

PE

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery (EYFS)	Topic	My Local Area	Our Community	Family and Community	Wider World	Wider World	Wider World
	Enquiry Question	I wonder who I will become?	I wonder what is important to my community?	I wonder who I will become?	I wonder who shares our home?	I wonder how the world needs me?	I wonder who shares our world?
	Key Knowledge and skills	<ul style="list-style-type: none"> To manage their own needs around personal hygiene. To explain the reasons for rules, know right from wrong and try to behave accordingly. To recognise emotions. To see themselves as a valuable individual. 	<ul style="list-style-type: none"> To respect others. To understand the importance of sharing. To understand we are part of a community. To begin to make sense of their own life-story and family's history. 	<ul style="list-style-type: none"> To understand the importance of tooth brushing. To understand road safety. To understand what to do in case of an emergency. To name and describe people who are familiar to them. 	<ul style="list-style-type: none"> To be able to dress themselves independently. To understand the importance of sleep. To know what it is to be a friend. 	<ul style="list-style-type: none"> To develop strategies to deal with our emotions. To know how to be a good friend. To explore why rules are important. 	<ul style="list-style-type: none"> To be able to express a point of view and to debate when they disagree with an adult or friend, using words as well as actions. To develop strategies to cope with transition.
End Point	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>						
Reception (EYFS)	Topic	My Local Area	Our Community	Family and Community	Wider World	Wider World	Wider World
	Enquiry Question	I wonder who I will become?	I wonder what is important to my community?	I wonder who I will become?	I wonder who shares our home?	I wonder how the world needs me?	I wonder who shares our world?
	Key Knowledge and skills	<ul style="list-style-type: none"> To manage their own needs around personal hygiene. To explain the reasons for rules, know right from wrong and try to behave accordingly. To name and describe people who are familiar to them. To see themselves as a valuable individual. To express their feelings and consider the feelings of others. To identify and moderate their own feelings socially and emotionally. To talk about members of their immediate family and community. To learn how to use a knife and fork. <p>To understand how to cross the road safely.</p>	<ul style="list-style-type: none"> To think about the perspectives of others. To recognise that people, have different beliefs and celebrate special times in different ways. To build constructive and respectful relationships. To understand your personal emotional wellbeing. 	<ul style="list-style-type: none"> To explore PANTS, sexual harassment, and behavior. To talk about the lives of people around them and their roles in society. To understand the importance of brushing our teeth. To explore how screen time cannot affect our sleep and attainment in school. To explore the importance of the NHS. 	<ul style="list-style-type: none"> To understand consent and boundaries. To explore how we can help the community we live in. To investigate how sleep affects our mood and concentration. 	<ul style="list-style-type: none"> To understand the importance of healthy food choices. To know and talk about the different factors that support their overall health and wellbeing. 	<ul style="list-style-type: none"> To show resilience and perseverance in the face of challenge. To know how to stay safe on social media. To know how to stay safe in the sun.
End Point	<p>Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly.</p> <p>Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</p> <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</p>						

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		<p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</p> <p>Work and play cooperatively and take turns with others.</p> <p>Form positive attachments to adults and friendships with peers.</p> <p>Show sensitivity to their own and to others' needs.</p>		
KS1 Cycle A and B	Topic	Hands (Physical)	Head (Thinking)	Heart (Behaviour)
	Enquiry Question	Can you begin to choose and apply appropriate basic skills in isolation ?	Can you begin to make independent decisions ?	Can you begin to display correct behaviours ?
	Key Knowledge and skills	Emergence of: <ul style="list-style-type: none"> Striking – being able to strike different objects using a range of equipment. Throwing – being able to select when to use an underarm or overarm throw. Running – being able to demonstrate different running speeds. Jumping – being able to demonstrate different types of jumps. Catching – being able to catch objects confidently. Dribbling – being confident to keep the object at your feet. Attacking – running in the correct direction. Defending – using different techniques to prevent an attack. 	Emergence of: <ul style="list-style-type: none"> Problem solving Selecting and applying skills Decision making Comprehension Creativity Applying and following rules Working safely Organisation 	Emergence of: <ul style="list-style-type: none"> Confidence Respect Teamwork Communication Resilience Independence Honesty
	End Point	To begin to apply a range of appropriate skills in isolation .	To begin to make correct decisions .	To begin to display correct behaviours .
UKS2 Cycle A and B	Topic	Hands (Physical)	Head (Thinking)	Heart (Behaviour)
	Enquiry Question	Can you begin to apply the appropriate basic skills successfully in a given sport ?	Can you begin to solve problems and make correct decisions?	Can you begin to display correct behaviours to develop your own performance ?
	Key Knowledge and skills	Development of: <ul style="list-style-type: none"> Striking – being able to strike different objects using a range of equipment. Throwing – being able to select when to use an underarm or overarm throw. Running – being able to demonstrate different running speeds. Jumping – being able to demonstrate different types of jumps. Catching – being able to catch objects confidently. Dribbling – being confident to keep the object at your feet. Attacking – running in the correct direction. Defending – using different techniques to prevent an attack. 	Development of: <ul style="list-style-type: none"> Problem solving Selecting and applying skills Decision making Comprehension Creativity Applying and following rules Working safely Organisation 	Development of: <ul style="list-style-type: none"> Confidence Respect Teamwork Communication Resilience Independence Honesty
	End Point	To begin to apply a range of appropriate skills in a given sport in order to prepare you for KS2 .	To begin to demonstrate an ability to solve problems and make the correct decisions in order to prepare you for KS2 .	To begin to demonstrate correct behaviours in different situations to develop your own performance in order to prepare you for KS2 .
UKS2 Cycle A and B	Topic	Hands (Physical)	Head (Thinking)	Heart (Behaviour)
	Enquiry Question	Can you apply and replicate the appropriate, fundamental skills successfully in a given sport?	Can you solve problems, make correct decisions and reflect on your performance ?	Can you display correct behaviours to develop your own performance and that of others ?
	End Point	Continued development of: <ul style="list-style-type: none"> Striking – being able to strike a ball and send it in a desired direction. Throwing – being able to judge the power of the throw in relation to the distance required. Running – being able to change running speeds depending on the distance and urgency required. Jumping – being able to change my technique depending on the type of jump required. Catching – being able to catch objects sent from different trajectories and distances. Dribbling – being confident to keep the object at your feet when placed under pressure from defenders. Attacking – being able to identify and move into space. Defending – being able to make split second decision to determine who is a threat and who isn't. 	Continued development of: <ul style="list-style-type: none"> Problem solving. Selecting and applying skills. Providing feedback. Decision making. Reflection on performance. Comprehension. Creativity. Applying and following rules. Working safely. Organisation. 	Continued development of: <ul style="list-style-type: none"> Confidence. Respect. Empathy. Teamwork. Communication. Leadership. Resilience. Self-management. Independence. Honesty.
		To confidently apply all of the appropriate, fundamental skills in a given sport in order to prepare you for KS3 .	To demonstrate an ability to solve problems, make the correct decisions and reflect on your own performance in order to prepare you for KS3 .	To demonstrate correct behaviours in different situations in order develop your own and others performance in order to prepare you for KS3 .