

EYFS PE LEARNING JOURNEY



Lower Heath 
CE Primary School
 Part of the **Marches Academy Trust**



Sports Day

Children will work to improve their arm and leg action in the sprinting technique and then begin to combine this with jumping over hurdles. The children will learn to develop an effective take-off for the standing long jump. The children will develop their throwing techniques for distance and correctly use a push throw.




Destination
Year 1




Forest School Outdoor Learning

Fundamental Movements

Children will experiment with different ways of moving on different levels. They will begin to show control over objects while pushing, rolling, throwing and kicking while showing preference for a dominant hand and foot. They will improve their balance whilst moving around a given area on their front and back.



Forest School Outdoor Learning

Fundamental Movements

Children will develop their agility and their balance as they improve their reaction time. Children will also learn to improve their balance as they send and receive objects in a variety of ways.

Summer Term

Invasion Games

Children will learn to pass an object accurately to a team mate. To help keep possession, children will learn the importance of moving into space. Children will learn what is meant by the terms attacking and defending.



Yoga



Gymnastics

Children will be developing the basic components of a routine that includes balance, jumps & travel.

Fundamental Movements

Children will develop their balance by using their arms to support a static balance. They will then explore different ways of rolling and throwing objects to each other as they continue to improve their catching. They will learn to experiment with different levels within their movements. Children will practice their jumping trying to land appropriately. Children are encouraged to negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacle

Attacking and Defending

Children will begin to understand the terms attacking and defending. Children will learn to use at least one technique to either attack or defend successfully during a game.

Spring Term

Fundamental Movements

Children will use a wide range of movements while travelling at different speeds and in different directions. Children will learn to negotiate space carefully while balancing and jumping over objects. Children will learn to develop relationships with their peers by taking part in partner work.

Fundamental Movements

Children will develop their jumping and landing whilst also moving in a variety of ways. They will develop their catching so they are able to catch a large ball after bouncing. They will be improving their spatial awareness by changing direction to avoid obstacles. The children will begin to demonstrate use of a dominant hand as they pass objects to a partner.

Autumn Term

Dance

Children will be developing the basic components of dance via our partnered qualified dance teachers.



Fundamental Movements

Children will learn to move in different ways and to change directions and speed. They will also develop their balance on one leg and their seated balance. The children will negotiate space carefully while pushing and rolling balls to their partners.

YEAR 1 PE LEARNING JOURNEY



Athletics

Children will work to improve their arm and leg action in the sprinting technique and then begin to combine this with jumping over hurdles. The children will learn to develop an effective take-off for the standing long jump. The children will develop their throwing techniques for distance and correctly use a push throw.

KS1 Competitions (Trust):

Football	Tennis
Dodgeball	Hockey
Cross Country	Dance

Assessments:

Year 1 pupils will be tested a minimum of 10 times during their time in Year 1. The assessments include balance, coordination & agility.

Destination

Year 2



Friday Physical Education Session
Summer Term 1: Archery

Outdoor and Adventure

Children will learn to orientate themselves with accuracy. They will also begin to use effective communication to work as part of a team to solve problems. Children will begin to understand the different roles within a team and how to be successful at each role.

Friday Physical Education Session
Summer Term 2: Tag Rugby



Summer Term

Fundamental Movements

Children will learn to develop their coordination through movement of a ball on and around their body. Children will also learn to counter balance while working at a seated level.



Friday Physical Education Session
Spring Term 2: Handball

Games

Children will improve their kicking of objects. They will develop their passing of a ball to a partner with the use of their feet. Within game situations, they will demonstrate various kicking skills.



Gymnastics

Children will be introduced to key shapes within gymnastics and begin to explore different levels. They will also begin to understand different ways of travel and movement patterns.

Games

Children will learn to catch consistently through a variety of games. They will also learn to bounce and catch a ball and begin to improve their reactions



Friday Physical Education Session
Spring Term 1: Basketball

Games

Children will learn to throw a variety of objects both underarm and overarm. Through a variety of games, children will then have the opportunity to improve their accuracy.

Spring Term

Fundamental Skills

Children will learn to travel safely in lots of different ways. Through a variety of games, children will learn to control an object with their feet, throw and catch objects and strike an object with their hand



SAQ (Speed Agility Quickness)

Children will revisit SAQ and prepare them for Physical Education again following the recent Summer break.

Dance

Children will be developing the basic components of dance via our partnered qualified dance teachers.



Autumn Term

Friday Physical Education Session
Autumn Term 2: Tennis

Fundamental Movements

Children will learn to coordinate their footwork while travelling in different ways. They will also develop their balance with a focus on a one leg static balance.



