PF Subi	ect O	verview
I L JUD		A CI A I C M

			T		T	
	Autumn		Spring		Summer	
Preschool	Balancing movements	Dance, yoga and fitness	Skip, hop, stand on one leg and hold a pose Use one handed tools and	Pencil grip and control	Team Games	Use cutlery correctly Dressing and undressing
Pocontion	Coordination &	Dynamic	equipment Dynamic	Coordination &	Coordination &	Agility & Statio
Reception	Static Balance	Balance to	Balance & Static	Counter Balance	Agility	Agility & Static Balance
	In this unit,	Agility & Static	Balance	In this unit, the	In this unit, the	In this unit, the
	children will	Balance	In this unit, the	children will	children will	children will
			children will			
	develop and	In this unit, the		develop and	develop and	develop and
	apply their	children will	develop and	apply their ball	apply their	apply their ball
	footwork and on	develop and	apply their	skills and	sending and	chasing and
	leg balance	apply their	dynamic	counter	receiving and	floor work
	through focused	jumping and	balance on a	balance with a	reaction and	balance
	thematic stories,	landing and	line and stance	partner through	response	through focused
	songs and	seated balance	through focused	focused	through focused	thematic stories,
	games.	through focused	thematic stories,	thematic stories,	thematic stories,	songs and
		thematic stories,	songs and	songs and	songs and	games.
	Negotiate	songs and	games.	games.	games.	Negotiate
	space and	games.				space and
	obstacles safely,		Negotiate	Negotiate	Negotiate	obstacles safely.
	with		space and	space and	space and	Demonstrate
	consideration for		obstacles safely.	obstacles safely.	obstacles safely.	strength,



	thomsolves and	Negotiata	Domonstrata	Domonstrata	Domonstrata	balance and
	themselves and	Negotiate	Demonstrate	Demonstrate	Demonstrate	balance and
	others	space and	balance.	strength,	strength,	coordination.
	Demonstrate	obstacles safely	Explain the	balance and	balance and	Move ,,
	strength,	Demonstrate	reasons for rules	coordination	coordination.	energetically,
	balance and	strength,	and try to		Move	such as running,
	coordination	balance and	behave		energetically,	jumping,
	when playing.	coordination.	accordingly.		such as running,	dancing,
	Move	Move	Show an ability		jumping,	hopping,
	energetically,	energetically,	to follow		dancing,	skipping and
	such as running,	such as jumping.	instructions		hopping,	climbing.
	jumping,	Listen attentively	involving several		skipping and	Move
	dancing,	and respond	ideas or actions.		climbing.	energetically,
	hopping,	when they hear	Express their			such as running,
	skipping and	with relevant	ideas and			jumping,
	climbing.	questions,	feelings about			dancing,
	Listen attentively	comments and	their			hopping,
	and respond	actions.	experiences.			skipping and
	when they hear.	Participate in				climbing.
	Show an ability	small group				Show an
	to follow	discussions.				understanding
	instructions	Work and play				of their feelings.
	involving several	cooperatively				
	ideas or actions.	with others.				
	Show	Show sensitivity				
	independence,	to their own and				
	resilience, and	other's needs.				
	perseverance in					
	the face of a					
	challenge.					
Year 1	Coordination &	Dynamic	Dance	Coordination &	Coordination &	Agility & Static
	Static Balance	Balance to	In this unit, the	Counter Balance	Agility	Balance
	In this unit, the	Agility &	children will	In this unit, the	In this unit, the	In this unit, the
	children will	Static Balance	learn and	children will	children will	children will



develop and
apply their
footwork and
one leg balance
through focused
skill
development
sessions,
thematic stories
and games.

Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a range of activities.

Engage in activities in a range of increasingly challenging situations. In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, thematic stories and games.

Master basic movements includina running, as well as develop balance, agility and coordination. and begin to apply these in a range of activities. Engage in cooperative physical activities.

develop shapes and circles and create sequences of movement with these through partnering and artistry.

Master basic

movements and apply these in a range of activities.
Engage in cooperative physical activities.
Perform dances using simple movement patterns.

develop and apply their ball skills and counter balance with a partner through focused skill development sessions, thematic stories and games.

Develop
balance, agility
and
coordination
and begin to
apply these in a
range of
activities
individually and
with others.

Engage in activities in a range of increasingly challenging situations.

develop and apply their sending and receiving and reaction and response through focused skill development sessions, thematic stories and games.

