

WITHINFIELDS PRIMARY SCHOOL

PHYSICAL EDUCATION CURRICULUM – EYFS and KS1

Throughout PE teaching in EYFS and KS1, teachers will provide opportunities for children to:

- Move confidently in different ways
- Perform a single skill or movement with simple control
- Link two movements together when performing a small range of skills
- Perform with consistency and control
- Use a sequence of movements with some changes in level, direction or speed.

We use the Real PE scheme to support our teaching and learning.

		EYFS	KS1
Unit 1	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Coordination – Floor Movement Patterns (Station 10) • Static Balance – One leg standing (Station 1) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can follow instructions, practise safely and work on simple tasks by myself (Level 1) • I enjoy working on simple tasks with help (Pre-level 1) <u>FUNS level</u> Complete some Yellow FUNS challenges.	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I know where I am with my learning and I have begun to challenge myself (Level 3) • I try several times if at first I don't succeed and I ask for help when appropriate (Level 2) <u>FUNS level</u> Complete all Yellow and some Green FUNS challenges.
Unit 2	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Dynamic Balance to Agility (Station 6) • Static Balance – Seated (Station 2) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can work sensibly with others, taking turns and sharing (Level 1) • I can play with others and share with help (Pre-level 1) <u>FUNS level</u> Complete some Yellow FUNS challenges.	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I show patience and support others, listening well. I can show and tell others about my ideas (Level 3) • I can praise and encourage others, working sensibly (Level 2) <u>FUNS level</u> Complete all Yellow and some Green FUNS challenges.
Unit 3	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Dynamic Balance (Station 5) • Static Balance – Small base (Station 4) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can understand and follow simple rules and name some things I'm good at (Level 1) • I can follow simple instructions (Pre-level 1) <u>FUNS level</u> Complete some Yellow FUNS challenges.	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can understanding simple tactics of attacking and defending (Level 3) • I can order instructions, movements and skills. With help I can explain why someone else is performing well (Level 2) <u>FUNS level</u> Complete all Yellow and some Green FUNS challenges.

		EYFS	KS1
Unit 4	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Coordination – Ball Skills (Station 9) • Counter balance in pairs (Station 7) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can explore and describe different movements (Level 1) • I can observe and copy others (Pre-level 1) <u>FUNS level</u> Complete some Yellow FUNS challenges.	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can make up my own rules and versions of activities, responding differently to a variety of tasks or music (Level 3) • I can compare my movements and skills with those of others. I can select and link movements to fit a theme (Level 2) <u>FUNS level</u> Complete all Yellow and some Green FUNS challenges.
Unit 5	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Coordination – with equipment (Station 8) • Agility – Reaction and Response (Station 12) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together (Level 1) • I can move confidently in different ways (Pre-level 1) <u>FUNS level</u> Complete some Yellow FUNS challenges.	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • Perform and repeat longer sequences with clear shapes and controlled movements (Level 3) • I can perform a sequence of movements with some changes in level, direction and speed (Level 2) <u>FUNS level</u> Complete all Yellow and some Green FUNS challenges.
Unit 6	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Agility – Ball Chasing (Station 11) • Static Balance –Floor Work (Station 3) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I am aware of why exercise is important or good for health (Level 1) • I am aware of the changes to the way I feel when I exercise (Pre-level 1) <u>FUNS level</u> Complete some Yellow FUNS challenges.	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can describe how and why my body feels during and after exercise. I can explain the importance of warm up and cool down (Level 3) • I can say how my body feels before, during an after exercise. I can use equipment properly and move and land safely (Level 2) <u>FUNS level</u> Complete all Yellow and some Green FUNS challenges.