



# Physical Education Key Performance Indicators (KPIs)

Curriculum Map 2022– 2023



## **Subject Content - Key stage 1**

At St Antony's our intent is for all pupils to develop as fully Physically as they are developing Spiritually, Morally, Socially Mentally and Culturally. They will be exposed to fundamental movement, balance, use of space, hand/eye and general coordination skills, becoming increasingly competent and confident and be able to access a broad range of Physical Education opportunities to further extend their levels of agility, balance and coordination working individually and within pairs, groups and teams. They should be able to engage in competitive and co-operative physical activities, in a range of increasingly challenging situations-testing their prowess individually as well as against others.

Key Skills that pupils should be taught:

- To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, as well as begin to apply these in a range of activities
- To participate in team games, developing simple tactics for attacking and defending
- To perform simple and more complex dance routines and gymnastic skills using simple choreographed movement patterns.

## **Subject Content – Key Stage 2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and at times linking them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, Athletics, rounder's and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- 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.

### **Swimming and water safety**

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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.



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	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
<b>R e c</b>	<b>Gymnastics 1</b> Stretch Holding	<b>Gymnastics 2</b> Jumping and Balancing	<b>Dance</b> Sequence movement Stop & Clap	<b>Invasion Games</b> Foxes and rabbits	<b>Mini Olympics</b> Free Running	<b>Creative play</b> Fun Games with Peers
	<b>Games</b> Target Bean Bags	<b>Games</b> Obstacles course Races	<b>Games</b> Musical statues Animals-Mini beasts	<b>Games</b> Cones and dishes/ Rob the nest	<b>Games</b> Throwing at target Working as part of a team Cone switch	<b>Games</b> Outdoor Adventure

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance	
Play cooperatively in a group  Take turns with others	<ul style="list-style-type: none"> <li>Offer cues for peers to join</li> <li>Explain using own knowledge</li> <li>Can describe self in positive terminology and talk about abilities</li> </ul>	<ul style="list-style-type: none"> <li>Moves freely and with pleasure and confidence in a range of ways</li> <li>Identify healthy foods</li> </ul>	<ul style="list-style-type: none"> <li>Understand how games are played</li> <li>Runs and negotiates space effectively</li> <li>Can play chasing and racing with other children, adjusting speed or changing direction to avoid obstacles</li> <li>Shows control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul>	<ul style="list-style-type: none"> <li>Can stand momentarily on one foot</li> <li>Can experiment with different ways of moving</li> <li>Jumps off an object and lands appropriately               <ul style="list-style-type: none"> <li>Moves freely around a space in ways such as slithering, shuffling, rolling, crawling, skipping, sliding and hopping</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Can adjust speed or direction</li> </ul>	
	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year</b>	<b>Throwing and catching</b>	<b>Gymnastics</b> Balance & Coordination	Dance Animals-Mini beasts	<b>Invasion Games</b> Basketball dribbling with coordination	<b>Athletics</b> Going for Gold	<b>Mini Games</b>



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<b>1</b>	Hot Potato					Group games and rules, understanding positioning
	<b>Games</b> Target Bean Bags	<b>Games</b> Obstacles course Races	<b>Games</b> Hit the Pin	<b>Games</b> Cones and dishes/ Rob the nest	<b>Games</b> Throwing at target Working as part of a team	<b>Games</b> Outdoor Adventure

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance
<ul style="list-style-type: none"> <li>● Copy Actions</li> <li>● Repeat actions and skills</li> <li>● Move with control and care</li> </ul>	<ul style="list-style-type: none"> <li>● Talk about what they have done</li> <li>● Describe what other people did</li> <li>● Describe basic body actions and simple movement</li> </ul>	<ul style="list-style-type: none"> <li>● Describe how their body feels before, during and after an activity</li> <li>● Identify the benefits of eating healthy</li> </ul>	<ul style="list-style-type: none"> <li>● Throw underarm and Overarm</li> <li>● Move and stop safely</li> <li>● Catch with both hands</li> <li>● Throw in different ways</li> <li>● Kick in different ways</li> <li>● Working together</li> </ul>	<ul style="list-style-type: none"> <li>● Make their body tense, relaxed, curled and stretched</li> <li>● Control their body when traveling</li> <li>● Control their body when balancing</li> <li>● Copy sequences and repeat them</li> <li>●</li> <li>● Roll, travel, stretch, curl and balance in different ways</li> <li>● Climb safely</li> </ul>	<ul style="list-style-type: none"> <li>● Explore and perform basic body actions</li> <li>● Use different parts of the body singly and in combination</li> <li>● Show some sense of dynamic, expressive and rhythmic qualities in their own dance</li> <li>● Vary the way they use space</li> </ul>



