



PHYSICAL FOUNDATIONS

PHYSICAL | PSYCHOLOGICAL | PERSONAL

National Curriculum

Purpose of Study

PE should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.



A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.



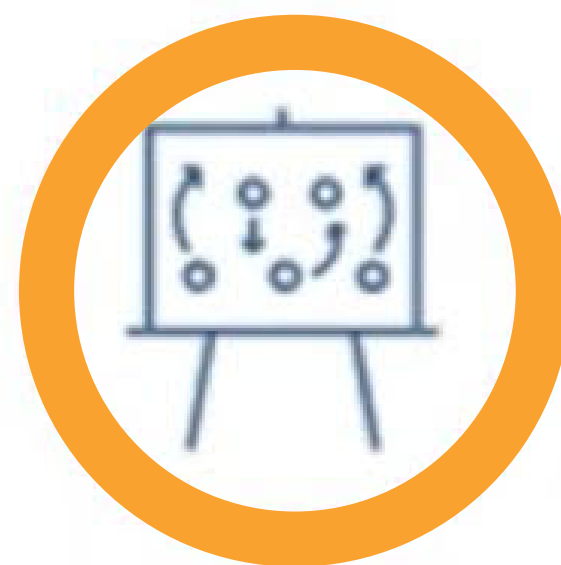
Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.



What is it to be 'competent'?



Motor
competence



Rules, strategies
and tactics



Healthy
participation





Physically Educating



Physically

Enable

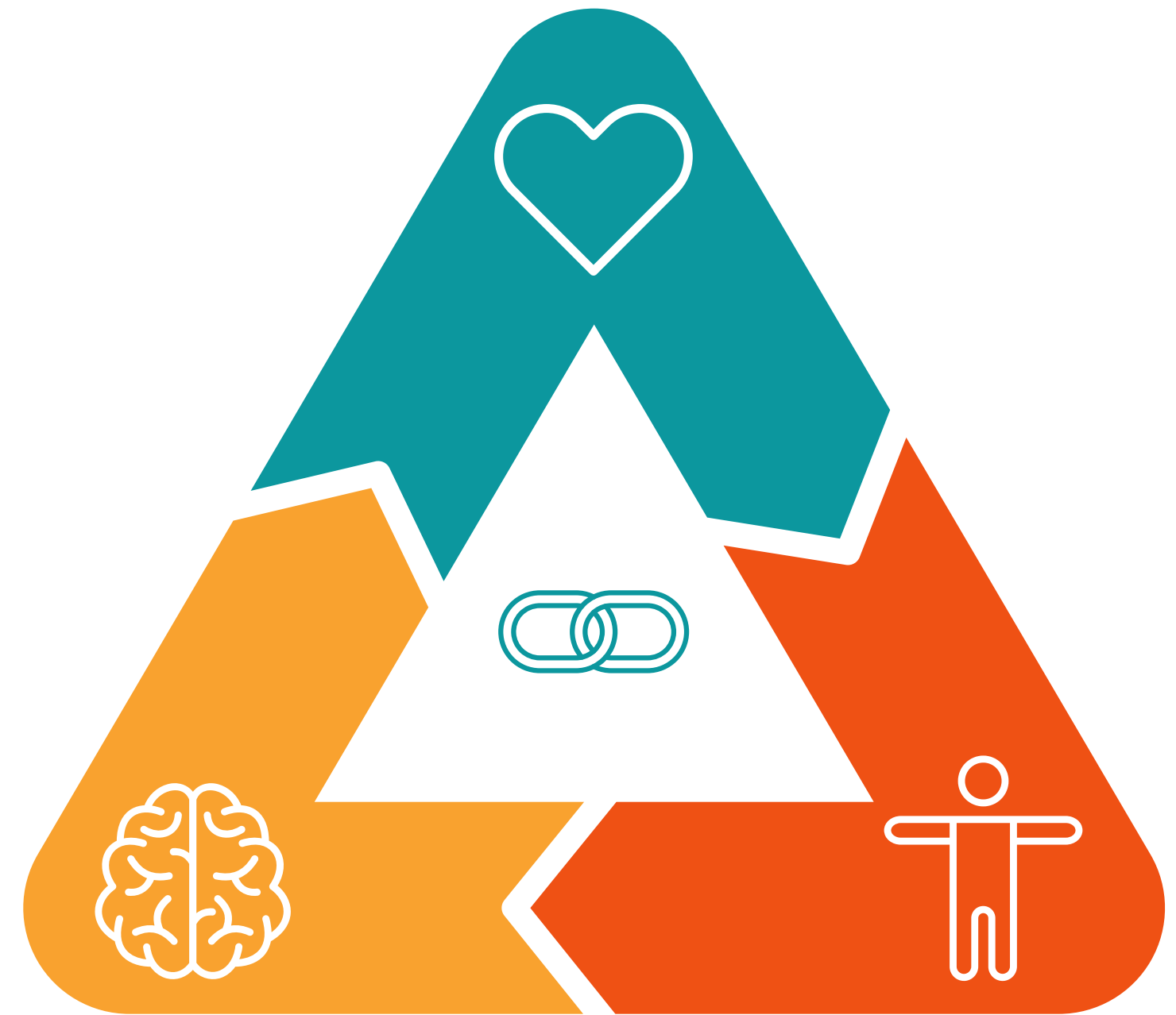


Psychologically Empower



Personally

Embed



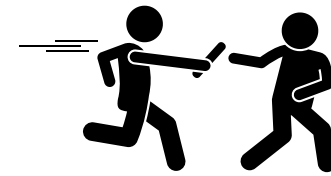


In Practice

Intent



Implementation



Impact



Activate

Body

Connect



Apply

Brain

Construct & Combine



Appreciate

Behaviour

Compete

Firm Foundations



Physical

A focus will be placed on technical competency. As research has shown that children are more likely to engage if they have a strong sense of self efficacy.



Psychological

Rules, strategies & tactics will be taught explicitly. As competence around 'knowing what' is reinforced, children will look to apply tactical skills at appropriate times to embed schema, demonstrating that they 'know when' across a variety of areas.

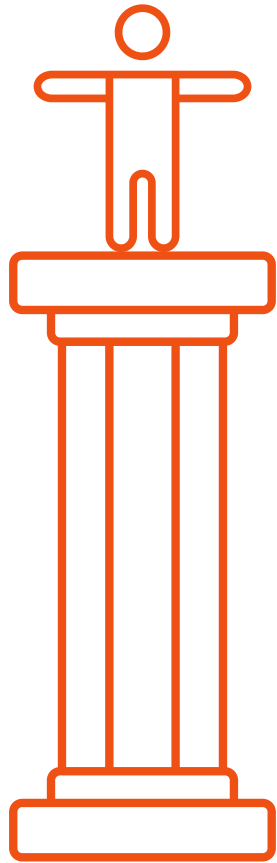


Personal

Whilst continuing to build on physical and psychological competencies, children will be challenged to consider what skills and knowledge are required to become a healthy participant. Both in a physical sense but more explicitly from a behavioural aspect, embedding values such as collaboration and resilience.



