



Walford Nursery & Primary School



FLUENCY in PE

By focusing on these key skills at each developmental stage, pupils can develop a strong foundation in PE, promoting physical fitness, coordination, teamwork, sportsmanship and a positive attitude towards a healthy and active lifestyle as they progress through primary school.

Age 2 years – 5 years (EYFS – Nursery & Reception)	Age 5 years – 7 years (KS1 – Year 1 & Year 2)	Age 7 years – 11 years (KS2 – Year 3, Year 4, Year 5 & Year 6)
Fundamental Movement Skills - Develop fundamental movement skills like running, jumping, hopping, and balancing. - Encourage the exploration of basic gross and fine motor skills. Spatial Awareness - Foster spatial awareness through activities that involve moving in different directions and spaces. - Introduce concepts like under, over, through, and around. Coordination and Control - Enhance hand-eye coordination through activities such as catching and throwing. - Develop basic control in using simple sports equipment. Physical Activity Enjoyment - Create a positive association with physical activity through enjoyable games and activities. - Introduce the concept of the importance of staying active for health.	Introduction to Team Sports - Introduce team sports like football, basketball, and netball. - Foster an understanding of basic rules and teamwork. Locomotor Skills - Develop more advanced locomotor skills, including skipping, galloping, and sliding. - Introduce basic dance movements and rhythms. Spatial Awareness in Games - Enhance spatial awareness within the context of team games. - Develop strategic thinking and awareness of positions on the field. Basic Athletics Skills - Introduce basic athletics skills such as running, jumping, and throwing. - Foster an understanding of different athletic events.	Advanced Team Sports - Develop more advanced skills in team sports, including tactical understanding and decision-making. - Explore a variety of team sports to promote diversity in physical activities. Individual Sports and Activities - Introduce individual sports and activities such as gymnastics, swimming, and cycling. - Foster competence and confidence in a range of physical activities. Fitness and Health Awareness - Promote awareness of the importance of fitness and health. - Introduce concepts like aerobic fitness, strength, and flexibility. Competition and Sportsmanship - Develop an understanding of healthy competition and good sportsmanship. - Encourage fair play and respect for opponents. Outdoor and Adventure Activities - Explore outdoor and adventure activities that promote teamwork and problem-solving. - Introduce basic skills in orienteering or outdoor challenges. Dance and Creative Movement - Develop creative movement skills through dance and expressive activities. - Explore cultural and historical aspects of dance. Leadership and Collaboration - Foster leadership skills through peer-led warm-ups or activities. - Encourage collaboration in group activities and challenges.