Friday Physical Education Session
Autumn Term 1: Dodgeball



YEAR 2 PE LEARNING JOURNEY



Athletics

Children will work to improve their arm and leg action in the sprinting technique and then begin to combine this with jumping over hurdles. The children will learn to develop an effective take-off for the standing long jump. The children will develop their throwing techniques for distance and correctly use a push throw.

KS1 Competitions:

Football
Dodgeball
Cross Country

Tennis
Hockey
Dance

Assessments:

Year 2 pupils will be tested a minimum of 10 times during their time in Year 2. The assessments include balance, coordination & agility.

Destination

Year 3



Friday Physical Education Session
Summer Term 1: Archery

Outdoor and Adventure

Children will learn to orientate themselves with accuracy. They will also begin to use effective communication to work as part of a team to solve problems. Children will begin to understand the different roles within a team and how to be successful at each role.

Friday Physical Education Session
Summer Term 2: Tag Rugby



Summer Term

Invasion Games

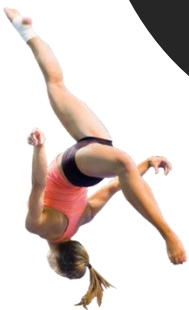
Children will learn to pass an object accurately to a team mate. To help keep possession, children will learn the importance of moving into space. Children will learn what is meant by the terms attacking and defending.



Friday Physical Education Session
Spring Term 2: Handball

Fundamental Movements

Children will develop their agility and their balance as they improve their reaction time. Children will also learn to improve their balance as they send and receive objects in a variety of ways.



Gymnastics

Children will be developing the basic components of a routine that includes balance, jumps & travel.

Swimming

10 Week block period



Friday Physical Education Session
Spring Term 1: Basketball

Attacking and Defending

Children will begin to understand the terms attacking and defending. Children will learn to use at least one technique to either attack or defend successfully during a game.

Spring Term

Throwing & Catching

Children will learn to throw different types of equipment in different ways. Children will use throwing and catching skills in a variety of games.



SAQ (Speed Agility Quickness)

Children will revisit SAQ and prepare them for Physical Education again following the recent Summer break.

Dance

Children will be developing the basic components of dance via our partnered qualified dance teachers.



Autumn Term



Friday Physical Education Session
Autumn Term 2: Dodgeball

Fundamental Movements

Children will learn to coordinate their footwork while travelling in different ways and begin to pivot and travel backwards. They will also develop their balance.

Friday Physical Education Session
Autumn Term 1: Hockey



SCHOOL GAMES

YEAR 3 PE LEARNING JOURNEY



Athletics

Children will work to improve their arm and leg action in the sprinting technique and then begin to combine this with jumping over hurdles. The children will learn to develop an effective take-off for the standing long jump. The children will develop their throwing techniques for distance and correctly use a push throw.

Y3 Competitions:

Football
Dodgeball
Cross Country

Tennis
Gymnastics
Dance

Assessments:

Year 3 pupils will be tested a minimum of 10 times during their time in Year 3. The assessments include balance, coordination & agility.

Destination

Year 4



Friday Physical Education Session
Summer Term 1: Handball

Fundamental Movements

Children will develop their agility and their balance as they improve their reaction time whilst catching small balls after one bounce and on one leg. Children will also learn to improve their balance as they send and receive objects in a variety of ways.

Friday Physical Education Session
Summer Term 2: Tag Rugby



Summer Term

Gymnastics

Children will work to improve their travel and rotation as they continue to maintain their balance whilst linking movements. The children will begin to use body tension and extension through their movements.



Friday Physical Education Session
Spring Term 2: Archery

Fundamental Movements

Children will develop their agility and their balance as they improve their reaction time. Children will also learn to improve their balance as they send and receive objects in a variety of ways.

Swimming

10 Week block period



SCHOOL GAMES

Fundamental Movements

Children will develop their agility and dynamic balance by learning to jump in different ways with turns. The children will experiment with various jumps as they jump for distance. Children will also begin to develop their core strength through seated balance activities.

Fundamental Movements

Children will learn to develop their coordination through striking and kicking a ball. They will then attempt to work with a partner and two balls to further develop their coordination.



Friday Physical Education Session
Spring Term 1: Dodgeball

Throwing, Catching and Striking

Children will improve their catching of objects that are thrown away from their body whilst also improving the accuracy of their throwing. Children will learn to successfully hit and strike a ball with both a hand and racket.

Spring Term

Invasion Games

Children will learn to pass an object accurately to a team mate. To help keep possession, children will learn the importance of moving into space. Children will learn what is meant by the terms attacking and defending.



SAQ (Speed Agility Quickness)

Children will revisit SAQ and prepare them for Physical Education again following the recent Summer break.

Outdoor and Adventure

Children will learn to orientate themselves with accuracy. They will also begin to use effective communication to work as part of a team to solve problems. Children will begin to understand the different roles within a team and how to be successful at each role.