Pillars of Progression



Fundamental Movements

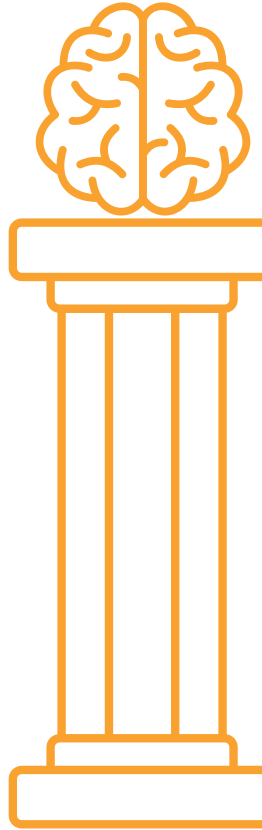
Attacking & Defending

Movement Patterns

Compete & Cooperate

Agility, Balance & Coordination

Striking & Fielding



Independent

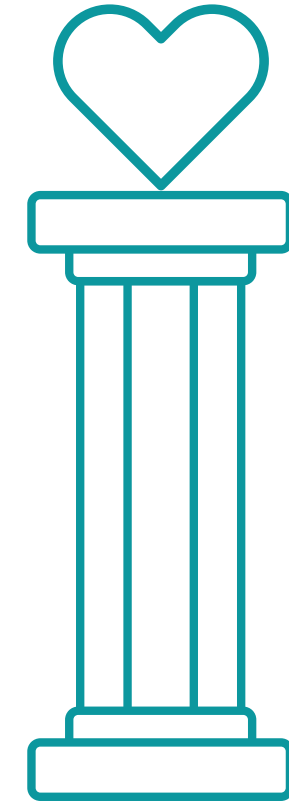
Tactical

Plan

Problem Solve

Intelligent

Strategic



Concentrate

Resilient

Reflect

Respect

Creative

Collaborate



Example Long Term Plan

Autumn

Spring

Summer

EYFS

Fundamental Movements

Fundamental Movements

Fundamental Movements

Locomotor Skills

Stability Skills

Manipulation Skills

Y1

Attacking
& Defending

Movement
Patterns

Fundamental
Movements

Y2

⋮

⋮

⋮

⋮

⋮

⋮

Y3

Fundamental
Movements

Attacking
& Defending

Movement
Patterns

Compete &
Cooperate

Agility, Balance
& Coordination

Striking &
Fielding

Y4

Y5

Athletics Track

Netball

Dance

O&A

Badminton

Rounders

Y6

Athletics Field

Football

Gymnastics

Orienteering

Tennis

Cricket

Assessment

Teacher

Show - What



Learning that has been physically applied to develop performance

Child

Know - When



Learning that is explained and demonstrated with a rationale to achieve an outcome

Peer

Grow - Why



Learning that is displayed to support personal, social & emotional growth



Lesson Progression



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Connect

Children are supported in connecting with the area of learning, considering what skills have been previously developed and will be required

Construct

Children focus on particular skills to support their development of competence, rules, strategies, tactics and healthy participation within key identified areas. These are linked to their age and stage of learning and aim to help them form an enjoyment and engagement within PE through forming a strong sense of self efficacy

Combine

Children are challenged to consider how these key skills can be combined to aid their performance

Compete

Children focus on applying learning within competitive activities and reflect on both individual and team performance and how this may be improved

Title: Curriculum Area | Year Group | Focus



PHYSICAL
FOUNDATIONS

Physical Focus:
Psychological Focus:
Personal Focus:
Equipment:



Physical

Activate

What

- Set
- Start
- Support

Questioning & Feedback

-
-



Psychological

Apply

When

- Set
- Start
- Support

Questioning & Feedback

-
-



Personal

Appreciate

Why

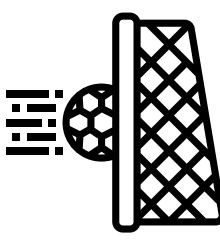
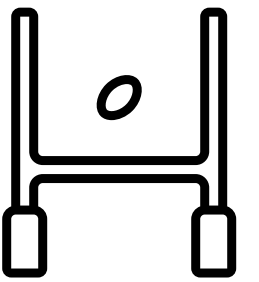
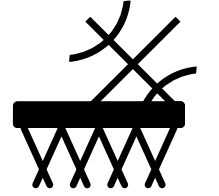
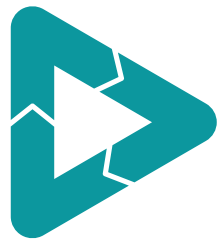
- Set
- Start
- Support

