

Physical Education Curriculum Overview

		Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
F1	LO's	Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.	Can catch a large ball	Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.	Can catch a large ball
	Ideas – lots more ideas for planning in the Kixx UK planning file	<p>Animal Moves – Chn name animals and invent a movement for them, move around to music</p> <p>Fruit Trees – Chn move around like animals collecting cones and putting them on top of the tall cones</p> <p>Fruit Dance – Chn move around like monkeys, adult shows a pic of a fruit, chn do a dance to represent that fruit</p> <p>Follow the Leader – Adult at the front of the line and chn copy their movement in time to music</p>	<p>Fruit Bowl – Sit in a circle, give the children different coloured bibs that represent a fruit, when their colour is called they run around the circle</p> <p>Corners – Have a colour in each corner, children have to run to that colour when it is said</p> <p>Colours – Have items of 4 different colours scattered around, split the chn into 4 teams and send them to collect their colours</p> <p>Traffic Lights – Red = Stop, Amber = Walk, Green = Run</p>	<p>Traffic Lights – Add in a ball as a steering wheel</p> <p>Beanbags and Hoops – In pairs, throw a bean bag into a hoop held by another child – upgrade to ball if ready</p> <p>Body Ball – Each child to have a ball and follow instructions to put the ball on different parts of their body</p> <p>Balloon Ball – Give each child a balloon and explain that they need to stop it from hitting the floor</p>	<p>Balance Tag – If tagged, children go and stand in a hoop and balance on one leg for 10 seconds</p> <p>Simon Says – Use the skills they have learnt to play Simon Says</p> <p>Jump Around – Chn think of different things that jump, e.g. rabbits, spacehoppers, etc. Move around as these things to music.</p> <p>Bean Game – Give the children different instructions relating to beans (see teachingideas.com)</p>	<p>Colour Run – Have more than one of each colour hoop scattered around, chn stood in middle, when colour called they have to get in that colour hoop</p> <p>Silly Bananas – 2 children to be the monkeys, children run around the hall, if tug by a monkey, they turn into a banana (hands together, arms above head) until somebody peels them</p> <p>Cops and Robbers – mark out a small jail and small number of children to be cops – if robbers are caught they go to jail and complete a challenge, e.g. 10 star jumps</p>	<p>Catch It – Stand in a circle, when child's name is said throw the ball to them</p> <p>Hot Potato – Children in a circle(or 2 small circles) passing ball around, if it is dropped that child must run around the circle whilst the rest continue passing the ball</p> <p>Bouncy Ball – children in 2's, throw the ball to each other with a bounce in the middle</p> <p>Rob the Bank – children in teams, balls in the middle, in turn take one ball and thrown it back to your team</p>

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F2	LO's	Experiments with different ways of moving	Jumps off an object and lands appropriately.	Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	Travels with confidence and skill around, under, over and through balancing and climbing equipment.	Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
	Ideas – lots more ideas for planning in the Kixx UK planning file	<p>Full House – children in 4 colour groups with coloured items in the middle of the hall – in turn they go and collect a piece of their colour from the middle, each time in a different way, e.g. slithering, hopping, etc.</p> <p>Icebergs – place 5 mats around the hall, children to move around in different ways following your instructions – teacher shouts a number and the children get on the mats in a group of that number</p> <p>Spot Tig – 6 children to be ‘taggers’ – spots all around the hall, children cannot be tug when they are jumping on a spot – if they are tug they have to do a movement challenge</p> <p>Chattering Chimpanzees – see Twinkl for game instructions</p>		<p>Don't Get Caught with the Cookie – 2 taggers, 2 groups, one group have a beanbag (cookie), taggers to try to tag them so they have to give their cookie to someone else</p> <p>Plant the Trees – split hall into 3 areas and children into 2 teams – assorted items in middle area, children to take one at a time to their area and can take from other group when all gone</p> <p>Waspital – 2 ‘wasps’ and a small area marked out as the ‘waspital’ – children to avoid being stung – if stung they have 2 plasters (each hand) when out of plasters go to waspital and complete a challenge, e.g. 10 star jumps</p> <p>Domes and dishes – children in 2 teams, cones placed both correctly (dome) and upside down (dishes) each team have to turn them one way and see who wins</p>		<p>Bounce into the Buckets – Bounce your ball into the bucket from the cones and collect 1 point every time it goes in – move cones to make harder</p> <p>Throw Beanbags into the Hoop – children in teams, run to first hoop, collect beanbag and throw to next hoop then run back and high five next player</p> <p>Tig Ball – 2 ‘taggers’, 3 children with balls, if child is tug they freeze, to be unfrozen they have to catch a ball from the children with the balls</p>	
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Y1	Area		Multi-Skills	Gymnastics			

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	Pupils should be taught to:	<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.
	Planning	Follow Kixx UK planning

		Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y2	Area		Multi-Skills	Gymnastics			
	Pupils should be taught to:	<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. 					
	Planning	Follow Kixx UK planning					
	How to differentiate from year 1						