

Sequencing of the Physical Education Curriculum		
Term	Autumn 1	
Year R		
Concept	Personal	
Knowledge and Skills	Crucial Knowledge: <ul style="list-style-type: none"> <li>Children will learn to follow instructions.</li> <li>Children will learn how to practise safely and work independently.</li> </ul>	Using Knowledge as a Skill: <ul style="list-style-type: none"> <li>Children will gain this knowledge through exploring movements.</li> <li>Children will co-ordinate their footwork by practicing to side step in both directions, gallop learning with either foot, hop on either foot and skip.</li> <li>Children will practice a static balance on both legs. Can they stand still for 10 seconds)</li> </ul>
Year 1		
Concept	Personal	
Knowledge and Skills	Crucial Knowledge: <ul style="list-style-type: none"> <li>Children will learn to keep trying to get better.</li> <li>Children will learn when to ask for help.</li> <li>Children will learn to follow instructions. (recap from Year R)</li> <li>Children will learn how to practise safely and work independently. (recap from Year R)</li> </ul>	Using Knowledge as a Skill: <ul style="list-style-type: none"> <li>Children will gain this knowledge through exploring movements.</li> <li>Children will recap how to co-ordinate their footwork by practicing to side step in both directions, gallop learning with either foot, hop on either foot and skip.</li> <li>Children will start to combine side-steps with pivots.</li> <li>Children will begin to use opposite knee to elbow when skipping.</li> <li>Children will begin to hopscotch forwards and backwards, hopping on the same leg.</li> <li>Children will practice a static balance on both legs. Children will begin to increase the time and be able to bend in a controlled manner.</li> </ul>
Year 2		
Concept	Personal	
Knowledge and Skills	Crucial Knowledge: <ul style="list-style-type: none"> <li>Children will learn to understand their own PE learning and how to challenge themselves.</li> <li>Children will learn to keep trying to get better. (recap from Year 1)</li> <li>Children will learn when to ask for help. (recap from Year 1)</li> <li>Children will learn how to follow instructions. (recap from Year 1) Children will learn how to practise safely and work independently. (recap from Year 1)</li> </ul>	Using Knowledge as a Skill: <ul style="list-style-type: none"> <li>Children will gain this knowledge through exploring movements.</li> <li>Children will master how to combine side-steps with pivots 180 degrees.</li> <li>Children will master using opposite knee to elbow at a 90 degree angle when skipping.</li> <li>Children will master hopscotch forwards and backwards, hopping on the same leg (right and left).</li> <li>Children will practice a static balance on both legs. Children will be able to stand still for 30 seconds. Children will be able to complete 5 mini-squats.</li> </ul>

Term	Autumn 2	
Year R		
Concept	Social	
Knowledge and Skills	Crucial Knowledge: <ul style="list-style-type: none"> <li>Children will learn how to sensibly work with others by taking turns and sharing.</li> </ul>	Using Knowledge as a Skill: <ul style="list-style-type: none"> <li>Children will understand dynamic balances using agility.</li> <li>Children will practice jumping and landing. Children will jump from 2 feet to 2 feet forwards, backwards and side-to-side.</li> <li>Children will practice seated static balances. Children will               <ol style="list-style-type: none"> <li>Balance with both hands/ feet down.</li> <li>Balance with 1 hand/ 2 feet down.</li> <li>Balance with 2 hands/ 1 foot down.</li> <li>Balance with 1 hand/ 1 foot down.</li> <li>Balance with 1 hand or 1 foot down.</li> <li>Balance with no hands or feet down.</li> </ol> </li> </ul>
Year 1		
Concept	Social	
Knowledge and Skills	Crucial Knowledge: <ul style="list-style-type: none"> <li>Children will learn how to praise and encourage others.</li> <li>Children will learn how to sensibly work with others by taking turns and sharing. (Recap from Year R)</li> </ul>	Using Knowledge as a Skill: <ul style="list-style-type: none"> <li>Children will understand dynamic balances using agility.</li> <li>Children will recap jumping and landing. Children will jump from 2 feet to 2 feet forwards, backwards and side-to-side.</li> <li>Children will begin to jump 2 feet to 2 feet using a quarter turn in both directions.</li> <li>Children will begin to jump from 2 feet to 1 foot.</li> <li>Children will recap seated static balances. Children will               <ol style="list-style-type: none"> <li>Balance with both hands/ feet down.</li> <li>Balance with 1 hand/ 2 feet down.</li> <li>Balance with 2 hands/ 1 foot down.</li> <li>Balance with 1 hand/ 1 foot down.</li> <li>Balance with 1 hand or 1 foot down.</li> <li>Balance with no hands or feet down.</li> </ol> </li> <li>Children will begin to use equipment whilst balancing.</li> </ul>