Questioning & Feedback

-
-



Learning Journey



Attacking & Defending

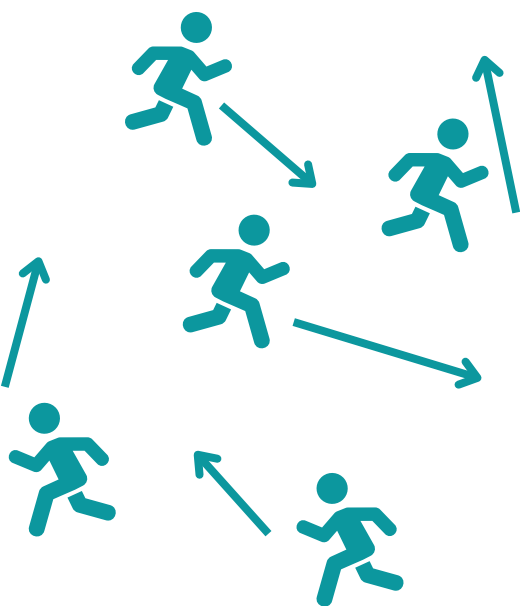


Tactical



Resilient

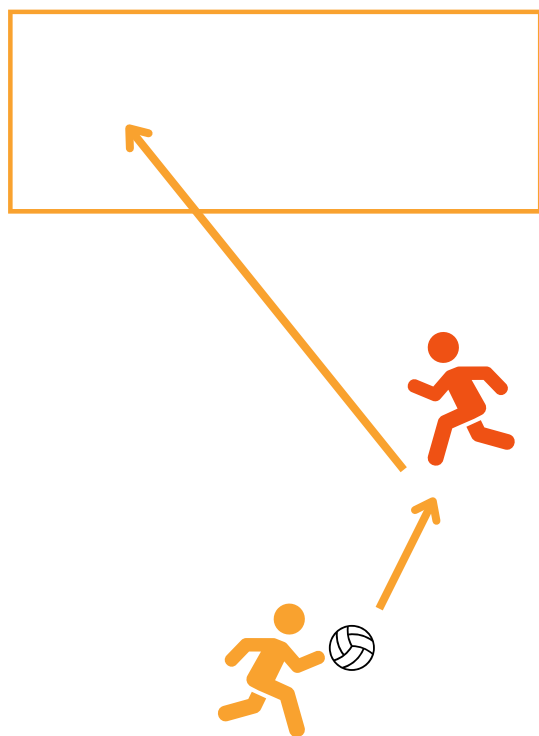
EYFS



Space

change your speed & direction to move around an area safely

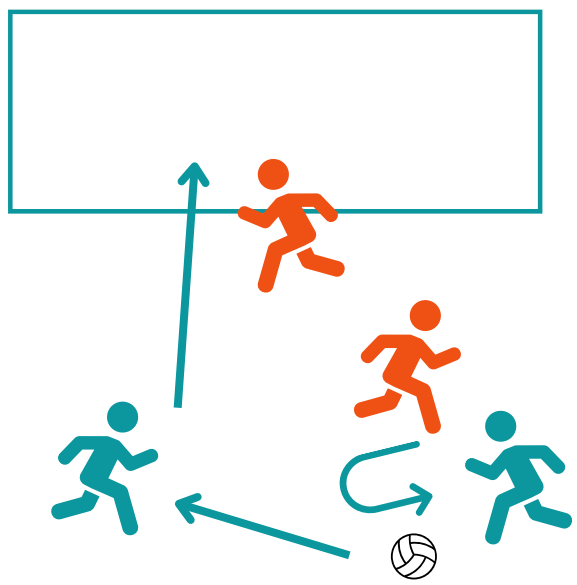
Y1&2



Direction | Control

use movements to get past defenders and into a target area whilst in control of a ball

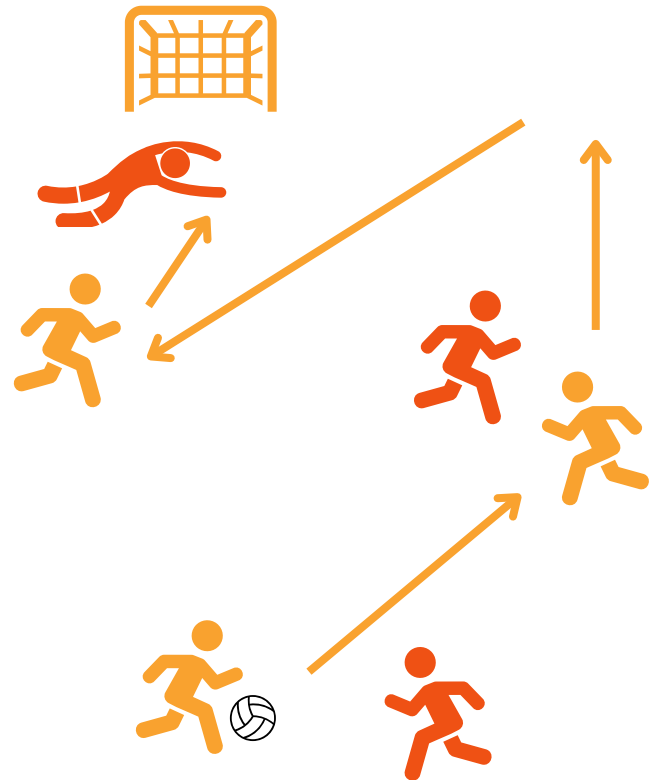
Y3&4



Attack | Defend

win and keep possession as a team to get past opponents and score

Y5&6



Positions | Principles

work as part of a team to understand and apply positions and principles to attack & defend within games

Learning Overview

Attacking & Defending

- N KS1 – Participate in team games, developing simple tactics for attacking and defending
- C KS2 – Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending



Attacking & Defending Activate



Tactical Apply



Resilient Appreciate

EYFS

Use a variety of locomotor skills to identify space and navigate it successfully

Explain ways to navigate areas to avoid others when travelling

Keep improving your speed, efficiency & score when completing a task

Y1&2

Travel to target areas whilst manipulating a ball, using space to support the development of attacking and defending competencies

Identify ways to get past and prevent opponents individually to maintain possession and score

Find a variety of ways to achieve success as an individual

Y3&4

Use a variety of ways to retain, progress and regain possession depending on the situation you are in

Understand ways to work individually and as part of a team to maintain & regain possession

Overcome challenges to retain possession and score individually and as part of a team

Y5&6

Apply attacking and defending skills within a modified game to achieve success

Explain how your team can defend and attack in a variety of game based scenarios

Find solutions to problems within a team and agree on plans to implement

Lesson Progression Attacking & Defending



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

EY

Aware

Area

Navigate

Y1

Evade

Avoid

Speed

Y2

Dodge

Space

Travel

Y3

Position

Receive

Advance

Y4

Dribble

Pass

Progress

Y5

Maintain

Regain

Support

Y6

Attack

Defend

Tactical

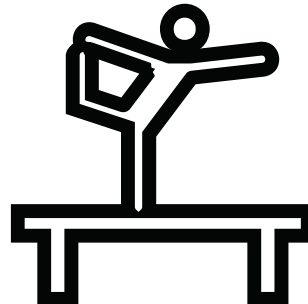
Connect

Construct

Combine

Compete

Learning Journey



Movement Patterns



Plan



Reflect

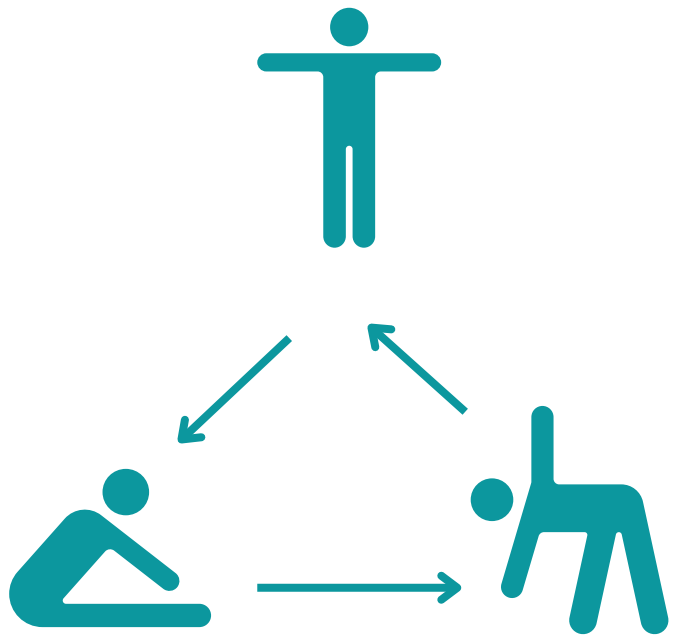
EYFS



Stability

perform movements that show stillness, stability, strength and balance

Y1&2



Shape | Transition

display specific shapes and link these together to create movement phrases

Y3&4



Combine | Perform

create sequenced performances to a set theme within a group

Y5&6



Stimulus | Sequence

create, develop and refine sequences within a group to a chosen stimulus

Learning Overview

Movement Patterns

N KS1 – Perform dances using simple movement patterns

C KS2 – Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance



Movement Patterns Activate



Plan Apply



Reflect Appreciate

EYFS

Develop movement fluency by combining fundamental locomotor skills and link these with stability

Explain and demonstrate different types of locomotor movements and plan how these will link with stability skills

How can you move to show greater balance and control

Y1&2

Perform specific movements and shapes, linking these together to create patterns

Build short sequences by planning how key specific movements will link together

How can you show increased clarity, control, connection and consistency in your sequences

