



Subject Intent: Our PE Curriculum is designed to enable children to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect. We inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities.

Big Idea: Fair and Inclusive Play

Progression	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Statements from EYFS document and National Curriculum	<ul style="list-style-type: none"> • Work and play cooperatively and take turns with others. (ELG) • Know the reasons for rules, know right from wrong and try to behave accordingly. (ELG) • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. (ELG) 	<ul style="list-style-type: none"> • Recognise basic emotions in themselves and why these happen. 	<ul style="list-style-type: none"> • Begin to recognise emotions in others. • Understand that relationships can be challenging at times. • Understand the difference between fair and unfair. 	<ul style="list-style-type: none"> • Offer solutions when there are disagreements among friends and peers. 	<ul style="list-style-type: none"> • Apply skills and tactics in combination with a partner or as part of a group/team. 		<ul style="list-style-type: none"> • When planning activities and actions, take into account a range of strategies, tactics and routes to success, considering his/her strengths and weaknesses and the strengths and weaknesses of others.

Big Idea: Resilient Participation

Progression	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Statements from EYFS document and National Curriculum	<ul style="list-style-type: none"> • Be confident to try new activities and show independence, 	<ul style="list-style-type: none"> • Understand the term determination. • Begin to set 	<ul style="list-style-type: none"> • Compare his or her performance with others. • Explain reasons 	<ul style="list-style-type: none"> • Understand that determination and perseverance are 	<ul style="list-style-type: none"> • Identify basic copying strategies for dealing with 	<ul style="list-style-type: none"> • Explain how confidence can effect performance. 	<ul style="list-style-type: none"> • Understand different levels of confidence and its effect on

Chelmondiston C of E Primary School

	resilience and perseverance in the face of challenge. (ELG)	realistic goals to achieve. <ul style="list-style-type: none"> Identify whether a target has been met. 	why a target has or has not been met.	needed to overcome a challenge. <ul style="list-style-type: none"> Set more challenging goals and evaluate his/her achievements. Compare and contrast his/her performance with others. 	difficult emotions. <ul style="list-style-type: none"> Comment on skills and techniques applied in his/her own or others' work and use this understanding to improve performance. 	<ul style="list-style-type: none"> Develop interest in participating in sports activities at a competitive level. Identify different levels of performance and use subject specific vocabulary. 	life. <ul style="list-style-type: none"> Set achievable personal goals and successfully reflect on these, perhaps setting 'next steps'.
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Big Idea: Health and Fitness

Progression	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Statements from EYFS document and National Curriculum	<ul style="list-style-type: none"> Know and talk about the different factors that support their overall health and well-being. 	<ul style="list-style-type: none"> Understand that food is a basic requirement and is needed to keep us healthy and give us energy to grow. Understand why the brain, heart and lungs are important body parts. Identify that exercise is good for our minds. 	<ul style="list-style-type: none"> Identify 5 types of food that make up a balanced diet and begin to give examples of these. Understand that the heart is a muscle that grows during exercise and pumps blood carrying oxygen and energy around the body. Offer suggestions as to how to alter a negative emotion. 	<ul style="list-style-type: none"> Explain the importance of appropriate portions of food for a balanced diet and health. Identify that exercise helps our lungs and hearts and helps to improve coordination. Begin to compare emotional feelings with physical feelings. 	<ul style="list-style-type: none"> Explain the types and amounts of food needed for a balanced healthy diet. Understand that blood transports materials and it also protects. Explain the benefits to the body of regular exercise. Understand the importance of mental health. 	<ul style="list-style-type: none"> Explain the effects of different fats on our hearts and the types of nutrients needed to have a healthy diet. Begin to work out the amount of exercise needed to burn off food (by using calories). Explain how our body systems change during exercise. 	<ul style="list-style-type: none"> Evaluate whether a diet is healthy or not Identify how different food should be eaten for nutritional purposes. Using scientific vocabulary, explain what happens to our bodies during and after exercise. Understand that being healthy incorporates body, mind and lifestyle.