

# Physical Education Curriculum at Emscote Infant School.



We are learning...

**National Curriculum:** Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Engage in competitive (both against self and against others) and co-operate physical activities, in a range of increasingly challenging situations.

**Pupils should be taught to:**

- 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 dance using simple movement patterns

| Topic                                     | Year 1 theme   | Year 2 theme   |
|---|--|--|
| Handball skills<br>Invasion Games         | Rules / Passing  | Catching / Accuracy / Teamwork                       |
|   | Rolling / Shooting   | Throwing / Catching / Shooting                       |
|   | Agility / Shooting   | Spatial Awareness / Possession                       |
|   | Passing / Teamwork   | Marking / Teamwork                                   |
|   | Co-ordination / Passing / Teamwork                           | Movement and receiving                               |
|   | Teamwork   | Teamwork   |
| Gymnastics                                | Safety / Travel  | Shape / Balance / Landing                            |
|   | Balance / Shape / Sequence                                   | Partner balance / Co-operation / Handstand           |
|   | Jump / Flight / Partner balance                              | Sequence / Large Apparatus / Travel / Sideways rolls |
|   | Large apparatus / balance and co-ordination / Sideways rolls | Balance / Body control                               |
|   | Teamwork and co-operation                                    | Partner sequence                                     |
|   | Forward roll / Sequence / Balance and co-ordination          | Partner sequence                                     |
| Tag Rugby skills<br>Invasion Games        | Rules / Handling / Balance / Agility                         | Rules / Handling / Scoring                           |
|   | Passing  | Passing  |
|   | Attacking  | Attacking / Spatial Awareness                        |
|   | Scoring / Passing  | Attacking / Rules                                    |
|   | Follow rules / Partner work                                  | Teamwork   |
|   | Teamwork   | Possession / Teamwork                                |
| Cricket skills<br>Strike & fielding Games | Bowling / Striking   | Bowling / Striking                                   |
|   | Catching / Batting   | Handling / Accuracy / Reactions                      |
|   | Catching from distances / Batting technique                  | Catching   |
|   | Scoring / Handling   | Fielding / Striking                                  |
|   | Bowling / Striking / Teamwork                                | Handling / Defence                                   |
|   | Fielding / Blocking  | Progression of skills                                |
| Tennis skills<br>Net & Wall Games         | Ball control / Striking                                      | Ball control / Forehand                              |
|   | Co-operation / Forehand                                      | Forehand / Backhand                                  |
|   | Co-operation / Forehand                                      | Weight of shot                                       |

|   |   |   |
|---|---|---|
|   | Backhand / Distances  | Forehand / Backhand / Basic tactics                   |
|   | Control / Rallies   | Gameplay / Returns                                    |
|   | Striking / Serving  | Gameplay / Rules                                      |
| Playground Athletics  | Throwing / Running  | Throwing / Running                                    |
|   | Pull throw / Long Jump  | Pull throw / Long Jump                                |
|   | Jumping (Hurdles) / Push throw                                | Jumping (Hurdles) / Push throw                        |
|   | High jump / Relay   | High jump / Relay                                     |
|   | Jumping / Throwing  | Jumping / Throwing                                    |
|   | Accuracy  | Accuracy  |
| Hockey skills<br>Invasion Games                               |   | Dribbling / Tackling safety                           |
|   |   | Passing / Turning / Dribbling                         |
|   |   | Movement / Dribbling                                  |
|   |   | Passing distance / Dribbling speed                    |
|   |   | Attacking / Shooting / Tackling                       |
|   |   | Gameplay / Rules                                      |
| Football skills<br>Invasion Games                             | Dribbling   | Ball control / Dribbling                              |
|   | Passing   | Passing / Ball control / Turning                      |
|   | Passing / Possession  | Passing accuracy / Weight of pass                     |
|   | Ball control / Co-ordination / Turning                        | Turning / Shielding / Teamwork                        |
|   | Dribbling   | Accuracy / Timing                                     |
|   | Handling / Dribbling / Rules                                  | Handling skills                                       |
| Basketball skills<br>Net & Wall Games                         |   | Dribbling   |
|   |   | Passing / Shooting                                    |
|   |   | Dribbling / Agility                                   |
|   |   | Teamwork / Handling                                   |
|   |   | Hand eye co-ordination                                |
|   |   | Shooting / Distance                                   |
| Year 1- Multi Skills / ABC's<br>Year 2 – Multi skill circuits | Balance / Co-ordination / Handling                            | BEAR values in sport                                  |
|   | Static and Dynamic balances / Passing / Defending / Attacking | Catching / Creativity / Responsibility                |
|   | Co-ordination / Travelling / Passing                          | Passing / Shooting / Agility / Speed / Responsibility |
|   | Agility / Control   | Teamwork / Jumping                                    |
|   | Partner work / Attacking / Defending                          | Dribbling / Shooting / Throwing / Accuracy            |
|   | Forehand  |   |
| Netball skills<br>Net & Wall Games                            | Pivot / Passing   | Pivot / Passing / Accuracy                            |
|   | Possession / Passing / Defending                              | Teamwork / Movement / Spatial Awareness               |
|   | Passing / Rules   | Passing / Tactics                                     |
|   | Passing / Scoring / Rules                                     | Movement / Rules / Game play                          |
|   | Accuracy / Teamwork   | Teamwork / Possession                                 |
|   | Teamwork  | Game play / Teamwork                                  |