Y3&4

Create, communicate and repeat performances individually and within a group

Plan, develop and adapt sequences of movement to improve performance and incorporate a variety of technical elements

Work together in small groups to incorporate more technical elements and transitions to link your sequences

Y5&6

Extend sequences of movement linked to a specific style and stimulus

Select a stimulus to link your performance, plan and refine how this will look on the stage, apparatus or floor

Review, refine and improve performance based on individual, partner, group, peer and teacher reflections

Lesson Progression Movement Patterns



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

EY

Agility

Balance

Control

Y1

Move

Travel

Combine

Y2

Coordinate

Sequence

Perform

Y3

Create

Explain

Compare

Y4

Shape

Communicate

Variety

Y5

Compose

Connect

Flow

Y6

Style

Competence

Improve

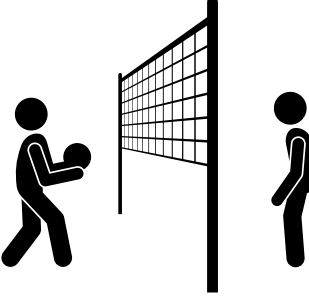
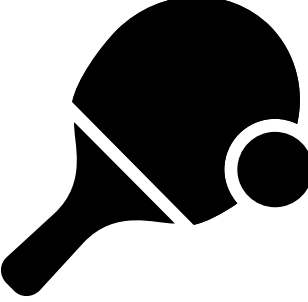
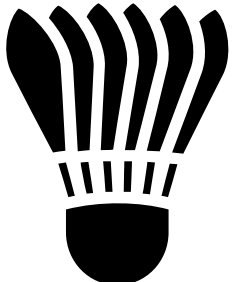
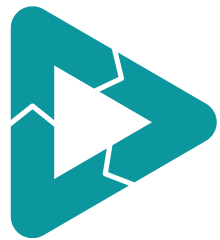
Connect

Construct

Combine

Compete

Learning Journey



Agility, Balance & Coordination

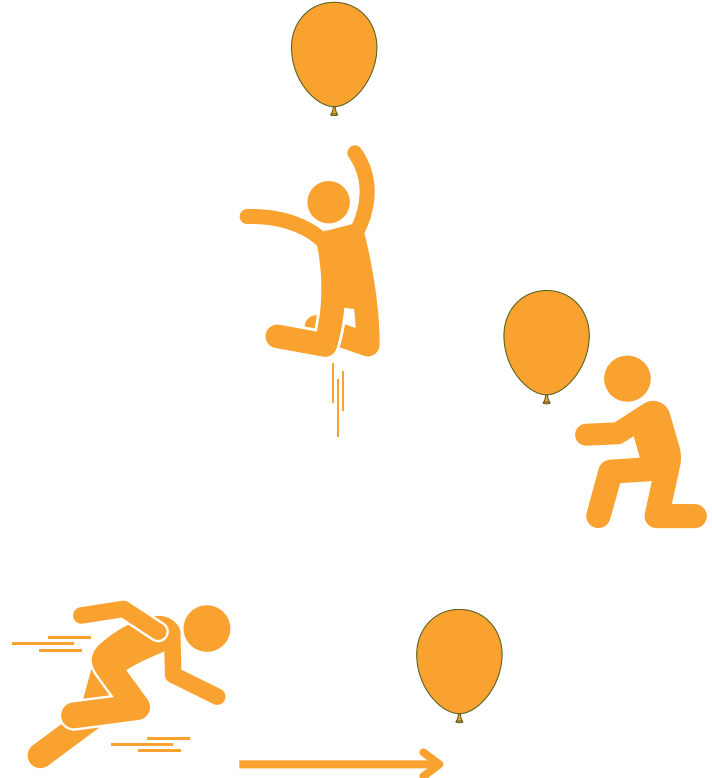


Intelligent



Creative

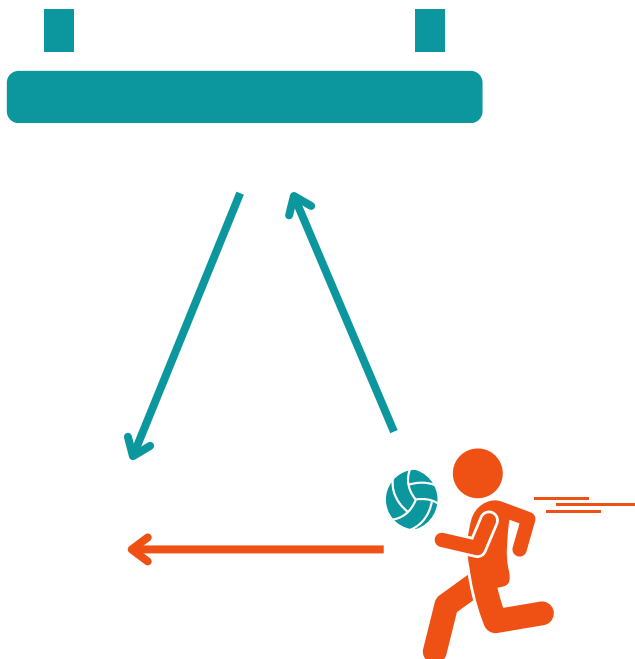
EYFS



Agility

use changes of speed and direction in response to an object, space or other person

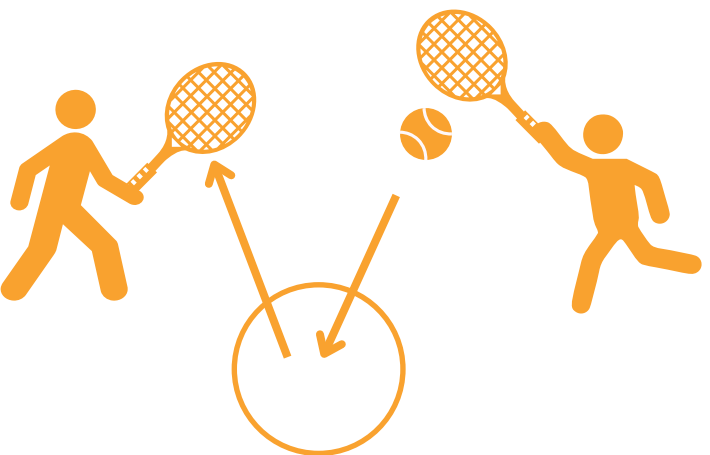
Y1&2



React | Strike

react to the movement of objects and strike these to targets

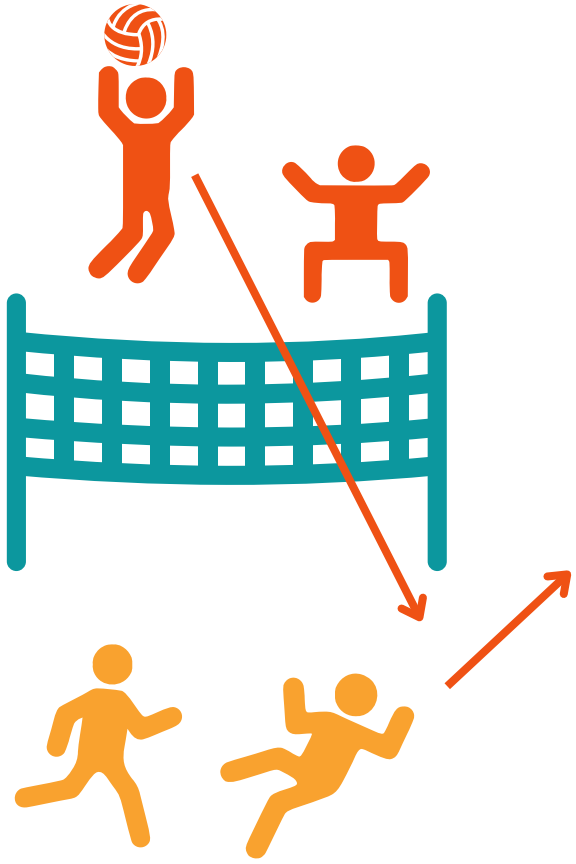
Y3&4



Accurate | Repertoire

strike an object in different ways to help create and build a rally

Y5&6



Outwit | Apply

use different striking techniques to outwit an opponent in a variety of modified net & wall games