Develop basic movements including running, iumpina, throwing and catchina, as well as develop balance, agility and coordination, and begin to apply these in a range of activities individually and with others.

Engage in

activities in a

develop and apply their ball chasing and floor work balance through focused skill development sessions, thematic stories and games.

Develop
balance, agility
and
coordination
and begin to
apply these in a
range of
activities
individually and
with others.

Engage in activities in a range of increasingly challenging situations.

Engage in both competitive (both against



					range of increasingly challenging situations. Engage in both competitive (both against self and others) and cooperative physical activities.	self and others) and cooperative physical activities.
Year 2	Coordination &	Dance	Dynamic	Coordination &	Coordination &	Agility and Static
	Static Balance	In this unit, the	Balance & Static	Counter Balance	Agility	Balance
	In this unit, the	children will	Balance	In this unit, the	In this unit, the	In this unit, the
	children will	learn and	Static Balance	children will	children will	children will
	develop and	develop shapes	In this unit, the	develop and	develop and	develop and
	apply their	and circles and	children will	apply their ball	apply their	apply their ball
	footwork and	create	develop and	skills and	sending and	chasing and
	one leg balance	sequences of	apply their	counter	receiving and	floor work
	through focused	movement with	dynamic	balance with a	reaction and	balance
	skill	these through	balance on a	partner through	response	through focused
	development	partnering and	line and stance	focused skill	through focused	skill
	sessions,	artistry.	through focused	development	skill	development
	cooperative	Master basic	skill	sessions,	development	sessions,
	and competitive	movements and	development	cooperative	sessions,	cooperative
	development	apply these in a	sessions,	and competitive	cooperative	and competitive
	games.	range of	cooperative	development	and competitive	development
		activities.	and competitive	games.	development	games.
	Master basic	Engage in 	development		games.	
	movements	cooperative	games.	Extend balance,		Extend balance,
	including			agility and		agility and



	·				
running, as well	physical	Develop	coordination	Develop basic	coordination
as develop	activities.	balance, agility	and begin to	movements	and begin to
balance, agility	Perform dances	and	apply these in a	including	apply these in a
and	using simple	coordination	range of	running,	range of
coordination,	movement	and begin to	activities,	jumping,	activities,
and begin to	patterns.	apply these in a	individually and	throwing and	individually and
apply these in a		range of	others.	catching, as well	others.
range of		activities	Engage in	as develop	Engage in
activities.		individually and	competitive and	balance, agility	activities in a
Engage in		with others.	cooperative	and	range of
competitive and		Engage in	physical	coordination,	increasingly
cooperative		competitive and	activities.	and begin to	challenging
physical		cooperative	Participate in	apply these in a	situations.
activities.		physical	team games,	range of	Engage in both
		activities.	developing	activities	competitive
			simple tactics for	individually and	(both against
			•	with others.	self and others)
			attaching and	Engage in	and
			defending	activities in a	cooperative
				range of	physical
				increasingly	activities.
				challenging	
				situations.	
				Engage in both	
				competitive	
				(both against	
				self and others)	
				and	
				cooperative	
				physical	
				activities.	
				Participate in	
				team games,	
				rearri garries,	



					developing	
					simple tactics for	
					attaching and	
					defending.	
Year 3	Coordination &	Dance	Dynamic &	Coordination &	Agility & Static	Agility & Static
redi 3	Static Balance	In this unit, the	Coordination	Counter Balance	Balance	Balance
	In this unit, the	children will	In this unit, the	In this unit, the	In this unit, the	In this unit, the
	children will	learn and	children will	children will	children will	children will
	develop and	develop shapes	develop and	develop and	develop and	develop and
	apply their	and circles and	apply their	apply their	apply their	apply their ball
	footwork and	create	dynamic	sending and	reaction and	chasing and
	one leg balance	sequences of	balance on a	receiving and	response and	stance through
	through focused	movement with	line and ball skills	counter	floor work	focused skill
	skill	these through	through focused	balance with a	balance	development
	development	partnering and	skill	partner through	through focused	sessions, healthy
	sessions, healthy	artistry.	development	focused skill	skill	competition,
	competition,		sessions, healthy	development	development	cooperative
	cooperative	Apply and	competition,	sessions, healthy	sessions, healthy	games and
	games and	develop a	cooperative	competition,	competition,	Personal Best
	Personal Best	broad range of	games and	cooperative	cooperative	challenges.
	challenges.	skills and link	Personal Best	games and	games and	
		them to make	challenges.	Personal Best	Personal Best	Develop and
	Use running and	actions and		challenges.	challenges.	apply control
	jumping in	sequences of	Develop and			and balance in
	isolation and in	movements.	apply control	Use throwing	Develop and	different ways.
	combination	Develop	and balance in	and catching in	apply control	Learn how to
	and develop	flexibility,	different ways.	isolation and in	and balance in	use skills in
	control, balance	strength,	Enjoy	combination	different ways.	different ways
	and technique.	technique,	communicating,	and develop	Learn how to	and to link them
	Enjoy	control and	collaborating	and apply	use skills in	to make actions
	communicating,	balance.	and competing	control and	different ways	and sequences
	collaborating		with each other.		and to link them	of movement.