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	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	<b>Throwing and catching</b> Hot Potato	<b>Gymnastics</b> Balance & Coordination	Dance Anaerobic	<b>Invasion Games</b> Basketball dribbling with coordination	<b>Athletics</b> Going for Gold	<b>Mini Games</b> Group games and rules, understanding positioning
	<b>Games</b> Handball (Sending and Receiving)	<b>Games</b> Running, Jumping, Throwing	<b>Games</b> <b>Clap Catch</b>	<b>Games</b> Football (Ball Control & Striking)	<b>Games</b> Cone switch	<b>Athletic Games</b> Running, Jumping, Throwing

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance
<ul style="list-style-type: none"> <li>Copy and remember actions</li> <li>Repeat and explore actions with control and coordination</li> <li>Ability to explain the skill which they are learning</li> </ul>	<ul style="list-style-type: none"> <li>Talk about what is different between what they did and what someone else did</li> <li>Say how they can improve</li> <li>Highlight positives of their actions</li> </ul>	<ul style="list-style-type: none"> <li>Show how to exercise safely</li> <li>Describe how their body feels during different activities</li> <li>Explain what their body needs to keep healthy</li> <li>Highlight daily habits which can be beneficial to their health.</li> </ul>	<ul style="list-style-type: none"> <li>Use hitting, kicking and/ or rolling in a game</li> <li>Decide where the best place to be is during a game</li> <li>Use one tactic in a game</li> <li>Follow rules</li> <li>Work as part of a team</li>   <li>Lead others</li> </ul>	<ul style="list-style-type: none"> <li>Plan and show a sequences of movements</li> <li>Use contrast in their sequences</li> <li>Produce controlled movements</li> <li>Think of more than one way to create a sequence which follows a set of 'rules'</li> <li>Work on their own and with a partner to create a sequence</li> </ul>	<ul style="list-style-type: none"> <li>Perform body actions with control and coordination</li> <li>Choose movements with different dynamic qualities to make a dance phrase that expresses and idea, mood or feeling</li> <li>Change rhythm, speed, level and direction</li> <li>Dance imaginatively</li> <li>Remember and repeat dance phrases/ sequences</li> </ul>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<b>Badminton</b> Sending and Receiving Rallies	<b>Gymnastics</b> Body Control & Flexibility	<b>Dance</b> Leadership and synchronization	<b>Invasion Games</b> Attacking & Defending	<b>Tennis</b> Over the nets games (Swimming)	<b>Mini Games</b> Going for Gold (Swimming)
	<b>Games</b> Hockey Dribbling to invade	<b>Games</b> Football Dribbling and movement & Team work	<b>Games</b> Dance battle/Team routines	<b>Games</b> Handball Passing for possession & Team work	<b>Games</b> Basketball Shooting for hoops	<b>Games</b> Athletics sports hall events

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance	Athletics	Outdoor/ Adventurous
<ul style="list-style-type: none"> <li>Use the most appropriate skills, actions or ideas</li> <li>Move with coordination and control</li> <li>Teach classmates skills learnt</li> <li>Lead others</li> </ul>	<ul style="list-style-type: none"> <li>Explain how their work is similar and different from that of others</li> <li>With help, recognise how performances could be improved</li> <li>Compare and contrast, commenting on similarities and differences</li> </ul>	<ul style="list-style-type: none"> <li>Explain why it is important to warm up and cool down</li> <li>Identify some muscle groups used during activities</li> <li>Explain how strength and suppleness affects performance</li> <li>Identify what idleness can cause</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch with control when under limited pressure</li> <li>Be aware of space and use it to support teammates and cause problems for opposition</li> <li>Know and use rules fairly</li> <li>Keep possession with some success when using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>Use a greater number of their own ideas for movement.</li> <li>Adapt sequences to suit different apparatus and partner's ability</li> </ul>	<ul style="list-style-type: none"> <li>Improvise freely, translating ideas from a stimulus</li> <li>Share and create phrases that communicate ideas with a partner and small groups</li> <li>Repeat, remember and perform these phrases in a dance</li> <li>Use dynamic, rhythmic and expressive qualities clearly and with control</li> </ul>	<ul style="list-style-type: none"> <li>Run at fast, medium and slow speeds, changing speed and direction</li> <li>Link running and jumping activities with some fluency, control and consistency</li> <li>Take part in a relay activity, remembering when to run and what to do</li> <li>Throw objects, changing their action for accuracy and Distance</li> </ul>	<ul style="list-style-type: none"> <li>Follow a map in a familiar context</li> <li>Move from one location to another following a map</li> <li>Use clues to follow a route</li> <li>Follow a route safely`</li> </ul>



