



Nevill Road Infant School

PE Curriculum



National Curriculum Subject Content

EYFS

ESSENTIAL OBJECTIVES / ESSENTIAL OPPORTUNITIES

Children at the expected level of development will:

- 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.
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

KEY STAGE 1

ESSENTIAL OBJECTIVES

- To develop competence to excel in a broad range of physical activities.
- To be physically active for sustained periods of time.
- To engage in competitive sports and activities.
- To lead healthy, active lives.

ESSENTIAL OPPORTUNITIES

- To participate in team games, developing simple tactics for attacking and defending.
- To master basic movements including running, jumping, throwing and catching.
- To develop balance, agility and coordination, and begin to apply these in a range of activities.
- To perform dances using simple movement patterns.

BREADTH OF STUDY	EYFS	Y1	Y2
Athletics	Can I run in different ways for a variety of purposes? Can I jump in a range of ways, landing safely? Can I roll equipment in different ways? Can I throw underarm? Can I begin to throw different objects?	Can I run at different speeds? Can I jump from a standing position? Can I begin to throw an object with one hand?	Can I begin to use 'arms' technique when running? Can I jump accurately from a standing position? Can I throw an object with one hand with some accuracy?
Ball Skills	Can I roll equipment in different ways? Can I throw underarm? Can I catch equipment using two hands?	Can I stop a ball when walking? Can I kick a ball in the direction of someone else?	Can I stop a ball when jogging? Can I pass a ball to someone else using the inside of my foot?



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	<p>Can I kick an object in the direction of a target?</p> <p>Can I move a ball in different ways, including bouncing and kicking?</p> <p>Can I use equipment to control a ball?</p>	<p>Can I walk with the ball keeping the ball close to my feet?</p> <p>Can I kick a ball in the direction of the goal?</p> <p>Can I throw a ball in the direction of a target?</p> <p>Can I catch the ball when stood still, some of the time?</p> <p>Can I throw a ball at a target with some accuracy?</p> <p>Can I catch the ball while stood still, most of the time?</p> <p>Can I walk with a ball keeping the ball close to my stick?</p>	<p>Can I jog with the ball keeping the ball close to my feet?</p> <p>Can I kick a ball in the direction of the goal with some accuracy, while standing still?</p> <p>Can I stop a ball when walking?</p> <p>Can I hit a ball in the direction of someone else?</p> <p>Can I walk with a ball keeping the ball close to my stick?</p> <p>Can I stop a ball using the basic handgrip?</p> <p>Can I pass the ball to someone else using the push pass?</p> <p>Can I jog with the ball keeping the ball close to my stick?</p> <p>Can I dribble the ball in one direction with some success?</p> <p>Can I catch the ball while stood still, most of the time?</p> <p>Can I throw a ball to someone else with some accuracy?</p> <p>Can I shoot the ball in the direction of the hoop with some accuracy, while standing still?</p> <p>Can I bounce a ball using one hand?</p> <p>Can I catch the ball when stood still, some of the time?</p> <p>Can I throw a ball in the direction of someone else?</p> <p>Can I shoot the ball in the direction of the hoop?</p> <p>Can I catch the ball while stood still, most of the time?</p> <p>Can I throw a ball to someone else with some accuracy?</p> <p>Can I shoot the ball in the direction of the net with some accuracy, while standing still?</p> <p>Can I catch the ball when stood still, some of the time?</p> <p>Can I throw a ball in the direction of someone else?</p>
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			Can I shoot the ball in the direction of the net?
Coordination	<p>Can I hit a ball with a bat or racket?</p> <p>Can I move safely around the space and equipment?</p> <p>Can I travel in different ways, including sideways and backwards?</p> <p>Can I combine different movements with ease and fluency?</p>	<p>Can I catch the ball when stood still, some of the time?</p> <p>Can I throw a ball in the direction of someone else?</p> <p>Can I explore hitting a ball with a cricket bat?</p> <p>Can I catch the ball while stood still, most of the time?</p> <p>Can I throw a ball to someone else with some accuracy?</p> <p>Can I begin to hit a ball with a cricket bat with control?</p> <p>Can I begin to hold the tennis racket with the 'shaking hands grip'?</p> <p>Can I control the ball on the tennis racket?</p> <p>Can I explore hitting a ball with the racket?</p>	<p>Can I hold the racket with the 'shaking hands grip'?</p> <p>Can I control the ball on the tennis racket for a sustained length of time?</p> <p>Can I begin to hit a ball with the racket with control?</p> <p>Can I attempt to return the ball to a partner?</p> <p>Can I bounce a ball using one hand?</p> <p>Can I strike or hit a ball with increasing control?</p> <p>Can I position my body to strike a ball?</p> <p>Can I use throwing and catching skills in a game?</p> <p>Can I use hand-eye coordination to control a ball?</p>
Dance	<p>Can I move with developing control and grace when performing a sequence of movements?</p> <p>Can I change the speed of my actions?</p> <p>Can I join a range of movements together?</p>	<p>Can I copy a short sequence and repeat it?</p> <p>Can I copy basic dance moves?</p> <p>Can I make up a short sequence of dance moves?</p> <p>Can I perform my own basic dance moves?</p>	<p>Can I copy a variety of dance moves changing speed, direction and level?</p> <p>Can I make up and perform a short dance using different speed, direction and level?</p> <p>Can I perform my own dance moves using different speed, direction and level?</p>
Gymnastics	<p>Can I jump in a range of ways from one space to another with increasing control?</p> <p>Can I balance begin to balance with some control?</p> <p>Can I travel in different ways, such as crawling, walking, jumping, running, hopping, skipping and climbing?</p> <p>Can I move around, under, over, and through different objects and equipment?</p>	<p>Can I balance on one leg with some control?</p> <p>Can I explore and attempt some rolls?</p> <p>Can I explore and attempt some jumps?</p>	<p>Can I balance in more than one way with some control?</p> <p>Can I roll more than one way with some control?</p> <p>Can I attempt different jumps with some control?</p> <p>Can I plan and create short sequences with a roll, jump and balance.</p>

KEY END-POINT ASSESSMENT



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	EYFS	Y1	Y2
Athletics	Can I run in different ways for a variety of purposes?	Can I run at different speeds?	Can I begin to use 'arms' technique when running?
Ball Skills	Can I move a ball in different ways, including bouncing, kicking and catching with two hands?	Can I kick or throw a ball in the direction of someone else (target) and receive a ball by catching?	Can I move/throw the ball successfully to someone else (target)? Can I jog with the ball keeping the ball close (including bouncing with one hand)?
Coordination	Can I hit a ball with a bat or racket? Can I move safely around the space and equipment?	Can I begin to hold the tennis racket with the 'shaking hands grip?' Can I explore hitting a ball with a cricket bat showing control?	Can I begin to hit a ball with the racket with control?
Dance	Can I move with developing control and grace when performing a sequence of movements?	Can I make up a short sequence of dance moves?	Can I perform my own dance moves using different speed, direction and level?
Gymnastics	Can I travel in different ways, such as crawling, walking, jumping, running, hopping, skipping and climbing?	Can I explore and attempt some rolls?	Can I plan and create short sequences with a roll, jump and balance?