Year 2		
Concept	Social	
Knowledge and Skills	Crucial Knowledge: <ul style="list-style-type: none"> <li>Children will learn how to be patient with others in order to support them.</li> <li>Children will listen to others about their work.</li> <li>Children will gain the confidence to show and tell their ideas.</li> <li>Children will learn how to praise and encourage others. (Recap from Year 1)</li> <li>Children will learn how to sensibly work with others by taking turns and sharing. (Recap from Year 1)</li> </ul>	Using Knowledge as a Skill: <ul style="list-style-type: none"> <li>Children will understand dynamic balances using agility.</li> <li>Children will master how to jump 2 feet to 2 feet using a quarter turn in both directions.</li> <li>Children will master how to jump from 2 feet to 1 foot and freeze on the landing.</li> <li>Children will master a static seated balance and use equipment whilst balancing.</li> </ul>

Term	Spring 1	
Year R		
Concept	Cognitive	
<b>Knowledge and Skills</b>	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children will learn how to understand and follow simple rules and instructions.</li> <li>Children will gain the confidence to say some things they are good at.</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movement through dynamic balances.</li> <li>Children will practice static balances about stance. Children will be able to stand on a line with good stance from 10 seconds.</li> <li>Children will walk forwards and backwards with fluidity and minimum wobble.</li> </ul>
Year 1		
Concept	Cognitive	
<b>Knowledge and Skills</b>	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children will know how to order instructions, movements and skills.</li> <li>Children will know how to recognise similarities and differences in performances.</li> <li>Children will know how to explain why someone is working or performing well.</li> <li>Children will learn how to understand and follow simple rules and instructions. (recap from Year R)</li> <li>Children will gain the confidence to say some things they are good at. (recap from Year R)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movement through dynamic balances.</li> <li>Children will recap static balances about stance. Children will be able to stand on a line with good stance from 10 seconds.</li> <li>Children will practise standing on a low beam with a good stance.</li> <li>Children will recap walking forwards and backwards with fluidity and minimum wobble.</li> <li>Children will practice walking with fluidity whilst lifting their knees to 90 degrees.</li> <li>Children will practice walking with fluidity whilst lifting their heels to their bottom.</li> </ul>
Year 2		
Concept	Cognitive	
<b>Knowledge and Skills</b>	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children will understand simple tactics of attacking and defending.</li> <li>Children will know how to explain what they are doing well and identify areas for improvement.</li> <li>Children will know how to order instructions, movements and skills. (recap from Year 1)</li> <li>Children will know how to recognise similarities and differences in performances. (recap from Year 1)</li> <li>Children will know how to explain why someone is working or performing well. (recap from Year 1)</li> <li>Children will learn how to understand and follow simple rules and instructions. (recap from Year 1)</li> <li>Children will gain the confidence to say some things they are good at. (recap from Year 1)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movement through dynamic balances.</li> <li>Children will master standing on a low beam with a good stance for 10 seconds.</li> <li>Children will master walking forwards and backwards with fluidity and minimum wobble.</li> <li>Children will master walking with fluidity whilst lifting their knees to 90 degrees.</li> <li>Children will master walking with fluidity whilst lifting their heels to their bottom.</li> </ul>

Term	Spring 2	
Year R		
Concept	Creative	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children will learn to explore and describe different movements.</li> <li>Children will learn how to observe and copy others.</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movement through co-ordination of ball skills.</li> <li>Children will ...</li> <li>1. Sit and roll a ball along the floor around body using 2 hands.</li> <li>2. Sit and roll a ball along the floor around body using 1 hand (right and left).</li> <li>3. Sit and roll a ball down legs and around upper body using 2 hands.</li> <li>4. Stand and roll a ball up and down legs and round upper body using 2 hands.</li> <li>Children will practice counter balances with a partner.</li> <li>Children will</li> <li>1. Sit holding hands with toes touching, lean in together then apart.</li> <li>2. Sit holding 1 hand with toes touching, lean in together then apart.</li> <li>3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.</li> </ul>
