



## Subject- Physical Education



### Threshold Concepts and Milestones

Threshold Concept		Foundation Stage 2	Content
<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p><b>Games</b></p>	<ul style="list-style-type: none"> <li>• Take an active part in circle games; understanding the rules.</li> <li>• Play a simple game with a partner.</li> <li>• Learn the beginnings of:-<u>Tennis skills</u>: holding the racket, balancing a ball on the racket. • Throwing and catching tennis balls to develop hand eye coordination.</li> <li>• <u>Basketball skills</u>: dropping and catching a ball, bouncing and catching a ball, bouncing a ball whilst stationary and while moving, throwing and catching a basketball to a partner.</li> <li>• <u>Football skills</u>: develop dribbling skills by keeping the ball as close to</li> </ul>	<p><b>Autumn 1 Block Playground Games</b>  <b>Autumn 2 Multi Skills</b>  <b>Spring 1 Ball Skills</b></p> <p>In the Autumn term, the children will focus on playground games and multi skills. This is vital to their social and collaboration development. They should learn simple games that can then be repeated or adapted during independent learning time. They should begin to understand rules of games, the importance of them and how to play fairly. In Autumn 2, this continues but focuses on multi skill development, in relation to balance, speed, control and co-ordination.</p>

		<p>the feet as possible while moving around, kick a ball to a friend, Try to score a penalty.</p> <ul style="list-style-type: none"> <li>• <u>Cricket skills:</u> throwing and catching a small ball</li> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.(ELG)</li> <li>• Demonstrate strength, balance and co-ordination.(ELG)</li> <li>• Explain the reasons for rules; know right from wrong and try to behave accordingly. (MS ELG)</li> <li>• Move energetically, such as running and jumping.(ELG)</li> </ul>	<p>In the Spring term, the children will look at specific ball games and how they can use a ball in lots of different games. Children should learn to understand how they can be used in simple individual games such as skittles, building up to throwing and catching, basketball and football skills. Each week will focus on a different skill, related to the ones in the milestone box.</p> <p>In addition to this, all activities in the EYFS should help to support the fine and gross motor skill development. The children should get the chance to experience various play settings that encourage the children to take risks and use space appropriately.</p>
	<p><b>Dance</b></p>	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.(ELG)</li> <li>• Demonstrate strength balance and co-ordination.(ELG)</li> <li>• Move energetically when dancing.(ELG)</li> <li>• Try to move in time to music. (ELG)</li> </ul>	<p><b>Spring 2 Dance</b></p> <p>In Spring 2, the children will continue to develop their dance skills, building on their experiences in FS1. In progression from FS1, children should move more coherently to the music and experiment with different movements, levels and begin to mirror a partner.</p>

		<ul style="list-style-type: none"> <li>• Make movements that show different levels; stretching up high, moving creating different shapes, move along the ground.</li> <li>• Work with a partner mirroring their moves.</li> </ul>	<p>Use of Write Dance in the classroom and during story time.</p> <p>Performances linked with exhibitions, such as Easter Parade.</p> <p>Music linked to activities in the classroom, such as tidy up time.</p>
	<p><b>Gymnastics</b></p>	<ul style="list-style-type: none"> <li>• Develop skills to safely climb on large equipment and to safely dismount including how to land safely after jumping off.</li> <li>• Floor work: be able to create a balance with 3 parts of the body touching the ground/mat.</li> <li>• Work with a small group (3 children) to create a balance.</li> <li>• Move around the room in different ways such as pretending to be different animals.</li> <li>• Create a sequence of at least 3 moves and perform these to the class.</li> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.(ELG)</li> </ul>	<p><b>Summer 1 Gymnastics</b></p> <p>In the Summer term, the children will be doing gymnastics. In progression from FS1, they should begin to link simple movements. They should be exposed to different styles of apparatus and learn how to use them safely and effectively.</p> <p>During planned gymnastics sessions, children should use the hall and the specific gymnastics equipment.</p> <p>Opportunities in the EYFS Curriculum allow for experimental movement using the indoor and outdoor spaces.</p>

		<ul style="list-style-type: none"> <li>• Demonstrate strength, balance and coordination.</li> <li>• Move energetically, such as running, jumping and climbing. (ELG)</li> </ul>	
	<b>Swimming</b>	N/A	
	<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Practise the skills needed for sports day activities.</li> <li>• Take part in sports day as part of a team.</li> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.(ELG)</li> <li>• Move energetically, such as, running, jumping, hopping and skipping</li> </ul>	<p><b>Summer 2 Athletics</b></p> <p>In Summer 2, the children will be take part in an adapted athletics mini sport education block. It will focus on developing the skills needed in athletics and then look at how we can score points as part of a team and how a team can win together. Children should experience different events and games that involve scoring points. This culminates in a sports day for the children with the children from Y1, to support transition.</p>
	<b>Outdoor and adventurous activities</b>	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.(ELG)</li> <li>• Explain the reasons for rules; know right from wrong and try to behave accordingly. (MS ELG)</li> </ul>	<p>Children have the opportunity in FS1 to explore the outside area and use appropriate equipment safely and effectively.</p> <p>Linked with Autumn 1, 2 and Spring 1, where the children will be learning how to play games and the importance of</p>

