

Curriculum Plan

EYFS	Term 1 and 2 Fitness	Term 3 and 4 Skills, Tactics and Body Movement	Term 5 and 6 Field Activities
Nursery	<p>Why: Understand health and your body</p> <p>Name, locate and move bones in your legs and arms, muscles in your legs and arms.</p> <p>Recognise your body parts. Legs to run, arms to swing, hands to catch, heart pumps blood, lungs to breath. Basic movements</p> <p>Observe what happens to our body when we run around - heart beats faster, breathing rate increases, body temperature increases.</p>	<p>Why: Understand basic ball skills. Understand basic body movements.</p> <p>Know what parts of your body can make the ball move. Know what parts of your body can make movements and how to change the pace of these movements.</p> <p>Observe body movements - fast slow, big, little</p>	<p>Why: Understand basic run, jump, throw.</p> <p>Know how to jump - different foot patterns.</p> <p>Know how to throw - underarm, overarm, increase in power.</p> <p>Know how to run - change of speed</p>
Enrichment			
Reception	<p>Why: Understand how to be healthy and how your body works.</p> <p>Name, locate and move bones in your legs and arms, muscles in your legs and arms. Key words; Femur and Quadriceps.</p> <p>Recognise how you move your legs and arms</p> <p>Discuss immediate effects on your body as you exercise.</p> <p>Observe what and why our heart beat increases and our breathing rate increases.</p>	<p>Why: Understand ball skills. Throwing, catching, kicking. Understand body movements. Run, skip, hop, jump and roll.</p> <p>Use different body parts to move and catch the ball. Know what parts of your body can make movements and how to change the pace of these movements. Know how to run, skip, hop, jump and roll.</p> <p>Observe body movements - fast, slow, big, little, still, move, roll, jump.</p>	<p>Why: Understand basic run - fast and slow, jump - different foot patterns, throw - at targets, close and far.</p> <p>Know how to jump - different foot patterns. How far can we jump, which foot pattern works better.</p> <p>Know how to throw - underarm, overarm, increase in power. Aim our throws at a target.</p> <p>Know how to run - change of speed, look at pace to run a long distance and sprint at a short distance.</p>

KS1	Term 1 and 2	Term 3 and 4	Term 5 and 6
Year 1 and 2	<p>Why::Understand what you need to do to be healthy and your body works.</p> <p>Name 2 leg bones and location. Name 2 leg muscles and location. Keywords: Femur , tibia, quadrips, hamstring.</p> <p>Recognise how you move your legs and arms to run and walk.</p> <p>Discuss immediate effects on your body as you exercise. Keywords heart, pump, blood, lungs, air</p> <p>Observe what and why our heart beat increases and our breathing rate increases.</p>	<p>Why: Understand ball skills. Throwing, catching, kicking, shooting.</p> <p>Understand body movements. Run, skip, hop, jump, roll and balance.</p> <p>Able to throw and catch a ball. Able to kick a ball to a target. Looking at attack and defense.</p> <p>Know how to run, skip, hop, jump, roll and balance</p> <p>Observe body movements - fast, slow, big, little, still, move, roll, jump and balance using different body parts.</p>	<p>Why: Understand running - fast, slow, track work, jump - different foot patterns, measure distance, throw - at targets, close and far, use of different apparatus.</p> <p>Know how to jump - different foot patterns. How far can we jump, which foot pattern works better.</p> <p>Know how to throw - underarm, overarm, increase in power. Aim our throws at a target.</p> <p>Know how to run - change of speed, look at pace to run a long distance and sprint at a short distance.</p>
Yr 3 and 4	<p>Why::Understand components of fitness</p> <p>Name 3 leg bones and location. Name 3 leg muscles and location. Learn the 10 components of fitness and how they relate to us as individuals.</p> <p>Start to recognise the link between components of fitness and different sports. Recognise how to test these</p>	<p>Why: Understand ball skills. Throwing, catching, kicking, shooting, defending and attacking. Develop control when balancing</p> <p>Understand the difference between asymmetrical and symmetrical.</p> <p>Able to demonstrate a variety of passes and improve confidence in catching the ball. Looking at attack and defense.</p>	<p>Why: Understand running - fast, slow, track work, jump - different foot patterns, measure distance, throw - at targets, close and far, use of different apparatus.</p> <p>Know how to jump - different foot patterns. How far can we jump, which foot pattern works better.</p> <p>Know how to throw - underarm, overarm, increase in power. Aim our throws at a target.</p>

	<p>components of fitness and how to improve these components.</p> <p>Discuss warm up, cool down and immediate effects on your body as you exercise. Keywords: increase in heart rate and increase in breathing rate.</p>	<p>Know how to balance, travel, change levels, be asymmetrical or symmetrical, body extension and tension.</p> <p>Observe apparatus and sequence work.</p>	<p>Know how to run - change of speed, look at pace to run a long distance and sprint at a short distance.</p>

<p>Yr 5 and 6</p>	<p>Why: Understand components of fitness, testing these components and how to improve the fitness of these components.</p> <p>Name 3 leg bones and muscles and the location. Name 2 arm bones and muscles and locations. Learn the 10 components of fitness and how they relate to us as individuals. Learn fitness test names.</p> <p>Recognise the link between components of fitness and different sports. Able to name individual sports that link to the components. Able to name and run the test for each component of fitness and how to improve these components.</p> <p>Discuss warm up, cool down and run their own warm ups. Understand the immediate effects of exercise. Keywords: increase in heart rate,</p>	<p>Why: Understand ball skills. Throwing, catching, kicking, shooting, defending and attacking and pitch/court positions. Develop control, consistency and aesthetically pleasing when performing the final piece. Understand the difference between asymmetrical and symmetrical and demonstrate it.</p> <p>Able to demonstrate a variety of passes and interception, able to defend and attack and look at gameplay and tactics.</p> <p>Know how to balance, travel, change levels, be asymmetrical or symmetrical, body extension and tension. Able to link movements and produce a sequence</p> <p>Observe apparatus and sequence work.</p>	<p>Why: Understand running technique for long distance and sprinting. Long jump and triple jump technique and measure. Javelin, shot put and discus techniques. Understand fielding and batting techniques.</p> <p>Know technique for each athletic event, look at competition with times and distances recorded.</p> <p>Know how to field, bat, score runs and rounders.</p>
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