



St Ursula's Catholic Primary School

Physical Education National Curriculum Targets 2020-21

Nursery	National Curriculum targets
Autumn Term 1	Developing balance, agility and co-ordination, and begin to apply these in a range of activities
Autumn Term 2	Perform dances using simple movement patterns.
Spring Term 1	
Spring Term 2	
Summer Term 1	
Summer Term 2	

Reception	EYFS Learning Outcomes
Autumn Term 1	<u>Dance</u> <ul style="list-style-type: none"> • Perform dances using simple movement patterns.
Autumn Term 2	<u>Gymnastics</u> <ul style="list-style-type: none"> • Developing balance, agility and co-ordination, and begin to apply these in a range of activities
Spring Term 1	
Spring Term 2	<u>Attacking and Defending (Benchball)</u> <ul style="list-style-type: none"> • Participate in team games, developing simple tactics for attacking and defending Net and Wall(Tennis) <ul style="list-style-type: none"> • Developing balance, agility and co-ordination, and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending
Summer Term 1	<u>Throwing and Catching (Bean bag toss)</u> <ul style="list-style-type: none"> • Master basic movements including running, throwing and catching
Summer Term 2	<u>Running and Jumping (Sack and egg and spoon race)</u> <ul style="list-style-type: none"> • Master basic movements including running, jumping and throwing.

Year 1	EYFS Learning Outcomes
Autumn Term 1	<u>Dance (Starry Nights/Fireworks)</u> <ul style="list-style-type: none"> • Perform dances using simple movement patterns.
Autumn Term 2	<u>Gymnastics (Animals)</u> Developing balance, agility and co-ordination, and begin to apply these in a range of activities
Spring Term 1	<u>Attacking and Defending (Benchball)</u> <ul style="list-style-type: none"> • Participate in team games, developing simple tactics for attacking and defending
Spring Term 2	<u>Net and Wall(Tennis)</u> <ul style="list-style-type: none"> • Developing balance, agility and co-ordination, and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending
Summer Term 1	<u>Throwing and Catching (Rounder's)</u> <ul style="list-style-type: none"> • Master basic movements including running, throwing and catching
Summer Term 2	<u>Running and Jumping (Athletics)</u> <ul style="list-style-type: none"> • Master basic movements including running, jumping and throwing.

Year 2	EYFS Learning Outcomes
Autumn Term 1	<p data-bbox="521 355 1283 395"><u>Super Star Sports Invasion Games (Rugby/Hockey)</u></p> <ul data-bbox="573 403 1496 491" style="list-style-type: none"> • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p data-bbox="521 539 981 579"><u>Super Star Sports Dance Topic</u></p> <ul data-bbox="573 587 1895 675" style="list-style-type: none"> • Developing balance, agility and co-ordination, and begin to apply these in a range of activities.
Autumn Term 2	
Spring Term 1	<p data-bbox="521 687 969 727"><u>Super Star Sports Gymnastics</u></p> <ul data-bbox="573 735 1888 863" style="list-style-type: none"> • compare their performances with previous ones • developing balance, agility and co-ordination, and begin to apply these in a range of activities
Spring Term 2	
Summer Term 1	<p data-bbox="521 927 931 967"><u>Super Star Sports Athletics</u></p> <ul data-bbox="573 975 1630 1015" style="list-style-type: none"> • Master basic movements including running, jumping and throwing. <p data-bbox="521 1062 1276 1102"><u>Super Star Sports Striking and Fielding (Rounders)</u></p> <ul data-bbox="573 1110 1630 1150" style="list-style-type: none"> • Master basic movements including running, jumping and throwing.
Summer Term 2	

Year 3	National Curriculum targets
Autumn Term 1	<p><u>Super Star Sports Invasion Games (Rugby/Hockey)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination
Autumn Term 2	<p><u>Invasion Games (Football/Hockery)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending <p><u>Super Star Sports Gymnastics</u></p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • perform dances using a range of movement patterns.
Spring Term 1	<p><u>Super Star Sports Net and Wall (Tennis/Badminton)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination
Spring Term 2	<p><u>Net and Wall (Bench ball/Netball)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination

Summer Term 1

Summer Term 2

Striking and Fielding (Rounders)

- play competitive games, modified where appropriate.
- apply basic principles suitable for attacking and defending
- throwing and catching in isolation and in combination
- take part in outdoor and adventurous activity challenges both individually and within a team

Super Star Sports Athletics

- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- use running, jumping and throwing in isolation and in combination.
- develop flexibility, strength, technique, control and balance

Swimming and water safety

- 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]
- Perform safe self-rescue in different water-based situations.

