

KS1-KS2 Physical Education Objective Overview (2022-23)



Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically -demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

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

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study

Fundamental Skills

Fundamental skills will be taught through different sporting disciplines including invasion games, dance, gymnastics, athletics, OAA and swimming. KS1 fundamental skills include; confidently perform 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. KS2 fundamental skills include; running, jumping, throwing and catching in isolation and in combination.

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Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
1.1	Swimming	Swimming	Ball games (Rugby + Netball)	Rugby / Netball	Rugby / Netball	Rugby / Netball
	Multi-Skills	Multi-Skills	Swimming	Dance	Dance	Dance
1.2	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics
	Swimming	Swimming	Swimming	Multi-Skills	Multi-Skills	Multi-Skills
2.1	Football	Football	Football	Orienteering	Orienteering	Orienteering
	Swimming	Swimming	Swimming	Football	Football	Football
2.2	Gymnastics	Gymnastics	Gymnastics	Swimming	Swimming	Swimming
	Multi-Skills	Multi-Skills	Multi-Skills	Gymnastics	Gymnastics	Gymnastics
3.1	Multi - Skills	Multi - Skills	Dance	Swimming	Swimming	Swimming
	Dance	Dance	Tee-Ball	Tee-Ball	Tee-Ball	Tee-Ball
3.2	Ball games	Ball games	Orienteering	Swimming	Swimming	Swimming
	Orienteering	Orienteering	Multi-Skills	Volleyball	Volleyball	Volleyball

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Skill	Year 1 and 2	Year 3 and 4	Year 5 and 6
Subject content	<ul style="list-style-type: none"> Pupils should 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. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. 	<ul style="list-style-type: none"> Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. 	
Invasion Games	<ul style="list-style-type: none"> Participate in team games, developing simple tactics and defending 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis, and apply basic principles suitable for attacking and defending
Dance	<ul style="list-style-type: none"> Perform dances using simple movement patterns 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns
Athletics	<ul style="list-style-type: none"> Confidently perform basic movements including running, jumping, throwing and catching 	<ul style="list-style-type: none"> Running, jumping, throwing and catching in isolation 	<ul style="list-style-type: none"> Running, jumping, throwing and catching in isolation and in combination.
Gymnastics	<ul style="list-style-type: none"> Develop balance, agility and co-ordination 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance
OAA (Outdoor adventure activities)		<ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team 	<ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team
Swimming		<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke. Perform safe self-rescue in different water-based situations