Learning Overview

Agility, Balance & Coord

N KS1 - Develop balance, agility and co-ordination, begin to apply these in a range of activities

C KS2 - Play competitive games, modified where appropriate



**Agility, Balance & Coord
Activate**



**Intelligent
Apply**



**Creative
Appreciate**

EYFS

Accelerate, decelerate and change direction in response to a variety of stimulus

Explain and demonstrate when and how to change direction within a variety of activities

Develop different ways to move when reacting to changing situations

Y1&2

Move with control to areas and objects, striking to a variety targets

Explain why specific movements and striking techniques are more applicable than others in different scenarios

Master a range of striking techniques that apply in a variety of situations

Y3&4

Strike objects with a racket, bat or other piece of equipment using different shots to create a rally

Show and explain how to position yourself when responding to a partners shot, to return an object to maintain a rally

Work collaboratively and competitively with others to improve performance

Y5&6

Outwit an opponent within a variety of modified Net & Wall games

Explain when and why a specific stroke should be played to gain an advantage within a modified game

Help develop and adapt a variety of modified games linked to Net & Wall, using agility, balance & coordination

Lesson Progression Agility, Balance & Coordination



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

EY

Move

React

Collect

Y1

Approach

Connect

Return

Y2

Prepare

Predict

Send

Y3

Throw

Catch

Rally

Y4

Ready

Aim

Strike

Y5

Shot

Volley

Serve

Y6

Coordinate

Accurate

Outwit

Connect

Construct

Combine

Compete

Learning Journey



 **Compete & Cooperate**

 **Problem Solve**

 **Respect**

EYFS



Navigate

move in different ways to arrive at a destination in the quickest way

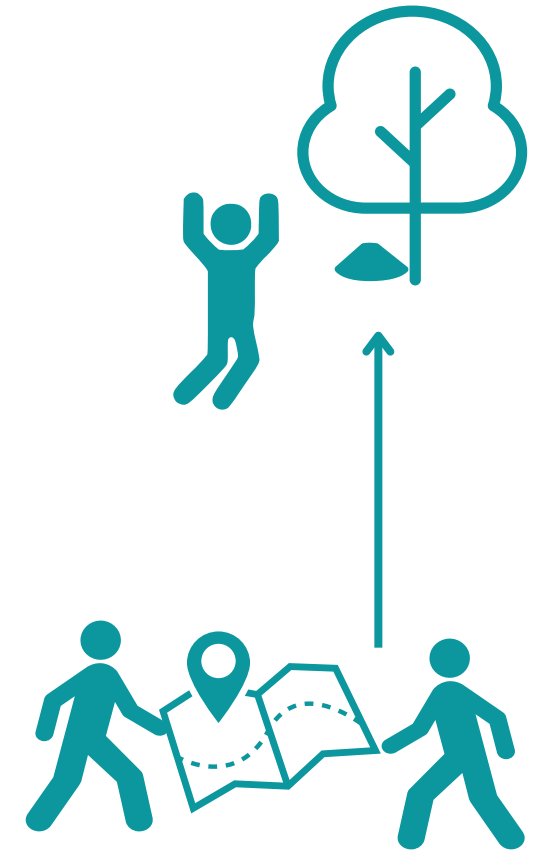
Y1&2



Apply | Skills

participate in a variety of outdoor & adventurous activities an apply the appropriate skills for success

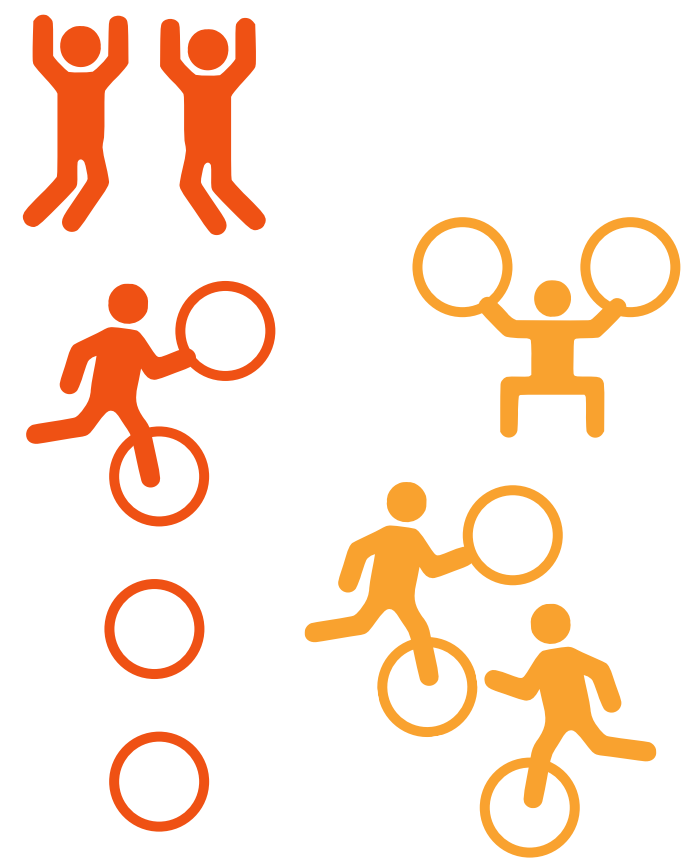
Y3&4



Support | Solve

use resources to solve increasingly challenging problems

Y5&6



Cooperate | Compete

work as part of a team whilst competing against yourselves and others to achieve an outcome

Learning Overview

Compete & Cooperate

N KS1 - participate in team games, developing simple tactics

C KS2 - take part in outdoor & adventurous activity challenges both individually and within a team



Compete & Cooperate
Activate



Problem Solve
Apply



Respect
Appreciate

EYFS

Move in a variety of ways to set areas and targets to help you complete challenges in the most optimal way

Navigate and solve activity challenges by applying relevant movement skills

Work with others to complete challenges

Y1&2

Apply yourself across a variety of activities to help you achieve an outcome

Explain the skills required to complete a variety of compete & cooperate challenges

Work collaboratively and respectfully with others across a range of outdoor & adventurous activities