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Year 4	<b>Badminton</b> Accuracy & Rallies (Swimming)	<b>Gymnastics</b> Using of equipment (Swimming)	<b>Dance</b> Afro beats stomp	<b>Invasion Games</b> Attacking & Defending	<b>Tennis</b> Returning	<b>Mini Games</b> Olympic Training
	<b>Games</b> Football (Passing, Movement & Teamwork)	<b>Games</b> Hockey Invasion in a team and ball skills	<b>Games</b> Dance battle/Team routines	<b>Games</b> Handball Passing & Moving	<b>Games</b> Basketball Shooting for hoops	<b>Games</b> Athletics sports hall events

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance	Athletics	Outdoor/ Adventurous
<ul style="list-style-type: none"> <li>Select and use the most appropriate skills, actions and ideas</li> <li>Move and use actions with coordination and control</li> <li>Make up their own small sided game</li> </ul>	<ul style="list-style-type: none"> <li>Explain how their work is similar and different from that of others</li> <li>Use comparisons to improve their own work</li> <li>Describe, interpret and evaluate using appropriate language</li> <li>Homework to gain further knowledge</li> </ul>	<ul style="list-style-type: none"> <li>Explain why warming up and cooling down in important</li> <li>Explain why keeping fit is good for your health</li> <li>To understand physical health and mental health are connected</li> </ul>	<ul style="list-style-type: none"> <li>Catch with one hand</li> <li>Throw and catch accurately</li> <li>Hit a ball accurately and with control</li> <li>Keep possession of the ball</li> <li>Move to find a space when they are not in possession during a game</li> <li>Vary tactics adapt skills to what is happening</li> </ul>	<ul style="list-style-type: none"> <li>Work in a controlled way</li> <li>Include change of speed and direction</li> <li>Follow a set of 'rules' to produce a sequence</li> <li>Work with a partner to create a sequence with at least three phases</li> <li>Synchronize sequences with a group of two or more</li> </ul>	<ul style="list-style-type: none"> <li>Respond imaginatively to a range of stimuli related to character and narrative</li> <li>Use simple motifs and movement patterns to structure dance phrases on their own and in groups</li> <li>Refine, repeat and remember dances</li> </ul>	<ul style="list-style-type: none"> <li>Run over a long distance</li> <li>Sprint over a short distance</li> <li>Throw in different ways</li> <li>Hit a target</li> <li>Jump in different ways</li> </ul>	<ul style="list-style-type: none"> <li>Follow a map of a more demanding familiar context</li> <li>Move from one location to another following a map</li> <li>Follow a route accurately, safely and within a time limit</li> </ul>



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	<b>Badminton</b> Accuracy & Rallies	<b>Gymnastics</b> Body Control Sequence movement Flexibility	<b>Dance</b> Street Dance (Swimming)	<b>Invasion Games</b> Netball (Swimming)	<b>Cricket/Rounders</b> Exploring, Striking, Fielding	<b>Mini Games</b> Athletics sports hall events
	<b>Games</b> Dodgeball Hand skills	<b>Games</b> Football Shooting for Goal & Team work	<b>Games</b> Dance battle/Team routines	<b>Games</b> Handball Passing & Moving	<b>Games</b> Basketball Shooting for hoops	<b>Games</b> Olympics training

