St John's EYFS, KS1 and KS2 School Matrix – PE

Children in EYFS will:

- Revise and refine the fundamental movement skills they have already acquired for rolling, crawling, walking, jumping, running, hopping, skipping & climbing.
- Progress towards a more fluent style of moving, with developing control and grace
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of call skills including: throwing, catching, kicking, passing, batting and aiming.
- Develop confident, competence, precision, and accuracy when engaging in activities that involve a ball.
- Develop the foundation of a handwriting style which is fast, accurate and efficient.
- Know and talk about the different factors that support their overall health and wellbeing; regular physical activity, healthy eating, tooth brushing, sensible amounts of 'screen time', having a good sleep routine being a safe pedestrian.
- Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes and personal hygiene.

Gross Motor Skills ELG:

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Fine motor skills ELG:

- Hold a pencil effectively in preparation for fluent writing – using tripod grip in almost all cases. Use a range of small tools, including scissors, paint brushes and cutlery. Begin to show accuracy and care when drawing.

St John's EYFS, KS1 and KS2 School Matrix – PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	**Baseline unit** (FMS) Create a sequence of travel, roll and jump safely using shapes. To show two simple tactics in a game.	**Dance** (FMS) Combine dance sequences to retell aspects of a story. To throw under arm using tactics.	**Gymnastics** (FMS) Catch a ball with some accuracy using tactics. Create a sequence of travel, roll and jump using shapes and apparatus.	**Multi-Skills Games** (FMS) Over arm throw with some accuracy using tactics. FMS—kicking a ball accurately.	**Athletics and Gymnastics** To jump, hop, roll a ball, run, change direction with some control. Create a sequence of travel, roll and jump using shapes and apparatus.	**Dance** (FMS) Link dances together and perform as a class. Perform rolls, bounce/ roll a ball with accuracy. To jump and land safely.
Year 2	**Dance** (FMS) Perform different travels with expression, confidence and mood. Bounce a ball with control and accuracy.	**Gymnastics and Invasion games (FMS)** Create a sequence of 4 travel, roll and jump with beginning, middle and end. Work in a small group developing FMSs.	**Dance and Games** Use simple tactics to catch throw and change directions. Learn a simple dance making improvements.	**Games and Athletics** Complete an obstacle course with speed and agility. To strike a ball using simple tactics.	**Dance and Games** Create a simple sequence in a pair and independently. To strike a ball looking for space to run far.	***OAA—The Great Outdoors*** Travel safety when working on challenges. **FMS end of KS1 Assessment**
Year 3	**Gymnastics**– perform gymnastics sequences of 6 actions **Invasion games-**Netball pass, move and talk using simple tactics.	**Dance**– create, remember and repeat class dance movements. **Creative Games**– Send an object in a target game with accuracy.	**Invasion Games**– Use simple pass tactics to outwit a defender. **Net and Wall**– Devise own game using striking and control skills.	***OAA***– Navigate safely using orienteering maps and control cards. **Gymnastics-** perform a sequence of 6 actions using apparatus safely	**Dance**– Combine movements to create a sequence as a group. **Target Games**– Show tactics as a team when playing Boccia.	**Athletics**– Perform pull, push and sling throw and combination of 5 jumps. **Striking/Fielding**– Bowl underarm, strike a ball and apply simple tactics.
Year 4	**Swimming**– swim competently, using a range of strokes and perform self safe-rescue. **Invasion games**– To use simple tactics with or without the ball.	**Swimming**– swim competently, using a range of strokes and perform self safe-rescue. **Gymnastics**– Paired sequence showing fluency and clarity of movement,	**Swimming**– swim competently, using a range of strokes and perform self safe-rescue. **Dance**– Demonstrate movement with increased confidence and timing.	**Swimming**– swim competently, using a range of strokes and perform self safe-rescue. **Target Games**– Use skills and simple tactics in a dodgeball type game.	**Swimming**– swim competently, using a range of strokes and perform self safe-rescue. **Invasion Games**– Tactics with or without the ball. Throw, catch and travel.	**Swimming**– swim competently, using a range of strokes and perform self safe-rescue. **Striking/Fielding**– Apply simple tactics. Evaluate and demonstrate bowling.
Year 5	**Athletics**– Understand different running, jumping and throwing techniques. **Invasion games**– To use and evaluate attacking and defending tactics	**Dance**– Link sequences to produce a complete, four element story dance. **Gymnastics**– Create and evaluate a sequence with counter balance/tension.	**Striking/Fielding**– To bowl and strike a ball using tactics in rounders. **Badminton**– To play accurately and use tactics to score points.	**Orienteering**– Plan routes and make appropriate decisions when travelling. ***OAA***– To recognise roles, organise time/resources and encourage others.	**Striking/Fielding**– Apply tactics and bowl/strike with accuracy and control. **Creative Games**– Adapt an invasion game which offers improvements.	**Gymnastics**– Sequences with counter balance/ tension in canon and unison **Invasion games**– Select attacking tactics when playing competitively.
Year 6	**Dance**– Retell a poem, linking travel, jump, turn, gesture and stillness. **Invasion games**– Apply and evaluate attack and defence tactics accurately	**Gymnastics**– To create a sequence of actions with paired and group balances. **Invasion games**– Apply and evaluate attack and defence tactics accurately	**Striking/Fielding**– To bowl and strike using tactics in rounders accurately. **Badminton**– To strike a shuttlecock accurately and use tactics to score points.	**Creative Games**– Adapt games: including position/ attacking/defence options. **Net and Wall**– To defend and keep a rally going, use 'outwit' tactics.	**Striking/Fielding**– Apply tactics and bowl/strike with accuracy and control. ***OAA***– To recognise roles, be organised, encourage others to improve.	**Athletics**– In competition use different running, jumping and throwing skills **Dance**– Perform new creations and skills with increased confidence.