Y3&4

Solve challenges with support from team mates using maps and other resources in different outdoor and adventurous activities

Use resources to compete in and complete outdoor & adventurous challenges

Enjoy participating with others in a variety of outdoor & adventurous activities

Y5&6

Work independently and as part of a team to overcome challenges, cooperate and improve performance

Overcome increasingly challenging problems, understanding the physical, psychological & personal skills required

Respond respectfully to others, success & failure to improve performance

Lesson Progression Compete & Cooperate



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

EY

Plan

Move

Explore

Y1

Try

Identify

Compete

Y2

Team

Challenge

Together

Y3

Follow

Investigate

Arrive

Y4

Risk

Speed

Solve

Y5

Orientate

Navigate

Locate

Y6

Plan

Participate

Perform

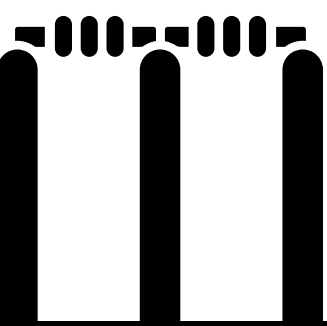
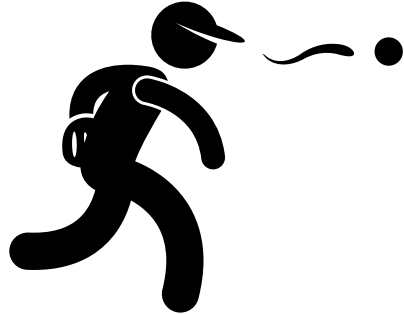
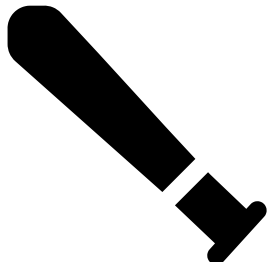
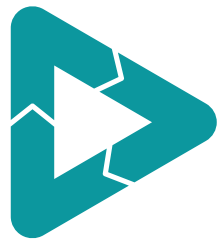
Connect

