



WENSLEY FOLD CE PRIMARY ACADEMY

PHYSICAL EDUCATION OVERVIEW

End of Year Expectations

EYFS

Fundamental Movement Skills Matrix - Lancashire Early Years Units 2016

Movement Skill	Rosie's Walk	Superworm	Elmer	Rumble in the Jungle	The Hungry Caterpillar	How to Catch a Star
Travel on feet - run, hop, skip, gallop	😊	😊	😊	😊	😊	😊
Travel on hands and feet	😊	😊	😊	😊	😊	😊
Static balance (one foot)	😊	😊	😊	😊	😊	
Balance on body parts and balance using equipment		😊	😊	😊	😊	😊
Vertical jump and land (2to2)	😊	😊	😊	😊	😊	😊
Catching	😊		😊	😊		😊
Underarm throw	😊	😊	😊		😊	
Underhand roll	😊		😊			
Overarm throw						😊
Side (egg) roll		😊	😊	😊	😊	
Rock and Roll		😊	😊	😊	😊	
Pencil roll		😊	😊	😊	😊	
Climbing	😊	😊	😊	😊	😊	😊
Apparatus	😊	😊	😊	😊	😊	😊

Taken from Physical Education Lancashire Scheme of Work

A Year 1 sports person	A Year 2 sports person	A Year 3 sports person
<u>Games</u> • I throw underarm. • I hit a ball with a bat. • I move and stop safely. • I throw and catch with both hands. • I throw and kick in different ways. <u>Gymnastics</u> • I make my body curled, tense, stretched and relaxed. • I control my body when travelling and balancing. • I copy sequences and repeat them. • I roll, curl, travel and balance in different ways. <u>Dance</u> • I move to music. • I copy dance moves. • I perform my own dance moves. • I make up a short dance. • I move safely in a space. <u>General</u> • I copy actions. • I repeat actions and skills. • I move with control and care. • I use equipment safely.	<u>Games</u> • I use hitting, kicking and/or rolling in a game. • I decide the best space to be in during a game. • I use a tactic in a game. • I follow rules. <u>Gymnastics</u> • I plan and perform a sequence of movements. • I improve my sequence based on feedback. • I think of more than one way to create a sequence which follows some 'rules'. • I work on my own and with a partner. <u>Dance</u> • I change rhythm, speed, level and direction in my dance. • I dance with control and coordination. • I make a sequence by linking sections together. • I use dance to show a mood or feeling. <u>General</u> • I copy and remember actions. • I talk about what is different from what I did and what someone else did.	<u>Games</u> • I throw and catch with control. • I am aware of space and use it to support team-mates and to cause problems for the opposition. • I know and use rules fairly. <u>Gymnastics</u> • I adapt sequences to suit different types of apparatus and criteria. • I explain how strength and suppleness affect performance. • I compare and contrast gymnastic sequences. <u>Dance</u> • I improvise freely and translate ideas from a stimulus into movement. • I share and create phrases with a partner and small group. • I repeat, remember and perform phrases. <u>Athletics</u> • I run at fast, medium and slow speeds; changing speed and direction. • I take part in a relay, remembering when to run and what to do. <u>Outdoor and adventurous</u> • I follow a map in a familiar context. • I use clues to follow a route. • I follow a route safely.

A Year 4 sports person	A Year 5 sports person	A Year 6 sports person
<u>Games</u> • I catch with one hand. • I throw and catch accurately. • I hit a ball accurately with control. • I keep possession of the ball. • I vary tactics and adapt skills depending on what is happening in a game. <u>Gymnastics</u> • I work in a controlled way. • I include change of speed and direction. • I include a range of shapes. • I work with a partner to create, repeat and improve a sequence with at least three phases. <u>Dance</u> • I take the lead when working with a partner or group. • I use dance to communicate an idea. <u>Athletics</u> • I run over a long distance. • I sprint over a short distance. • I throw in different ways. • I hit a target. • I jump in different ways. <u>Outdoor and adventurous</u> • I follow a map in a (more demanding) familiar context. • I follow a route within a time limit.	<u>Games</u> • I gain possession by working a team. • I pass in different ways. • I use forehand and backhand with a racket. • I can field. • I choose a tactic for defending and attacking. • I use a number of techniques to pass, dribble and shoot. <u>Gymnastics</u> • I make complex extended sequences. • I combine action, balance and shape. • I perform consistently to different audiences. <u>Dance</u> • I compose my own dances in a creative way. • I perform to an accompaniment. • My dance shows clarity, fluency, accuracy and consistency. <u>Athletics</u> • I controlled when taking off and landing. • I throw with accuracy. • I combine running and jumping. <u>Outdoor and adventurous</u> • I follow a map into an unknown location. • I use clues and a compass to navigate a route. • I change my route to overcome a problem. • I use new information to change my route.	<u>Games</u> • I play to agreed rules. • I explain rules to others. • I can umpire. • I make a team and communicate a plan. • I lead others in a game situation. <u>Gymnastics</u> • I combine my own work with that of others. • I sequences to specific timings. <u>Dance</u> • I develop sequences in a specific style. • I choose my own music and style. <u>Athletics</u> • I demonstrate stamina. <u>Outdoor and adventurous</u> • I plan a route and a series of clues for someone else. • I plan with others, taking account of safety and danger.