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and competin	_	Compare their	balance in	to make actions	Enjoy
with each other		performance	different ways.	and sequences	communicating,
Compare the		with previous	Learn how to	of movement.	collaborating
performance	patterns.	ones and	use skills in	Enjoy	and competing
with previous		demonstrate	different ways	communicating,	with each other.
ones and		improvement to	and to link them	collaborating	Compare their
demonstrate		achieve their	to make actions	and competing	performances
improvement t	0	personal best.	and sequences	with each other.	with previous
achieve their			of movement.	Compare their	ones and
personal best			Enjoy	performances	demonstrate
			communicating,	with previous	improvement to
			collaborating	ones and	achieve their
			and competing	demonstrate	personal best.
			with each other.	improvement to	
			Compare their	achieve their	
			performance	personal best.	
			with previous		
			ones and		
			demonstrate		
			improvement to		
			achieve their		
			personal best.		
Year 4 Coordination 8	& Dance	Dynamic	Swimming	Swimming	Swimming
Static Balance	In this unit, the	Balance &	Swim	Swim	Swim
In this unit, the	e children will	Coordination	competently,	competently,	competently,
children will	learn and	In this unit, the	confidently and	confidently and	confidently and
develop and	develop shapes	children will	proficiently over	proficiently over	proficiently over
apply their	and circles and	develop and	a distance of at	a distance of at	a distance of at
footwork and	create	apply their	least 25 metres.	least 25 metres.	least 25 metres.
one leg baland	ce sequences of	dynamic	Use a range of	Use a range of	Use a range of
through focuse	ed movement with	balance on a	strokes	strokes	strokes
skill	these through	line and ball skills	effectively (for	effectively (for	effectively (for
development	•	through focused	example, front	example, front	example, front



Г						
	sessions, healthy	partnering and	skill	crawl,	crawl,	crawl,
	competition,	artistry.	development	backstroke and	backstroke and	backstroke and
	cooperative		sessions, healthy	breaststroke)	breaststroke)	breaststroke)
	games and	Apply and	competition,	Perform safe	Perform	Perform safe
	group Personal	develop a	cooperative	self-rescue in	safe self-rescue	self-rescue in
	Best challenges.	broad range of	games and	different water-	in different	different water-
		skills and link	group Personal	based situations.	water-based	based situations.
	Use running and	them to make	Best challenges.			
	jumping in	actions and			situations.	
	isolation and in	sequences of	Develop and			
	combination	movements.	apply control			
	and develop	Develop	and balance in			
	control, balance	flexibility,	different ways.			
	and technique.	strength,	Enjoy			
	Enjoy	technique,	communicating,			
	communicating,	control and	collaborating			
	collaborating	balance.	and competing			
	and competing	Perform dances	with each other.			
	with each other.	using a range of	Compare their			
	Compare their	movement	performance			
	performance	patterns.	with previous			
	with previous	,	ones and			
	ones and		demonstrate			
	demonstrate		improvement to			
	improvement to		achieve their			
	achieve their		personal best			
	personal best.		-			
Year 5	Swimming	Swimming	Swimming	Static Balance	Dynamic	Coordination
	Swim	Swim	Swim	In this unit, the	Balance to	and Agility
	competently,	competently,	competently,	children will	Agility & Static	In this unit, the
	confidently and	confidently and	confidently and	develop and	Balance	children will
	proficiently over	proficiently over	proficiently over	apply their	In this unit, the	develop and
		,	,	seated balance	children will	apply their