Construct

Combine

Compete

Learning Journey



Striking & Fielding

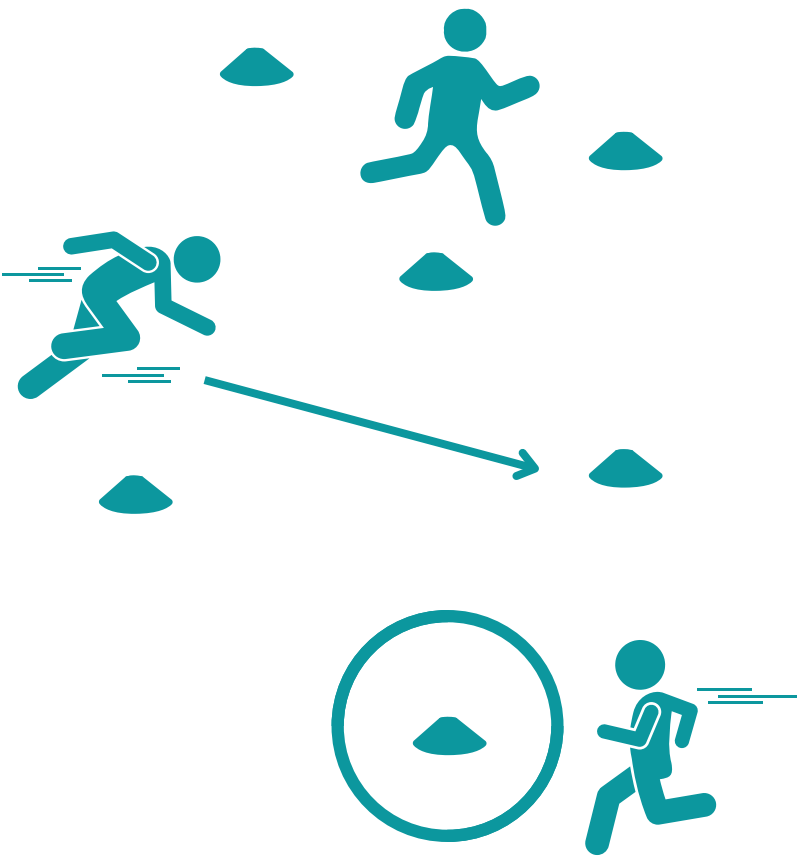


Strategic



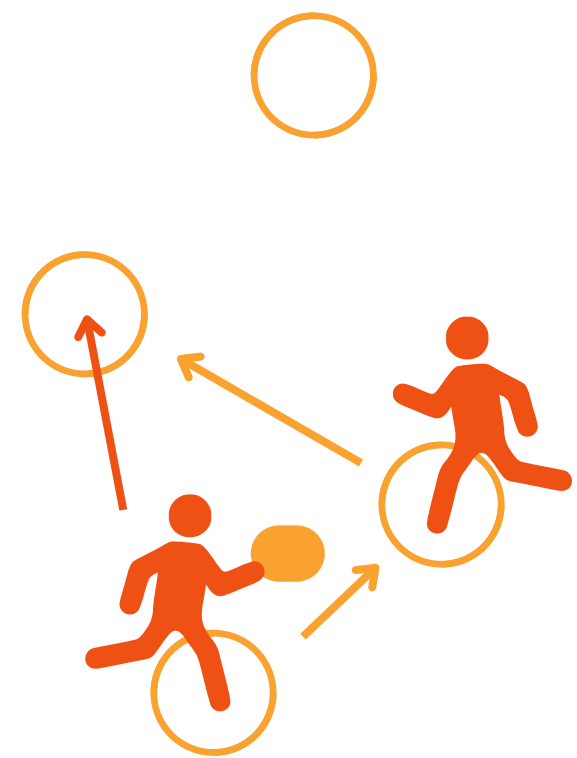
Collaborate

EYFS



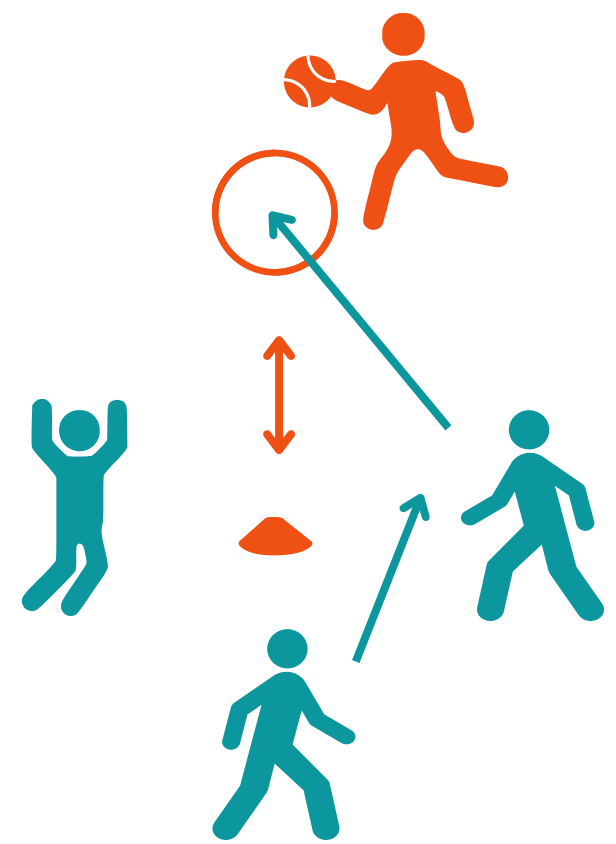
collect and send objects with speed

Y1&2



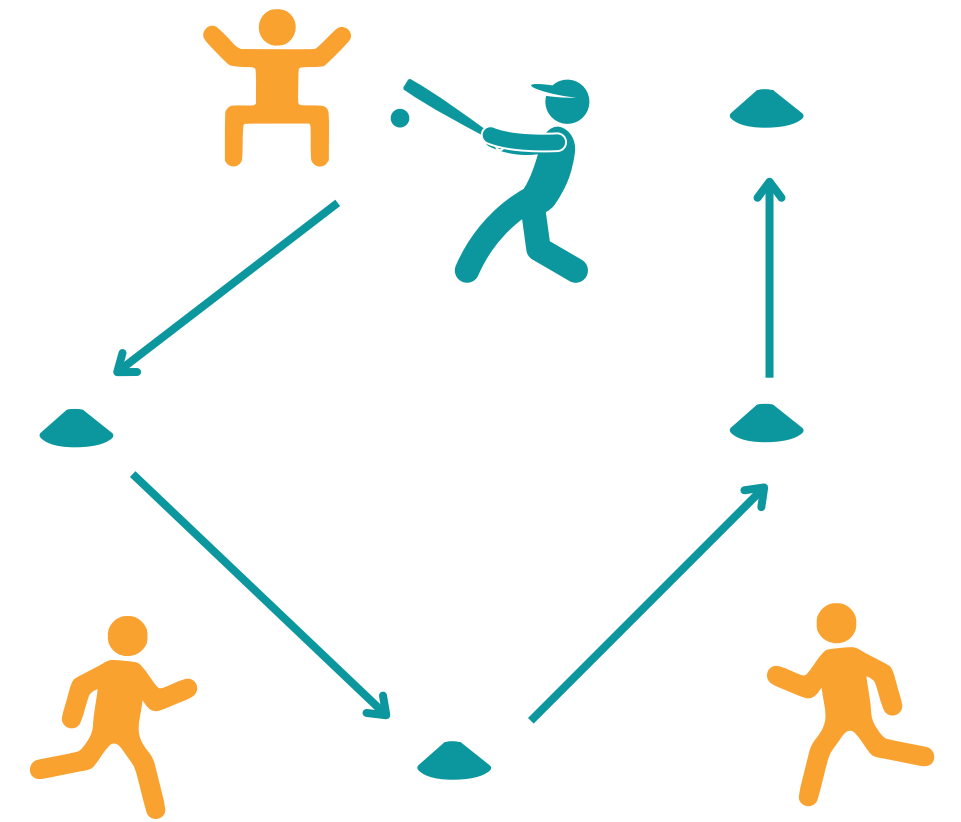
use throwing and catching skills to move an object towards a target

Y3&4



use striking & fielding skills within a variety of activities

Y5&6



work collaboratively within a team to plan, perform and perfect skills and strategies within striking & fielding games

Learning Overview

Striking & Fielding

N KS1 - master basic movements including running, jumping, throwing and catching and begin to apply
 C these in a range of activities
 KS2 - play competitive games, modified where appropriate using running, jumping, throwing and catching in isolation and in combination



Striking & Fielding Activate



Strategic Apply



Collaborate Appreciate

EYFS

Retrieve, collect and send an object in a variety of ways increasing efficiency

Know and explain how to collect an object and move it with speed

Help someone else complete tasks within activities

Y1&2

Develop consistency of sending, throwing and fielding skills to move an object towards a target

Know how and why to move objects efficiently to a target within a variety of activities

Work as part of a team to move objects to an area or target

Y3&4

Apply striking and fielding techniques at appropriate times within a variety of modified games

Understand and explain where to stand, strike, run and throw to, to gain an advantage

Collaborate within small teams to help apply skills that will assist the team in gaining an advantage

Y5&6

Use striking & fielding skills adapting these to help you improve against an outcome, whilst working as part of a team

Plan and describe how you will tactically work as a team to field and strike successfully within modified games

Work as part of a group to improve personal, peer and team performance, suggesting and implementing related ideas

Lesson Progression Striking & Fielding



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

EY

React

Send

Return

Y1

Throw

Catch

Retrieve

Y2

Strike

Space

Speed

Y3

Field

Position

Plan

Y4

Ready

Aim

Shot

Y5

Bowl

Positions

Adapt

Y6

Strategy

Collaborate

Execute

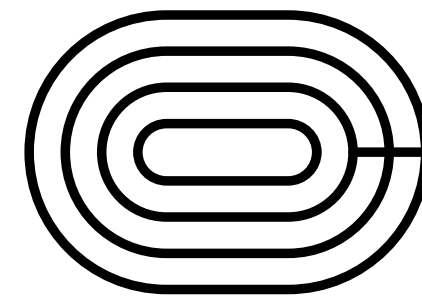
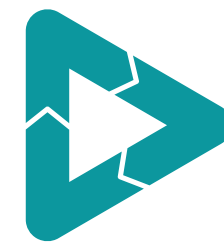
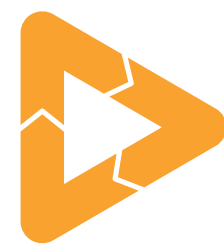
Connect