Year 1		
Concept	Creative	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children will know how to compare movements and skills with each other.</li> <li>Children will know how to select and link movements together to fit a theme.</li> <li>Children will learn to explore and describe different movements. (recap from Year R)</li> <li>Children will learn how to observe and copy others. (recap from Year R)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movement through co-ordination of ball skills.</li> <li>Children will recap skills learnt in year R.</li> <li>Children will practice ...</li> <li>1. Sitting and rolling a ball up and down legs and round upper body using 1 hand.</li> <li>2. Standing and rolling a ball up and down legs and round upper body using 1 hand.</li> <li>Children will practice counter balances with a partner.</li> <li>Children will recap their balances from Year R.</li> <li>Children will begin to practice</li> <li>1. Hold on and, with a long base, lean back, hold balance and then move back together.</li> <li>2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</li> </ul>
Year 2		
Concept	Creative	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children know how to make up their own rules and versions of activities.</li> <li>Children know how to respond differently to a variety of tasks or music.</li> <li>Children know how to recognise similarities and differences in movements and expression. I can make up my own rules and versions of activities.</li> <li>Children will know how to compare movements and skills with other. (recap from Year 1)</li> <li>Children will know how to select and link movements together to fit a theme. (recap from Year 1)</li> <li>Children will learn to explore and describe different movements. (recap from Year 1)</li> <li>Children will learn how to observe and copy others. (recap from Year 1)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movement through co-ordination of ball skills.</li> <li>Children will master ...</li> <li>1. Sitting and rolling a ball up and down legs and round upper body using 1 hand.</li> <li>2. Standing and rolling a ball up and down legs and round upper body using 1 hand.</li> <li>Children will practice counter balances with a partner.</li> <li>Children will work with a partner to master...</li> <li>1. Hold on and, with a long base, lean back, hold balance and then move back together.</li> <li>2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.</li> </ul>

Term	Summer 1	
Year R		
Concept	Applying Physical	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children know how to perform a single skill or movement with some control.</li> <li>Children know how to perform a small range of skills and link two movements together.</li> <li>Children have the knowledge and confidence to move in different ways.</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movements through sending and receiving while thinking about co-ordination.</li> <li>Children will ...</li> </ul> <ol style="list-style-type: none"> <li>Roll large ball and collect the rebound.</li> <li>Roll small ball and collect the rebound.</li> <li>Throw large ball and catch the rebound with 2 hands.</li> </ol> <ul style="list-style-type: none"> <li>Children will practice reacting and responding to build their agility by</li> </ul> <ol style="list-style-type: none"> <li>React and catch large ball dropped from shoulder height after 2 bounces.</li> <li>React and catch large ball dropped from shoulder height after 1 bounce.</li> </ol>
Year 1		
Concept	Applying Physical	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children know how to perform a range of skills with some control and consistency.</li> <li>Children know how to perform a sequence of movements with some changes in levels, direction or speed.</li> <li>Children know how to perform a single skill or movement with some control. (Recap from Year R)</li> <li>Children know how to perform a small range of skills and link two movements together. (Recap from Year R)</li> <li>Children have the knowledge and confidence to move in different ways. (Recap from Year R)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movements through sending and receiving thinking about co-ordination.</li> <li>Children will recap ball skills from Year R.</li> <li>Children will begin to practice...</li> </ul> <ol style="list-style-type: none"> <li>Throw tennis ball, catch rebound with same hand after 1 bounce.</li> <li>Throw tennis ball, catch rebound with same hand without a bounce.</li> <li>Throw tennis ball, catch rebound with other hand after 1 bounce.</li> <li>Throw tennis ball, catch rebound with other hand without a bounce.</li> <li>Strike large, soft ball along ground with hand 5 times in a rally.</li> </ol> <ul style="list-style-type: none"> <li>Children will practice reacting from year R.</li> <li>Children will practice reacting to catch a tennis ball which has been dropped from shoulder height after one bounce.</li> </ul>