a distance of at	a distance of at	a distance of at	and floor work	develop and	sending and
least 25 metres.	least 25 metres.	least 25 metres.	balance	apply their	receiving and
Use a range of	Use a range of	Use a range of	through focused	jumping and	ball chasing
strokes	strokes	strokes	skill	landing and one	through focused
effectively (for	effectively (for	effectively (for	development	leg balance	skill
example, front	example, front	example, front	sessions,	through focused	development
crawl,	crawl,	crawl,	modified/non-	skill	sessions,
backstroke and	backstroke and	backstroke and	traditional	development	modified/non-
breaststroke)	breaststroke)	breaststroke)	games and	sessions,	traditional
Perform safe	Perform safe	Perform safe	sports and	modified/non-	games and
self-rescue in	self-rescue in	self-rescue in	healthy	traditional	sports and
different water-	different water-	different water-	competition.	games and	healthy
based situations.	based situations.	based situations.		sports and	competition.
			Enjoy	healthy	Use running,
			communicating,	competition.	jumping,
			collaborating		throwing and
			and competing	Enjoy	catching in
			with each other	communicating,	isolation and in
			and develop an	collaborating	combination.
			understanding	and competing	Enjoy
			of how to	with each other	communicating,
			improve in an	and develop an	collaborating
			activity.	understanding	and competing
			Develop	of how to	with each other
			strength, control	improve in an	and develop an
			and balance,	activity.	understanding
			and technique.	Develop	of how to
			Play competitive	strength, control	improve in an
			games,	and balance,	activity.
			modified where	and technique.	Develop
			appropriate,	Play competitive	strength, control
			and apply basic	games,	and balance,
			principles	modified where	and technique.



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				suitable for attacking and defending.	appropriate, and apply basic principles suitable for attacking and defending.	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
Year 6	Coordination &	Dynamic	Static Balance	Static Balance	Dynamic	Coordination &
	Agility	Balance and	and	In this unit, the	Balance to	Agility
	In this unit, the	Counter Balance	Coordination	children will	Agility & Static	In this unit, the
	children will	In this unit, the	In this unit, the	develop and	Balance	children will
	develop and	children will	children will	apply their	In this unit, the	develop and
	apply their ball	develop and	develop and	seated balance	children will	apply their
	skills and	apply their	apply their	and floor work	develop and	sending and
	reaction and	dynamic	stance and	balance	apply their	receiving and
	response	balance on a	footwork	through focused	jumping and	ball chasing
	through focused	line and counter	through focused	skill	landing and one	through focused
	skill	balance with a	skill	development	leg balance	skill
	development	partner through	development	sessions,	through focused	development
	sessions,	focused skill	sessions,	modified/non-	skill	sessions,
	modified/non-	development	modified/non-	traditional	development	modified/non-
	traditional	sessions,	traditional	games and	sessions,	traditional
	games and	modified/non-	games and	sports and	modified/non-	games and
	sports and	traditional	sports and	healthy	traditional	sports and
	healthy	games and	healthy	competition.	games and	healthy
	competition.	sports and	competition.		sports and	competition.
		healthy		Enjoy	healthy	
	Enjoy	competition.	Enjoy	communicating,	competition.	Use running,
	competing with		communicating,	collaborating		jumping,
	each other and	Enjoy	collaborating	and competing	Enjoy	throwing and
	develop an	communicating,	and competing	with each other	communicating,	catching in



understanding of how to improve in an activity. Use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Swimming

Swim
competently,
confidently and
proficiently over
a distance of at
least 25 metres.
Use a range of
strokes
effectively (for
example, front
crawl,
backstroke and
breaststroke)

collaboratina and competing with each other and develop an understanding of how to improve in an activity. Develop strenath, control and balance. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Swimming

Swim
competently,
confidently and
proficiently over
a distance of at
least 25 metres.
Use a range of
strokes
effectively (for
example, front
crawl,

with each other and develop an understanding of how to improve in an activity. Develop strenath, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

and develop an understanding of how to improve in an activity. Develop strenath, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

collaboratina and competing with each other and develop an understanding of how to improve in an activity. Develop strenath, control and balance, and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

isolation and in combination. Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity. Develop strength, control and balance. and technique. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Outdoor Adventurous Activity

Take part in outdoor and adventurous activity



Perform safe	backstroke and	challenges bo	oth
self-rescue in	breaststroke)	individually ar	nd
different water-	Perform safe	within a tean	n.
based situations.	self-rescue in		
	different water-	Swimming	
	based situations.	Swim	
		competently	У,
		confidently ar	
		proficiently ov	
		a distance of	
		least 25 metre	
		Use a range of	
		strokes	
		effectively (fo	or
		example, froi	
		crawl,	
		backstroke ar	nd
		breaststroke	
		Perform safe	•
		self-rescue ir	
		different water	
		based situatio	