Construct

Combine

Compete

Learning Journey



Fundamental Movements

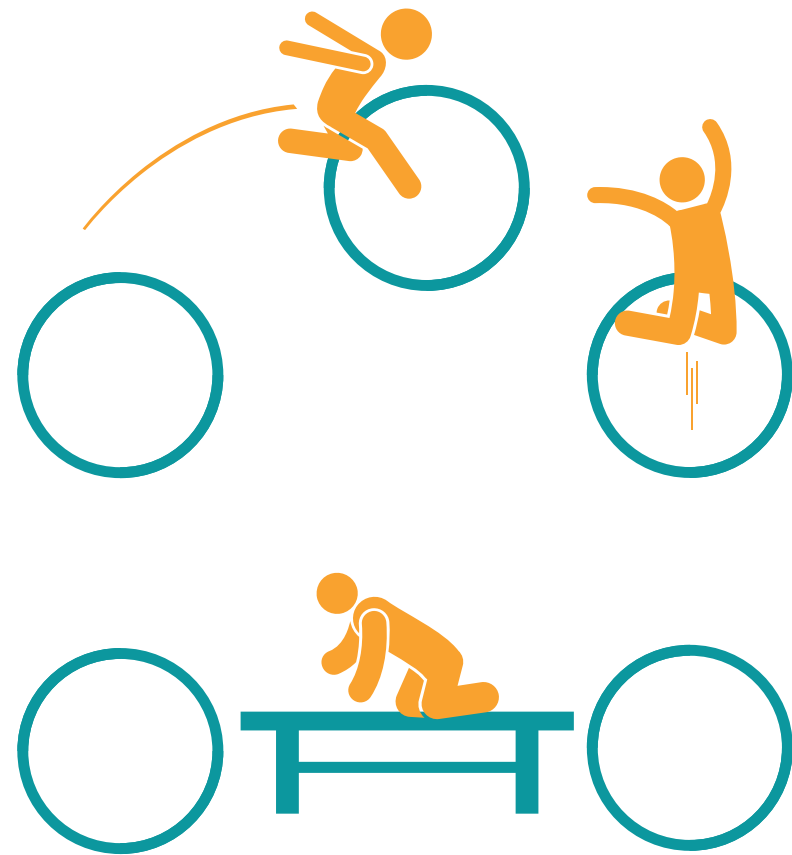


Independent



Concentrate

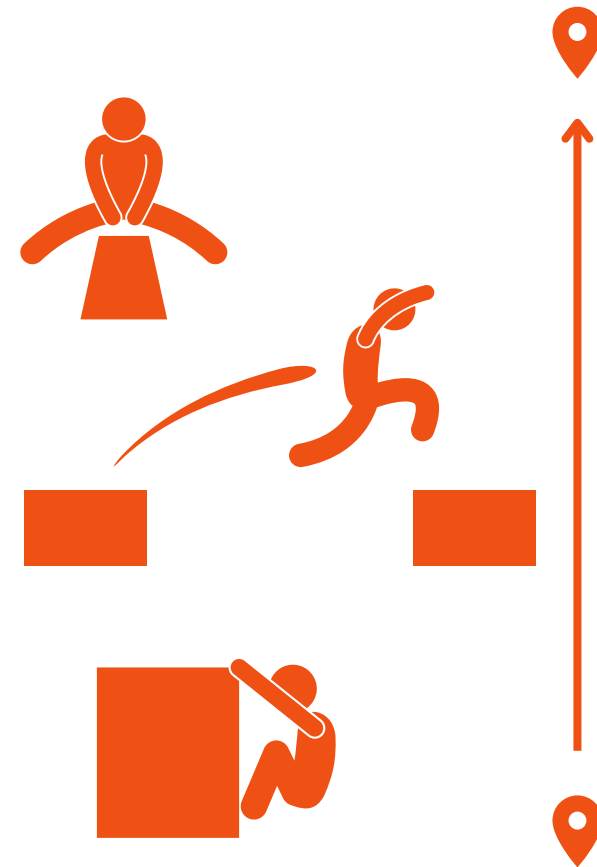
EYFS



Move

develop a range of movements to perform in different activities

Y1&2



Combine | Precise

link a variety of movement skills to complete challenges successfully

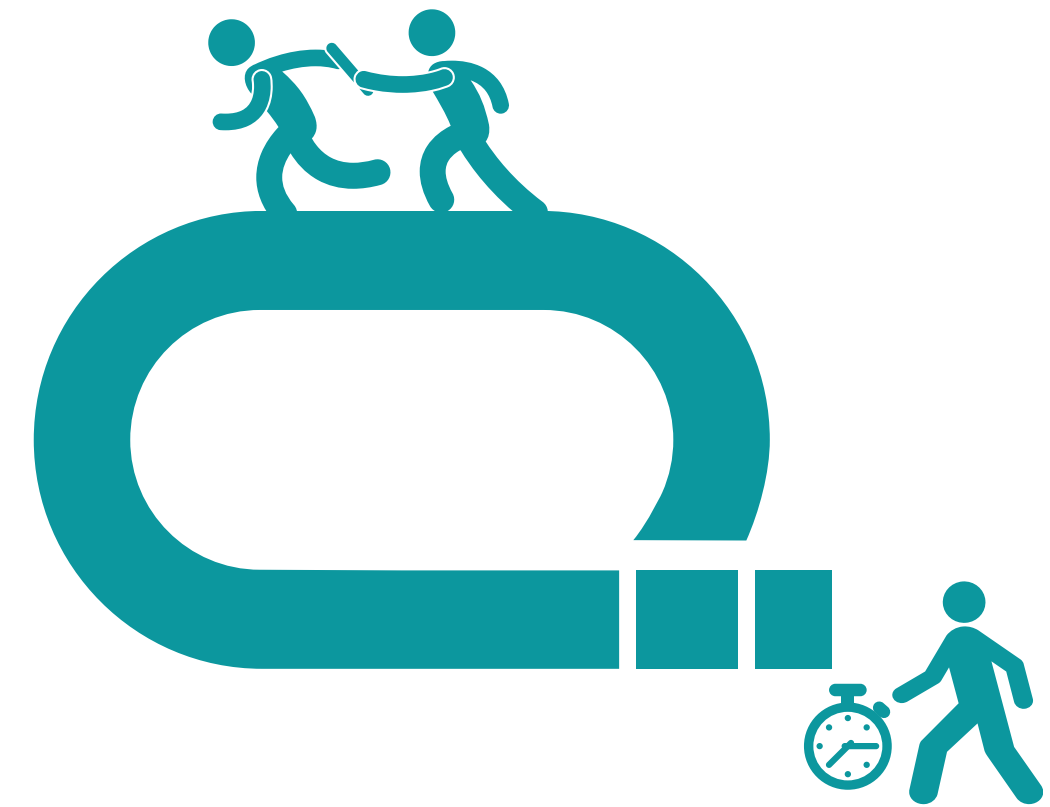
Y3&4



Compete | Personal Best

enjoy competing against yourself, trying to improve your performances to achieve personal bests

Y5&6



Events | Efficient

apply combined movement skills across a range of athletic events, refining these to improve performances

Learning Overview

Fundamental Movements

N
C

KS1 – 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
 KS2 – Develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best



Fundamental Movements Activate



Independent Apply



Concentrate Appreciate

EYFS

Refine fundamental movement skills including rolling, crawling, jumping, running and hopping

Complete challenges with increasing independence by successfully applying FMS

Improve specific movements in isolation to increase speed and fluency

Y1&2

Combine fundamental movement skills with control and accuracy in different competitive activities

Link fundamental movement skills fluently to perform successfully across a range of activities

Find ways to improve fundamental movement skills to help the completion of tasks more efficiently

Y3&4

Increase accuracy, speed and stamina to achieve personal bests, when performing modified athletic events

Identify ways to improve performance to achieve personal bests

Plan and practice activities with others that help develop key skills to improve performance

Y5&6

Combine fundamental movement skills efficiently, developing these to create personal best performances across a variety of activities

Reflect on performances explaining & implementing improvements

Focus on the key competencies of a specific activity and develop these in a variety of ways

Lesson Progression Fundamental Movements



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

EY

Travel

Jump

Levels

Y1

Move

Link

Challenge

Y2

Skills

Speed

Compete

Y3

Accuracy

Movement

Target

Y4

Approach

Coordinate

Apply

Y5

Technique

Combine

Improve

Y6

Events

Explore

Develop

Connect

Construct

Combine

Compete



PHYSICAL FOUNDATIONS

ENABLE | EMPOWER | EMBED