Year 2		
Concept	Applying Physical	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children have the knowledge and confidence to perform and repeat longer sequences with clear shape and controlled movement.</li> <li>Children know how to select and apply a range of skills with good control and consistency.</li> <li>I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.</li> <li>Children know how to perform a sequence of movements with some changes in levels, direction or speed. (Recap from Year 1)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movements through sending and receiving while thinking about co-ordination.</li> <li>Children will master ...</li> </ul> <ol style="list-style-type: none"> <li>Throw tennis ball, catch rebound with same hand after 1 bounce.</li> <li>Throw tennis ball, catch rebound with same hand without a bounce.</li> <li>Throw tennis ball, catch rebound with other hand after 1 bounce.</li> <li>Throw tennis ball, catch rebound with other hand without a bounce.</li> <li>Strike large, soft ball along ground with hand 5 times in a rally.</li> </ol> <ul style="list-style-type: none"> <li>Children will master reacting to catch a tennis ball which has been dropped from shoulder height after one bounce.</li> </ul>

Term	Summer 2	
Year R		
Concept	Health and fitness	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children know why exercise is important for good health.</li> <li>Children know the changes to the way they feel when exercising.</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movements through improving their agility and co-ordination (ball chasing).</li> <li>Children will ...</li> <li>1. Roll a ball, chase and collect it in balanced position facing opposite direction.</li> <li>2. Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.</li> <li>Children will practice static balances.</li> <li>Children will be able to ...</li> <li>1. Hold mini-front support position.</li> <li>2. Reach round and point to ceiling with either hand in mini-front support.</li> </ul>
Year 1		
Concept	Health and Fitness	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children know and can say how their body feels before, during and after exercise.</li> <li>Children know how to use equipment appropriately.</li> <li>Children know how to move and land safely.</li> <li>Children know why exercise is important for good health. (Recap from Year R)</li> <li>Children know the changes to the way they feel when exercising. (Recap from Year R)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movements through improving their agility and co-ordination (ball chasing).</li> <li>Children will recap skills from Year R.</li> <li>Children will practice...</li> <li>1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</li> <li>2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</li> <li>Children will practice static balances.</li> <li>Children will be able to ...</li> <li>1. Hold mini-front support position.</li> <li>2. Reach round and point to ceiling with either hand in mini-front support.</li> <li>3. Children will start to practise mini-back support position.</li> </ul>
Year 2		
Concept	Health and Fitness	
Knowledge and Skills	<p>Crucial Knowledge:</p> <ul style="list-style-type: none"> <li>Children know how to describe how my body feels during exercise and why it feels like it.</li> <li>Children know why we need to warm up and cool down.</li> <li>Children know how to use equipment appropriately. (Recap from Year 1)</li> <li>Children know how to move and land safely. (Recap from Year 1)</li> <li>Children know why exercise is important for good health. (Recap from Year 1)</li> <li>Children know the changes to the way they feel when exercising. (Recap from Year 1)</li> </ul>	<p>Using Knowledge as a Skill:</p> <ul style="list-style-type: none"> <li>Children will explore movements through improving their agility and co-ordination (ball chasing).</li> <li>Children will master...</li> <li>1. Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction.</li> <li>2. Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.</li> <li>Children will master static balances using their skills from Year R and 1.</li> <li>Children will be able to ...</li> <li>1. Place cone on back and take it off with other hand in mini-front support.</li> <li>2. Hold mini-back support position.</li> <li>3. Place cone on tummy and take it off with other hand in mini-back support.</li> </ul>