



# Kilmington Primary School PHYSICAL EDUCATION LEARNING JOURNEY



TRANSITION  
TO  
SECONDARY



Strike and Field Games  
Unit 2

Athletics:  
Unit 3

Net and Wall Games:  
Unit 2

General Fitness:  
Circuits / Aerobics

Year 3, 4, 5 and 6: Children will develop cognitive, creative, health and fitness, physical, social and personal attributes through REAL PE. Children will develop skills in running, jumping, throwing and catching in isolation and in combination. Children play competitive games and apply basic principles for attacking and defending.

Years:  
**5/6**  
Ospreys

Gymnastics:  
Unit 5 and Unit 6

Dance:  
Unit 5 and Unit 6

Invasion Games:  
Unit 3 and Unit 4 (netball, hockey, rugby)

General Fitness:  
Circuits / Aerobics

Net and Wall Games:  
Unit 1

Athletics:  
Unit 2

Strike and Field Games:  
Unit 1

Year 3, 4, 5 and 6: Children will develop cognitive, creative, health and fitness, physical, social and personal attributes through REAL PE. Children will develop skills in running, jumping, throwing and catching in isolation and in combination. Children play competitive games and apply basic principles for attacking and defending.

Years:  
**3/4**  
Jackdaws

Gymnastics:  
Unit 3 and Unit 4

Dance:  
Unit 3 and Unit 4

Invasion Games:  
Unit 1 and Unit 2 (netball, hockey, rugby)

Cognitive Development  
Flow and Rhythm  
Releasing and dribbling  
Rotate and Balance

Directional Awareness  
Dynamics  
Catching  
Bend and Stretch  
Rotate and Balance

Directional Awareness  
Aesthetic movement – Direction  
Striking and Kicking  
Squat and Roll  
Bend and Stretch

In year 1 and 2: Children will develop cognitive, creative, health and fitness, physical, social and personal attributes through REAL PE. Children will develop skills in running, jumping, throwing and catching, balance, agility and coordination. They will begin to apply these in a range of activities. Children will participate in team games developing simple tactics and perform dances using simple movement patterns.

Years:  
**1/2**  
Kingfishers

Gait, skip and jump  
Spatial Awareness  
Isolated Body Parts  
Rolling and Trapping  
Lunge and Leap

Rhythmical Awareness  
Body shape – Symmetry/  
Asymmetry  
Catching  
Push and Pull  
Leap

Directional Awareness  
Aesthetic movement – levels  
Releasing  
Push and Pull  
Squat and Roll

Combine different movements with ease and fluency.

Know and talk about the different factors that support their overall health and wellbeing including regular physical activity.

Develop and refine a range of ball skills including throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball.

Children will develop cognitive, creative, health and fitness, physical, social and personal attributes through REAL PE. Children will develop a range of skills. They will develop stamina and strength. They will develop physical and mental co-ordination. Children will learn how to cooperate with each other.

Years:  
**EYFS**  
Pipits

Develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, and climbing.

Confidently and safely use a range of large and small apparatus indoors and outside and in a group.