Autumn Term

Fundamental Movements

Children will learn to coordinate their footwork while travelling in different ways and begin to work in diagonal directions while moving forwards and backwards. They will also develop their balance with a focus on a one leg static balance while changing levels and rotating.

Friday Physical Education Session
Autumn Term 1: Hockey

Friday Physical Education Session
Autumn Term 2: Basketball

YEAR 4 PE LEARNING JOURNEY



Athletics

Children will learn to demonstrate an improved technique for sprinting and perform in a relay focusing on the correct change technique. Children will learn to combine a hop, step and jump to perform a standing triple jump. Children will develop their throwing technique and begin to measure distances.

Y4 Competitions:

Football
Dodgeball
Cross Country

Tennis
Gymnastics
Dance

Assessments:

Year 4 pupils will be tested a minimum of 10 times during their time in Year 4. The assessments include balance, coordination & agility.

Destination
Year 5



Friday Physical Education Session
Summer Term 1: Archery

Striking and Fielding

Children will learn to hit a ball or shuttlecock using a racquet, bat or hockey stick with accuracy and control. Children will develop their hand eye coordination by learning to strike a moving and a stationary ball. They will have opportunity to improve previously learnt methods of throwing and catching.

Friday Physical Education Session
Summer Term 2: Handball



Summer
Term

Fundamental Movements

Children will develop their agility through chasing bouncing balls and combining the retrieving of the object with performing the long barrier. Children will then use these skills to take part in a range of competitive activities and try to improve their personal best.

Friday Physical Education Session
Spring Term 2: Tag Rugby



Fundamental Movements

Children will develop their agility and their balance as they consolidate different ways of throwing and catching and identify and apply techniques for hitting a tennis ball. Children will develop their coordination of footwork moving laterally leading with different legs while improving their awareness of space.

Swimming
10 Week block period



SCHOOL
GAMES

Fundamental Movements

Children will learn to develop different ways of throwing and catching. They will also learn to improve their dynamic balance whilst travelling forwards and backwards focusing on correct use of heel to toe landing when lunging and moving along apparatus.

Fundamental Movements

Children will learn to develop their coordination through striking and kicking a ball. They will then attempt to work with a partner and two balls to further develop their coordination.

Friday Physical Education Session
Spring Term 1: Boccia



Throwing, Catching and Striking

Children will improve their catching of objects that are thrown away from their body whilst also improving the accuracy of their throwing. Children will learn to successfully hit and strike a ball with both a hand and racket.

Spring
Term

Fundamental Movements

Children will develop their agility and dynamic balance by learning to jump in different ways with turns. The children will learn to develop their balance as they learn to land their jumps with control. They will then learn to combine different types of jumps with increased fluency.



SAQ (Speed Agility Quickness)

Children will revisit SAQ and prepare them for Physical Education again following the recent Summer break.

Gymnastics

Children will learn to create a sequence of actions that use different directions and levels. They will learn to travel in different ways including flight. They will also learn to carry out balances understanding how their centre of gravity affects their balance.



Autumn
Term

Friday Physical Education Session
Autumn Term 2: Hockey

Fundamental Movements

Children will learn to coordinate their footwork while travelling in diagonal directions using both legs as lead legs alternately. They will also develop their balance with a focus on a one leg static balance while changing levels and rotating and using gross motor skills to hit objects

Friday Physical Education Session
Autumn Term 1: New Age Kurling



YEAR 5 PE LEARNING JOURNEY



Athletics

Children will learn to demonstrate an improved technique for sprinting and perform in a relay focusing on the correct change technique. Children will learn to combine a hop, step and jump to perform a standing triple jump. Children will develop their throwing technique and begin to measure distances.

Y5 Competitions:

Football
Dodgeball
Cross Country
Table Tennis
Archery
Bowls

Tennis
Gymnastics
Dance
Boccia
NAK
Roulers

Assessments:

Year 5 pupils will be tested a minimum of 10 times during their time in Year 5. The assessments include balance, coordination & agility.

Destination
Year 6



Friday Physical Education Session
Summer Term 1: Tennis

Striking and Fielding

Children will learn to hit a ball or shuttlecock using a racquet, bat or hockey stick with accuracy and control. Children will develop their hand eye coordination by learning to strike a moving and a stationary ball. They will have opportunity to improve previously learnt methods of throwing and catching.

Friday Physical Education Session
Summer Term 2: Handball



Summer
Term

Fundamental Movements

Children will develop their coordination of both hands while working on their throwing and catching attempting to work with multiple balls. They will also improve their agility as they react to moving balls to retrieve. Children will play various games that improve their throwing, catching and striking of objects and balls.

Fundamental Movements

Children will learn to develop their agility and dynamic balance through jumping into different positions and use a variety of throws within game situations. They will learn to perform different jumps, rolls and balances under control to create and perform sequences.

