



Farnborough Grange Nursery and Infant School – Curriculum Overview

PE- Class Teachers

	Autumn 1	Spring 2	Summer 2
Nursery	Moving in different ways Core skills	Soft play & Apparatus Using space and avoiding obstacles	Dance and Drama Team & competitive games
Skills	<ul style="list-style-type: none"> -Enjoys starting to kick, throw and catch balls. -Walks, runs, jumps and climbs independently. -Skips, hops, stands on one leg and holds a pose, e.g. for a game like musical statues. -Sits on a push-along wheeled toy or uses a scooter/balance bike. - Moving freely and beginning to explore their surroundings - Considers wider opportunities for movement, e.g. running down a slope - Uses opportunities for wider travel, e.g. running around the outside area, gliding on a balance bike - Beginning to understand and demonstrate scooter/bike handling and safety - Developing their ability to throw, catch or kick a large ball 	<ul style="list-style-type: none"> -Fits themselves into spaces, like tunnels, dens and large boxes, and moves around in them. -Spins, rolls and independently uses ropes and swings, e.g. tyre swings. -Matches their developing physical skills to tasks and activities, e.g. deciding to crawl, walk or run across a plank, depending on its length/width. - Beginning to climb unaided and stop if they feel unsafe - Sometimes needs support to get onto or balance on apparatus - Beginning to develop a sense of what they can do safely - Beginning to swing on monkey bars, move across soft play, climb apparatus and crawl into spaces - Demonstrates uses of fixed and flexible resources to support movement 	<ul style="list-style-type: none"> -Is increasingly able to use/remember sequences of movement related to music and rhythm. -Use large-muscle movements to wave flags and streamers, paint and make marks. -Starts taking part in some group activities which they make up for themselves, or in teams. - Shows awareness of safety and more control in their movement and use of physical resources - Becoming more confident, competent, creative and adaptive movers - Transfers physical skills learnt in one context to another one - Beginning to understand and use a broader vocabulary linked to movement - Simulates different movements in response to music or other stimulus
Knowledge	Core: Knowing that the body can bend and flex including jumping, hopping and skipping.	Core: To know that all movements help them to complete different tasks and activities.	Core: To know you can move your body in time to music.

	Hinterland: To know different activities, they can do that involve running, jumping, hopping and skipping	Hinterland: Understand that equipment can be used in a variety of different ways e.g. cones can be jumped over or walked around etc.	Hinterland: To know there are lots of different types of music you can move to. (fast and slow)
Key vocabulary	Walking, running, jumping, climbing, hopping, skipping, crawling, throwing, catching, kicking, pushing, gliding, balancing, moving	Spinning, rolling, swinging, crawling, walking, running, fitting, squeezing, moving, tunnelling, avoiding.	Dancing, acting, pretending, copying, moving, repeating, remembering, sequencing.

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Multi skills (throwing and catching)	Stretch and relax	Tag rugby	Multi-skills (agility, balance and co-ordination)	Country dancing	Athletics
Skills	<p>Roll a ball and pick it up as it slows down.</p> <p>Use a simple underarm throw.</p> <p>Throw a ball into a space.</p> <p>Throw a ball up and catch it with it 2 hands.</p> <p>Catch a medium sized ball with two hands when thrown by a partner. (make this more challenging by</p>	<p>Stretch their body up smoothly.</p> <p>Move between poses while keeping balanced.</p> <p>Arch their back up, and dip their back down, smoothly</p> <p>Create a short sequence of poses and repeat (with minimal support)</p> <p>Use a full range of movements</p> <p>Adapt poses to their own needs</p>	<p>Begin to demonstrate evasive running (changing direction when an opponent runs near)</p> <p>Catch and pass a rugby ball successfully to a partner using an underarm throw.</p> <p>Catch and pass a rugby ball successfully when under time pressure using an underarm throw.</p> <p>Handle a rugby ball without dropping it, passing from hand-to-hand and around your body.</p>	<p>Explore static balancing.</p> <p>Aim a variety of large balls at equipment accurately.</p> <p>Travel in different ways, showing clear transitions between movements.</p> <p>Travel in different directions (side to side, up and down).</p> <p>Practise agility, balance and co-ordination at a circuit station.</p>	<p>Move in time to a beat (walking, skipping, clapping, jumping).</p> <p>Use crossed hold to skip with a partner</p> <p>Use open hold to skip with a partner</p> <p>Perform simple dances using simple movement patterns</p> <p>Change direction when moving / skipping</p> <p>Skip forwards, backwards and sideways</p>	<p>Begin to use over arm and underarm techniques to throw items towards a target.</p> <p>Can change running speeds with increasing confidence.</p> <p>Can run at speed to an end point/ finish line.</p> <p>Can demonstrate different types of jumps: side to side, both feet together, one foot to the other.</p> <p>Complete a circuit eg) running through ladders/ jumping or stepping in hoops.</p>

