



## Newquay Primary Academy

### EYFI and KS1 Overview

#### Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (Intense swim lessons)	Summer 1	Summer 2
<b>EYFS</b>	<b>Move like a.....</b>  <i>Explore and develop movement skills including... rolling, walking, crawling, jumping, running, hopping, skipping and crawling</i>	<b>Treasure Hunting</b>  <i>Incorporate collecting, carrying, and counting equipment with movement skills. Develop body strength, ABC, taking turns, working together as a team</i>	<b>Hands and Eyes</b>  <i>Refine movement skills, develop fluency, be able to link movements together. Acquire skills to roll, catch and throw with different objects</i>	<b>Target Practice</b>  <i>Participate in obstacle courses that combine movement with throwing and catching Small-sided games that focus on teamwork, rules and learning how to win / lose</i>	<b>Water Confidence</b>  <i>Enter the water safely Jump in Float Roll over Blow bubbles Swim Enter, turn, return Exit safely Recognise dangers</i>	<b>Over, Under, and Through</b>  <i>Using their body to negotiate obstacles by travelling over, under, and through them.</i>	<b>Olympics!</b>  <i>Consolidate and refine previous learning through different weekly events: Sports day Beach games Cheerleading etc</i>
<b>Year 1</b>	<b>Agility – Balance - Coordination</b>  <i>Develop basic movements... Including agility, balance and coordination</i>	<b>Jump – Shape – Create</b>  <i>Develop agility, balance and coordination through gymnastic activities</i>	<b>Look – Run – Avoid</b>  <i>Team games developing simple tactics for attacking and defending</i>	<b>Throw – Prepare – Catch</b>  <i>Develop hand-eye coordination and be able to throw and catch with a sound technique</i>	<b>Float – Swim – Be safe!</b>  <i>Develop water skills to 'float to live'. Refine swimming technique</i>	<b>Run – Jump – Throw</b>  <i>Develop running, jumping, and throwing skills so they can be performed in isolation</i>	<b>Aim – Strike -React</b>  <i>Use agility, balance and coordination to participate in striking and fielding activities</i>
<b>Year 2</b>	<b>Duel – Win – Lose</b>  <i>Team games developing simple tactics for attacking and defending</i>	<b>Inspire – Create – Perform</b>  <i>Explore dance movements by creating movement patterns</i>	<b>Hands – Feet – Equipment</b>  <i>Master basic movements.... Object control and dribbling</i>	<b>Fair – Share – Dare</b>  <i>Apply skills in games whilst embedding values such as fairness and respect</i>	<b>Float – Swim – Be safe!</b>  <i>Identify dangers and understand water safety, continue to develop and refine swimming strokes</i>	<b>Run – Jump – Throw</b>  <i>Develop running, jumping, and throwing skills so they can be performed in isolation and combination</i>	<b>Strike- React -Rally</b>  <i>Develop hand-eye coordination and use ABC to participate in net and wall activities</i>
<b>PESSPA PE, School Sport &amp; Physical Activity</b>	<b>DrEAM Breaks</b>		<b>Active Playtimes and Lunchtimes</b>		<b>Provision of lunchtime and after academy clubs</b>		



## Newquay Primary Academy

### KS2 Overview

#### Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (Intense swim lessons)	Summer 1	Summer 2
<b>Year 3</b>	<b>Agility – Balance – Coordination</b>  <i>Continue to develop basic movements... Including agility, balance and coordination</i>	<b>Balance – Travel – Flair</b>  <i>Develop balance, flexibility, technique and control through gymnastic activities</i>	<b>Throw – Catch – Play</b>  <i>Continue to develop hand-eye coordination, be able to throw and catch with a sound technique and apply these skills under increasing pressure</i>	<b>Strike – React – Rally</b>  <i>Continue to develop hand-eye coordination and use ABC to participate in net and wall activities</i>	<b>Float – Swim – Be Safe!</b>  <i>Identify dangers and understand water safety, continue to develop and refine swimming strokes</i>	<b>Run- Jump – Throw</b>  <i>Use running, jumping, and throwing in isolation and combination</i>	<b>React – Retrieve – Roll</b>  <i>Modified games to develop fielding skills</i>
<b>Year 4</b>	<b>Hands – Feet – Equipment</b>  <i>Continue to develop skills to control an object with hands and feet, with a focus on and dribbling</i>	<b>Music – Rhythm- Perform</b>  <i>Explore dance movements by using a stimuli. Performing to their peers</i>	<b>Strike – React – Rally</b>  <i>Continue to develop hand-eye coordination and use ABC to participate in net and wall activities</i>	<b>Attack – Defend - Play</b>  <i>Team games developing simple tactics for attacking and defending</i>	<b>Float – Swim – Be Safe!</b>  <i>Identify dangers and understand water safety, continue to develop and refine swimming strokes</i>	<b>Run- Jump – Throw</b>  <i>Continue to develop running, jumping, and throwing skills with an increased understanding of technique</i>	<b>Aim – Strike – Retrieve</b>  <i>Modified games to develop batting skills in striking and fielding activities</i>
<b>Year 5</b>	<b>Netball</b>  <i>Use previous learning to access and play modified versions of netball</i>	<b>Dance</b>  <i>Acquire and develop fundamental dance skills that will allow them to convey meanings and feelings through performing</i>	<b>Outdoor Adventurous Activities (OAA)</b>  <i>Be able to successfully work in a team to complete a challenge under increasing pressure</i>	<b>Tag-Rugby</b>  <i>Use previous learning to access and play modified versions tag-rugby.</i>	<b>Float – Swim – Be Safe!</b>  <i>Identify dangers and understand water safety, continue to develop and refine swimming strokes</i>	<b>Mini-Tennis</b>  <i>Continue to build on previous learning to access and play modified versions of mini -tennis</i>	<b>Athletics</b>  <i>Continue to build on the learning from the 'Run – Jump – Throw' modules to develop the skills needed to be successful in athletic events</i>
<b>Year 6</b>	<b>Basketball</b>  <i>Use previous learning to access and play modified versions of basketball</i>	<b>Gymnastics</b>  <i>Continue to develop previous skills, with a focus on partner and group balances</i>	<b>Health-Related Exercise (HRE)</b>  <i>Explore how to be active and healthy and understand how the body responds to exercise</i>	<b>Football</b>  <i>Use previous learning to access and play modified versions tag-football.</i>	<b>Float – Swim – Be Safe!</b>  <i>Identify dangers and understand water safety, continue to develop and refine swimming strokes</i>	<b>Rounders</b>  <i>Continue to build on previous learning to access and play modified versions of Rounders</i>	<b>Athletics</b>  <i>Continue to build on the learning from the 'Run – Jump – Throw' modules to develop the skills needed to be successful in athletic events</i>
PESSPA PE, School Sport & Physical Activity	<b>DrEAM Breaks</b>		<b>Active Playtimes and Lunchtimes</b>		<b>Provision of lunchtime and after academy clubs</b>		