Fundamental Movements

Children will develop their agility and their balance as they consolidate different ways of throwing and catching and identify and apply techniques for hitting a tennis ball. Children will develop their coordination of footwork moving laterally leading with different legs while improving their awareness of space.

SCHOOL
GAMES



Friday Physical Education Session
Spring Term 2: Tag Rugby

Gymnastics

Children will learn to perform jumps, shapes and balances fluently and with control. They will also develop their strength, technique and flexibility throughout performances whilst combining equipment with movement to create sequences.

Fundamental Movements Children will learn to move sideways whilst incorporating a pivot and maintaining balance. They will then move onto performing counter balances with their partner working on different levels. Within competitive games, the children will improve their awareness of space.



Friday Physical Education Session
Spring Term 1: Hockey

Dance

Children will learn to compose individual, partner and group dances that reflect the chosen dance style. They will demonstrate a change of pace and timing in their movements and use transitions to link motifs smoothly together.

Spring
Term

Fundamental Movements

Children will develop their static balance while working on the floor and other apparatus demonstrating stability and control. The children will demonstrate different ways of striking a ball using their hands while taking part in competitive games and showing understanding of tactics



Swimming
10 Week block period

Gymnastics

Children will learn to create a sequence of actions that use different directions and levels. They will learn to travel in different ways including flight. They will also learn to carry out balances understanding how their centre of gravity affects their balance.



Autumn
Term

Friday Physical Education Session
Autumn Term 2: Basketball

Fundamental Movements

Children will develop their reaction and response catching a bouncing ball with either hand whilst maintaining balance. Children will continue to improve their ball skills and control moving it with both hands in different directions. They will begin to apply tactics to games by understanding how to use space.

Friday Physical Education Session
Autumn Term 1: SAQ

YEAR 6 PE LEARNING JOURNEY



Athletics

Children will practice and refine an effective sprinting technique, including reaction time. They will also develop the technique for the standing vertical jump. Continuing from previous years they will maintain control at each of the different stages of the triple jump. They will also continue to improve their technique of push and pull throws for distance.

Y6 Competitions:

Football
Dodgeball
Cross Country
Table Tennis
Archery
Bowls

Tennis
Gymnastics
Dance
Boccia
NAK
Roulers

Assessments:

Year 6 pupils will be tested a minimum of 10 times during their time in Year 6. The assessments include balance, coordination & agility.

Destination
Year 7



Friday Physical Education Session
Summer Term 1: Tennis

Striking and Fielding

The children will develop their hand-eye coordination to be able to direct a ball when striking or hitting. They will also learn to work as a team to develop fielding strategies to prevent the opposition from scoring whilst communicating plans to others during a game

Friday Physical Education Session
Summer Term 2: Handball



Fundamental Movements

Children will learn to develop their agility and dynamic balance through jumping into different positions and use a variety of throws within game situations. They will learn to perform different jumps, rolls and balances under control to create and perform sequences.

Outdoor and Adventure

Children will learn to orientate themselves with confidence and accuracy around an orienteering course when under pressure. They will learn to participate in orienteering activities both as part of a team and independently and will aim to communicate clearly and effectively with others.

Fundamental Movements

Children will develop their agility and their balance as they consolidate different ways of throwing and catching and identify and apply techniques for hitting a tennis ball. Children will develop their coordination of footwork moving laterally leading with different legs while improving their awareness of space.

Summer
Term



SCHOOL
GAMES

Friday Physical Education Session
Spring Term 2: Tag Rugby

Fundamental Movements Children will learn to move sideways whilst incorporating a pivot and maintaining balance. They will then move onto performing counter balances with their partner working on different levels. Within competitive games, the children will improve their awareness of space.



Friday Physical Education Session
Spring Term 1: Hockey

Invasion Games

Children will learn to choose and make the best pass in a game situation and link a range of skills together with fluency. They will also develop their ability to keep and win back possession of the ball effectively

Spring
Term

Fundamental Movements

Children will develop their static balance while working on the floor and other apparatus demonstrating stability and control. The children will demonstrate different ways of striking a ball using their hands while taking part in competitive games and showing understanding of tactics.



Swimming
10 Week block period

Gymnastics

Children will learn to create a sequence of actions that use different directions and levels. They will learn to travel in different ways including flight. They will also learn to carry out balances understanding how their centre of gravity affects their balance.



Autumn
Term

Friday Physical Education Session
Autumn Term 2: Futsal

Fundamental Movements

Children will develop their reaction and response catching a bouncing ball with either hand whilst maintaining balance. Children will continue to improve their ball skills and control moving it with both hands in different directions. They will begin to apply tactics to games by understanding how to use space.

Friday Physical Education Session
Autumn Term 1: SAQ & Coaching