	<p>reducing the size of the ball if confident.)</p> <p>Begin to throw a ball towards an intended target.</p> <p>Run or walk forwards and backwards.</p>	<p>Transition smoothly between poses</p> <p>Balance on one leg</p> <p>Breathe in through the nose and out through the mouth.</p>	<p>Perform basic skills in travelling, being still, finding space and using it safely</p>	<p>Use a racket and bean bag to balance.</p> <p>Use a racket and bean bag to hit the beanbag.</p> <p>Be able to balance on a number of body parts.</p>	<p>Count in before starting to move</p> <p>Jump from foot-to-foot in time to a beat</p> <p>Demonstrate some spatial awareness</p>	
Knowledge	<p>Core: Know how to throw and catch a variety of smaller equipment whilst standing or sitting, stationary or moving</p> <p>Hinterland: Understand the importance of warming up our bodies before exercising and cooling them down after exercising.</p>	<p>Core: Understand the importance of stretching our muscles.</p> <p>Hinterland: Know some deep breathing techniques</p>	<p>Core: Know and understand basic rules of rugby and articulate some of the rules of safe play</p> <p>Hinterland: To know that in Rugby the aim is to score a try and win points for your team. A try is worth 5 points. (7 with a conversion)</p>	<p>Core: Understand the concept of having a stable base.</p> <p>Hinterland: To know how travelling in different directions can help when attacking and defending in a game.</p>	<p>Core: Know the importance of skipping in time to the music.</p> <p>Hinterland: Understand how to work in small and large teams to create a piece of dance.</p>	<p>Core: To know that different equipment is used for different athletic events and how each one is used.</p> <p>Hinterland: To know competitive races have a start and finish line. There can be individual and team races.</p>
Key vocabulary	<p>Speed, underarm throw, space, muscle, warm up, direction</p>	<p>Stretch, relax, pose, sequence, breathe, arch</p>	<p>Rugby, evasive running, catch, travel, safety, rules, try, pocket to rocket, pass, attack.</p>	<p>Balance, still, aim, target, travel, direction</p>	<p>Skip, beat, move, change direction</p>	<p>Speed, start, finish line, jump</p>

