learning Sequence and Progression of Skills



	FINDING OUT & EXPLORING	DEVELOPING	MASTERING
Move (physical)	<ul style="list-style-type: none"> ✓ Play racing and chasing games. ✓ Adjusting speed and changes direction to avoid obstacles. ✓ Travelling under, over and through objects. ✓ Different ways of moving: crawling, sliding, walking, running, skipping and hopping. ✓ Object control. ✓ Balance. ✓ Coordination. 	<ul style="list-style-type: none"> ✓ A range of different jumping techniques. ✓ Sending objects to a target. ✓ Landing actions safely. ✓ Movement using a range of actions showing different speed levels and direction. ✓ Performance of balance occurring on different contact points. ✓ Sending an object back and forth. ✓ Using the correct amount of force when striking an object. ✓ Using a range of equipment to rally. ✓ Linking movement together in a sequence. ✓ Using different actions, levels and pathways. ✓ Performance of movement with good control and posture. ✓ Moving safely and confidently. ✓ Changing speed to evade opponents. ✓ Travelling with objects in different ways (dribbling). 	<ul style="list-style-type: none"> ✓ Changing their speed whilst moving. ✓ Using different ways to take off when jumping. ✓ Different techniques when throwing. ✓ Technique and control of balance, flexibility and strength actions. ✓ Good technique and control when linking actions. ✓ Throwing an object accurately at a target. ✓ Moving quickly in a range of directions. ✓ Using a range of equipment to strike a ball. ✓ Using the body as a barrier to opponents. ✓ Moving body to outwit an opponent. ✓ Using their body to block an opponent. ✓ Travelling with a range of equipment. ✓ Executing a range of passes. ✓ Scoring points for their team. ✓ Tracking an object effectively. ✓ The ready position in range of contexts. ✓ Good posture, extension and control. ✓ Using different areas, levels, pathways and directions during creative movement. ✓ Uses mirror image and canon in their dance/gym sequence.

EYFS



KS2

	FINDING OUT & EXPLORING	DEVELOPING	MASTERING
Solve (psychological)	<ul style="list-style-type: none"> ✓ Negotiating space safely. ✓ Having their own ideas. ✓ Making simple suggestions to improve. ✓ Willing to have a go. ✓ Keeps trying. ✓ Making links. ✓ Choosing ways to do things. ✓ Understanding mistakes are ok and support learning. 	<ul style="list-style-type: none"> ✓ Planning their journey through a crowded area. ✓ Choosing safe areas to take off. ✓ Selecting the right amount of energy when throwing. ✓ Being creative with the balance they choose. ✓ Discovering ways to help them to keep steady. ✓ Seeking challenge in different movements. ✓ Creating and applying simple tactics. ✓ Tracking the line of a ball/object. ✓ Seeking additional challenge with tasks. ✓ Creativity with their movements. ✓ Counting in time with music. ✓ Identifying space to move in to. ✓ Creativity with methods used to evade opponents eg 2v1. ✓ Identifying the movement of an opponent. ✓ Identifying what they or their team have done well. ✓ Knowing how to improve. ✓ Trialling new ideas. 	<ul style="list-style-type: none"> ✓ Evaluating their own performance. ✓ Predicting where their opponents might move. ✓ Planning where their throw might hit the target. ✓ Recognising balance, flexibility and strength actions. ✓ Applying redrafting skills to a refine a sequence. ✓ Being creative with movement used in a sequence. ✓ Identifying a space to strike an object in to. ✓ Seeking additional challenge. ✓ Identifying the movement of an opponent. ✓ Creating a plan to protect their goal/scoring zone. ✓ Identifying a space to move in to be able to support a friend. ✓ Knowing when it is best to pass and when not to. ✓ Contributing ideas and creativity when adapting the games and rules. ✓ Understanding and following rules. ✓ Being brave and taking risks in the games. ✓ Showing feeling in their movements. ✓ Being creative with designing sequences. ✓ Using choreography to think of ideas. ✓ Showing emotional control when winning or losing.

EYFS



KS2

	FINDING OUT & EXPLORING	DEVELOPING	MASTERING
Connect (social)	<ul style="list-style-type: none">✓ Enjoying the activities.✓ Enjoying achievement.✓ Taking turns.✓ Sharing ideas.✓ Congratulating opponents.✓ Asking questions- pupils and adults.✓ Engaging in a range of pupil led activities.✓ Developing friendship and relationships.	<ul style="list-style-type: none">✓ Working with a partner to overcome problems within an activity.✓ Performing their actions to a partner.✓ Providing feedback to a partner.✓ Identifying strengths and areas for improvement.✓ Encouraging others to build confidence.✓ Collaborating with their team-mates.✓ Sharing their thoughts and strategies with a partner.✓ Reflecting on their learning and progress.✓ Celebrating calmly as an individual.✓ Enjoying winning eg smiles.✓ Congratulating an opponent if they lose.	<ul style="list-style-type: none">✓ Creating plan as part of a group.✓ Sharing ideas that might support the learning of a peer.✓ Supporting others to develop their skill.✓ Working with others to develop sequences.✓ Applying tactics and strategies as part of a team.✓ Reflecting on their learning and progress with others.✓ Asking for support from a friend.✓ Identifying friends that need help.✓ Contributing to team discussions.✓ Collaborating with their team-mates.✓ Linking with other classmates effectively in both cooperative and competitive scenarios.✓ Practising and competing with different classmates.✓ Helping each other to play fairly.✓ Resolving disagreements.✓ Taking turns.✓ Including everyone in games.✓ Recognising and celebrating difference.