Year 4	National Curriculum targets
Autumn Term 1	<p><u>Super Star Sports Invasion Games (Rugby/Hockey)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p><u>Invasion Games (Football/Basketball)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending <p><u>Super Star Sports Gymnastics</u></p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • perform dances using a range of movement patterns. <p><u>Swimming and water safety</u></p> <ul style="list-style-type: none"> • 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] • perform safe self-rescue in different water-based situations.
Autumn Term 2	
Spring Term 1	
Spring Term 2	<p><u>Super Star Sports Net and Wall (Tennis/Badminton)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p><u>Net and Wall (Netball/Benchball)</u></p> <ul style="list-style-type: none"> • <u>play competitive games, modified where appropriate.</u> • <u>apply basic principles suitable for attacking and defending</u> • <u>throwing and catching in isolation and in combination</u>

Summer Term 1

Striking and Fielding (Rounders)

- play competitive games, modified where appropriate.
- apply basic principles suitable for attacking and defending
- throwing and catching in isolation and in combination
- take part in outdoor and adventurous activity challenges both individually and within a team

Summer Term 2

Super Star Sports Athletics

- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- use running, jumping and throwing in isolation and in combination.
- develop flexibility, strength, technique, control and balance

Year 5	National Curriculum targets
Autumn Term 1	<p data-bbox="521 172 1294 209"><u>Super Star Sports Invasion Games (Rugby/Football)</u></p> <ul data-bbox="573 225 1496 352" style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p data-bbox="521 408 1043 445"><u>Invasion Games (Football/Hockey)</u></p> <ul data-bbox="573 461 1496 588" style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p data-bbox="521 644 969 681"><u>Super Star Sports Gymnastics</u></p> <ul data-bbox="573 697 1995 866" style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • perform dances using a range of movement patterns.
Autumn Term 2	
Spring Term 1	<p data-bbox="521 882 1361 919"><u>Super Star Sports Net and Wall (Badminton and Tennis)</u></p> <ul data-bbox="573 935 1496 1062" style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p data-bbox="521 1118 1057 1155"><u>Net and Wall (Basketball/Handball)</u></p> <ul data-bbox="573 1171 1496 1299" style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination
Spring Term 2	
Summer Term 1	<p data-bbox="521 1313 965 1350"><u>Striking and Fielding (Cricket)</u></p> <ul data-bbox="573 1366 1431 1402" style="list-style-type: none"> • play competitive games, modified where appropriate.

Summer Term 2

- apply basic principles suitable for attacking and defending
- throwing and catching in isolation and in combination
- take part in outdoor and adventurous activity challenges both individually and within a team

Super Star Sports Athletics

- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- use running, jumping and throwing in isolation and in combination.
- develop flexibility, strength, technique, control and balance

Year 6	National Curriculum targets
Autumn Term 1	<p><u>Super Star Sports Invasion Games (Rugby/Football)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p><u>Invasion Games (Football/Hockey)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p><u>Super Star Sports Gymnastics</u></p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance • compare their performances with previous ones and demonstrate improvement to achieve their personal best. • perform dances using a range of movement patterns.
Autumn Term 2	
Spring Term 1	<p><u>Super Star Sports Net and Wall (Badminton and Basketball)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination <p><u>Net and Wall (Basketball/Handball)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate. • apply basic principles suitable for attacking and defending • throwing and catching in isolation and in combination
Spring Term 2	
Summer Term 1	<p><u>Striking and Fielding (Cricket)</u></p> <ul style="list-style-type: none"> • play competitive games, modified where appropriate.

Summer Term 2

- apply basic principles suitable for attacking and defending
- throwing and catching in isolation and in combination
- take part in outdoor and adventurous activity challenges both individually and within a team

Super Star Sports Athletics

- take part in outdoor and adventurous activity challenges both individually and within a team.
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- use running, jumping and throwing in isolation and in combination.
- develop flexibility, strength, technique, control and balance