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Multi skills (bat and ball)	Skipping	Golf	Multi skills (agility, balance and coordination)	Swimming	Athletics
Skills	<p>Hold a tennis racket and show some control when hitting a ball.</p> <p>Hit a ball forwards towards a target .</p> <p>Throw a ball underarm over a short distance.</p> <p>Show consistency when hitting a ball that has been thrown to them .</p> <p>Combine skills to play a modified version of a competitive game against a partner.</p>	<p>Master the basic movements of jumping and coordination.</p> <p>Engage in cooperative physical activities.</p> <p>Perform routines using simple patterns.</p> <p>Jump over a rope doing an extra two-footed jump between each skip.</p> <p>Skip without a jump in between.</p>	<p>Control the direction of the ball using both a putter and a chipper.</p> <p>Know how to control the length of the ball with a golf club.</p> <p>Control the distance of the ball using both putter and chipper.</p> <p>Develop control of the chipper and putter.</p> <p>Control the distance of the ball in the air using a chipper.</p>	<p>Explore balances on different body parts.</p> <p>Use a racket and sponge ball to balance.</p> <p>Use a racket and sponge ball to bounce the ball up and down .</p> <p>Use a racket and sponge ball to bounce the ball off the ground.</p> <p>Time running to intercept the path of a ball successfully .</p>	<p>Learn to swim stage awards:</p> <p>Stage 1:</p> <ul style="list-style-type: none"> - Enter the water safely - Move forwards and backwards for a distance of 5m (feet on or off the floor). - Scoop the water and wash face - Move from a flat floating position on back and front and return to standing. - Push and glide on front and back from the wall. - Give examples of 2 pool rules - Exit the water safely <p>Stage 2:</p>	<p>Introduce hurdles and use within a circuit.</p> <p>Can throw over arm and underarm with accuracy.</p> <p>Can change direction when running at speed confidently.</p> <p>Begin to make running races more competitive.</p> <p>Introduce standing long jump. Correct technique, arms, feet, taking off and landing etc.</p> <p>Discuss sportsmanship, cheating, winning and losing and the feelings attached to these.</p>

	<p>Hold a cricket bat correctly and use it to control a ball and hit it towards a target.</p> <p>Use the correct technique to roll a ball, showing some control of its direction.</p> <p>Use a cricket bat to hit a ball that has been rolled to them from a short distance.</p> <p>Throw a ball overarm using a good technique.</p> <p>Cooperate with others to play a team game, taking on different roles with support</p>	<p>Skip on one leg and alternate legs whilst moving.</p> <p>Skip whilst running.</p> <p>Run into and out of group / long rope skipping.</p> <p>Turn around whilst group / long rope skipping.</p> <p>Skips whilst reciting rhymes, skipping in time to the rhythm</p>	<p>Develop skills of working as a team.</p> <p>Demonstrate their understanding of aim and distance control through taking part in a number of skills challenges.</p>	<p>Demonstrate consistent agility, balance and co-ordination at a circuit station.</p> <p>Use a variety of different sized balls to aim at equipment accurately</p>	<ul style="list-style-type: none"> - Blow bubbles rhythmically - Move from floating position on front and back without support. - Push and glide on front and back from the wall without support. - Travel 5m using recognised leg action on front and back - Perform a log roll front to back and then back to front - Exit the water without support. 	
<p>Knowledge</p>	<p>Core: To know how to hit a ball using a racket or bat.</p> <p>Hinterland: To identify different sports that require throwing and hitting with a bat/ racket.</p>	<p>Core: To know a range of different skipping techniques and know you can participate both individually and as a group.</p> <p>Hinterland: To explain how the body feels when exercising and understand why this happens. . (hot , fast heart rate, tired)</p>	<p>Core: Know how to stand to use a golf club and how to control the movement of the ball.</p> <p>Hinterland: Understand the aim of the game of golf in its simplest form.</p>	<p>Core: To know how to intercept the path of a ball.</p> <p>Hinterland: Know that equipment can be manipulated to achieve multiple things e.g. a ball can be hit with or bounced / balanced on a tennis racket.</p>	<p>Core: To know pool rules and identify how to keep safe when swimming.</p> <p>Hinterland: To understand that swimming requires adult supervision for them to be safe.</p>	<p>Core: To know how to compete in a race from a start line to a finish line. To understand when racing you are running/ working round obstacles as fast as you can.</p> <p>Hinterland: To understand that winning an losing result in different feelings but good sportsmanship is needed to progress.</p>

Key vocabulary	Underarm, overarm, cricket, target, accurate / accuracy, technique	Coordination, skipping, long-rope, patterns, one-footed jump, two-footed jump	Golf club, chipper, putter, distance, flight, carry	Balance, racket, intercept, equipment, circuit station, advantage,	Water safety, float, push, glide, kick, pull, submerge,	Speed, direction , co-ordination, overarm, under arm, start, finish.
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