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance	Athletics	Outdoor/ Adventurous
<ul style="list-style-type: none"> <li>Link skills, techniques and ideas and apply them accurately and appropriately</li> <li>Show good control in their movement</li> <li>Show good understanding of a variety of sports</li> </ul>	<ul style="list-style-type: none"> <li>Compare and comment on skills, techniques and ideas that they and others have used</li> <li>Use their observations to improve their work</li> <li>Recognise and comment on the style of actions of others</li> </ul>	<ul style="list-style-type: none"> <li>Explain some important safety principles when preparing for exercise</li> <li>Explain what effect exercise has on the body and mind</li> <li>Explain why exercise is important</li> </ul>	<ul style="list-style-type: none"> <li>Gain possession by working as a team</li> <li>Pass in different ways</li> <li>Use forehand and backhand with a racquet</li> <li>Field effectively during striking games</li> <li>Choose attacking and defending tactics</li> <li>Use a number of techniques to pass, dribble and shoot</li> </ul>	<ul style="list-style-type: none"> <li>Make complex or extended sequences</li> <li>Combine action, balance and shape</li> <li>Perform consistently to different audiences</li> <li>Produce accurate, clear and consistent movements</li> </ul>	<ul style="list-style-type: none"> <li>Plan and perform dances confidently</li> <li>Perform to an accompaniment expressively and sensitively</li> <li>Adapt and refine the way they use space, weight and rhythm in their dances.</li> <li>Perform different styles of dance clearly and fluently with accuracy and consistency</li> <li>Produce controlled movement</li> </ul>	<ul style="list-style-type: none"> <li>Be controlled when taking off and landing a jump</li> <li>Throw with accuracy</li> <li>Combine running and jumping</li> <li>Follow specific rules</li> </ul>	<ul style="list-style-type: none"> <li>Follow a map in an unknown location</li> <li>Use clues and compass directions to navigate a route</li> <li>Change their route if there is a problem</li> <li>Change their plan if they get new information</li> </ul>

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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<b>Y E A R 6</b>	<b>Badminton</b> Net Games for Points	<b>Gymnastics</b> Cheerleading	<b>Dance</b> Street Dance Afro beats	<b>Invasion Games</b> Netball Shooting & Moving	<b>Cricket/Rounders</b> Striking/Fielding Games - Residential visit	<b>Mini Games</b> Sports Hall Athletics
	<b>Games</b> Tag Rugby Ball Handling	<b>Games</b> Dodgeball Hand skills	<b>Games</b> Basketball (Passing & Moving)	<b>Games</b> Football Shooting for Goal & Team work	<b>Games</b> Tennis Net Games for Points	<b>Games</b> Handball Passing for possession & Team work

Acquiring and Developing Skill	Evaluating and Improving	Health and Fitness	Games	Gymnastics	Dance	Athletics	Outdoor/ Adventurous
<ul style="list-style-type: none"> <li>• Apply their skills, techniques and ideas consistently</li> <li>• Show precision, control and fluency</li> </ul>	<ul style="list-style-type: none"> <li>• Analyse and explain why they have used specific skills or techniques</li> <li>• Modify use of skills or techniques to improve their work</li> <li>• Create their own success criteria for evaluating</li> <li>• Have discussions using appropriate language and terminology</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how the body reacts to different kinds of exercise</li> <li>• Choose appropriate warm ups and cool downs</li> <li>• Explain why we need regular exercise</li> <li>• Explain the physiological effect exercise has on the brain</li> </ul>	<ul style="list-style-type: none"> <li>• Explain complicated rules</li> <li>• Make a team, plan and communicate it to others</li> <li>• Lead others in a game situation</li> </ul>	<ul style="list-style-type: none"> <li>• Combine their own work with that of others</li> <li>• Link their sequence to specific timings</li> </ul>	<ul style="list-style-type: none"> <li>• Work creatively /imaginatively on their own and/ or with a partner to compose motifs and structure simple dances in their own or a specific style</li> <li>• Perform to an accompaniment expressively and sensitively</li> <li>• Choose their own music, style and dance</li> <li>• Perform dances fluently and with control</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate stamina</li> <li>• Use their skills in different situations</li> </ul>	<ul style="list-style-type: none"> <li>• Plan a route and series of clues for someone else</li> <li>• Plan with others, taking account of safety and danger</li> </ul>