



The Physical Education Curriculum Journey



“Active in Body, Inspired in Heart - Growing Kind, Resilient, and Lifelong Learners through Sport”.

BEAM - Balance, Education and Movement

How can you make your body strong for moving and learning?

National Fitness Day

What happens when you use different parts of your body together?

How can you keep your balance when you move?

Why is it important to listen carefully and follow movement instructions?

Key subject skills this term:

Balance Core Strength
Coordination Listening Skills

Ball Skills: Hands

What do your eyes and hands need to do to catch a ball?

Assessment

How can you make a ball go where you want it to go?

What helps you stop a moving ball?

How can we help each other when playing with a ball?

Key subject skills this term:

Throwing Ball Control
Catching Hand-Eye Coordination

Gymnastics

How can you make your body as high and tall as possible?

Assessment

How can you use the apparatus safely to move and balance like a champion gymnast?

What different high shapes can you create and hold still?

How can you move low to the ground in different ways?

Key subject skills this term:

High Movement Low Movement
High Shapes Apparatus Skills

Balance Ability

How can you get on and off your balance bike safely?

Assessment

How can you steer your bike where you want it to go?

What helps you keep your balance and stop safely?

What can you do to help yourself glide on your balance bike?

Key subject skills this term:

Mounting and Dismounting Steering
Walking and Gliding Balance

Balance Ability

How can you help yourself stay balanced when you start pedalling?

Assessment

How can you steer your bike around corners and obstacles?

When and how should you use your brakes to stop safely?

What do you need to do to move off safely and confidently?

Key subject skills this term:

Pedal Balance Steering and Turning
Starting Off Braking

Attack - v - Defence

Why is it important to take turns when playing a game?

Assessment

Why do games have rules and why do we keep score?

What can you do to stop an attacker from reaching the target?

How can you move to avoid the shark (defender)?

Key subject skills this term:

Turn Taking Evasion
Rule Following Defending

National School Sport Week

KI Kind

CO Collaborators

CM Communicators

TH Thinkers

SA Self-aware

GA Globally aware

CR Creators

OM Open minded

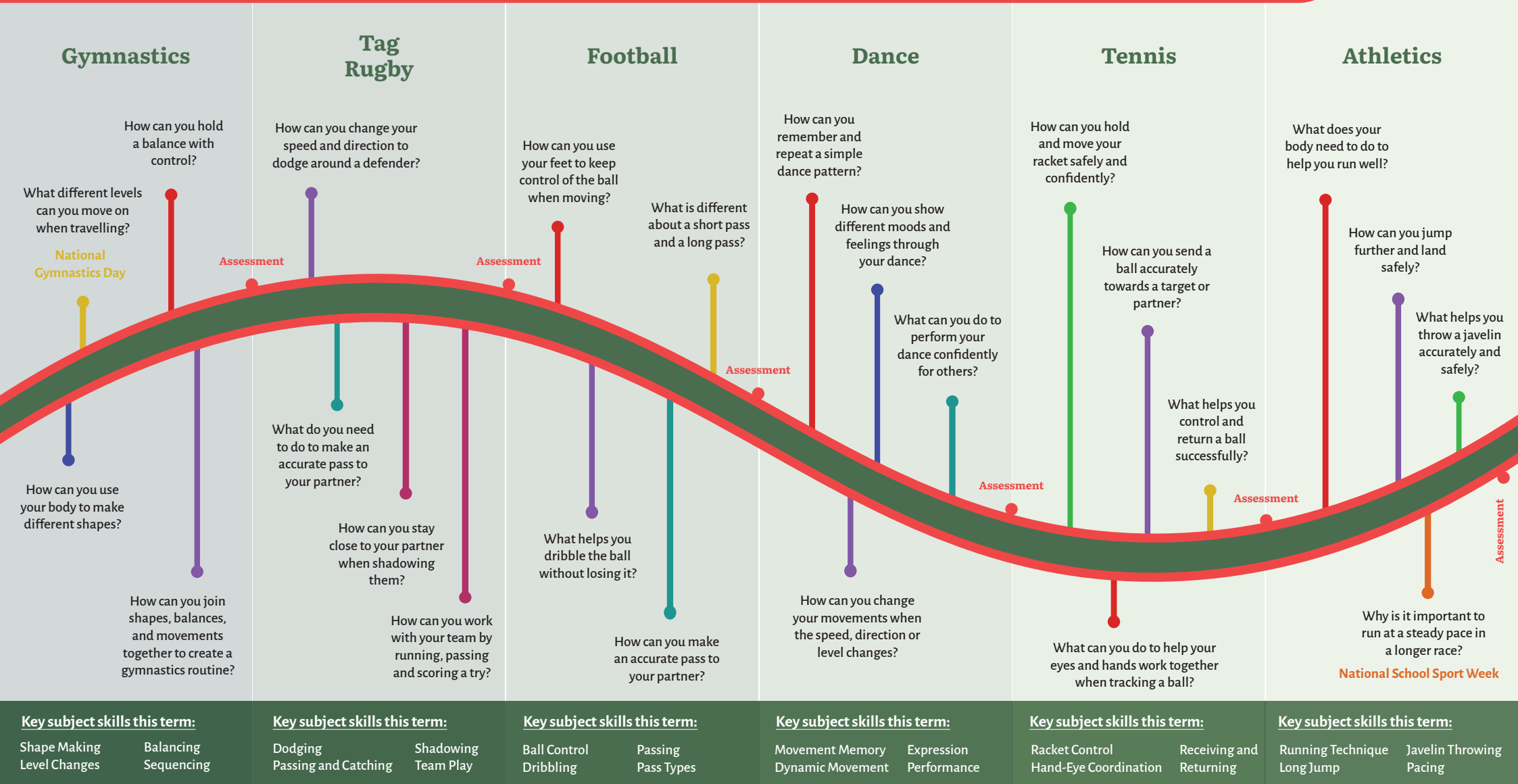
Year R



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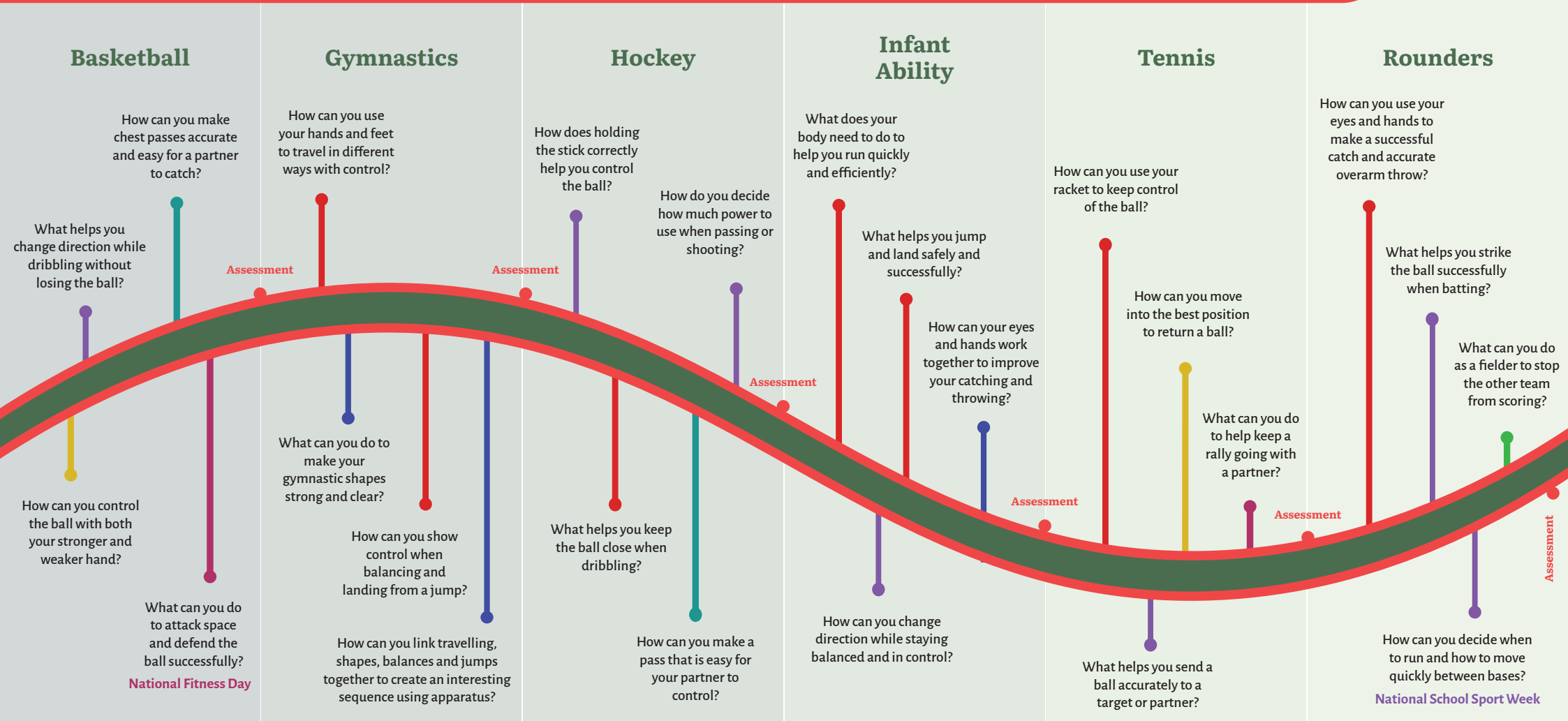
Year 1



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Key subject skills this term:	Key subject skills this term:	Key subject skills this term:	Key subject skills this term:	Key subject skills this term:	Key subject skills this term:
Direction Changes Passing & Receiving	Direction Changes Attacking	Travelling Shape Refinement	Balancing & Jumping Sequencing	Stick Control Dribbling	Passing & Receiving Power & Accuracy
Technique Speed & Agility	Jumping & Landing Hand-Eye Coordination	Racket Control Sending & Returning	Positioning Rallying	Throwing & Catching Fielding & Awareness	Base Running Batting