

Children will leave Elmhurst School with the physical skills, confidence and motivation to lead active lives going forwards.

PHYSICAL EDUCATION

EYFS – YEAR 6

Elmhurst School

PHYSICAL LITERACY

Have a wide range of basic movement and control skills that can be applied across a range of activities

MOVEMENT FLUENCY

Able to sustain movements and use a wide range of different movements to achieve a target

Transition to Year 7



PHYSICAL PROFICIENCY

Increasing endurance and development of fine co-ordination skills

MOVEMENT VOCABULARY

Understanding of game tactics, attack and defence, basic physiological language, complex movements

KS2

MOVEMENT VOCABULARY

Range of key movements, pace, points of contact, ball skills (individual)

PHYSICAL PROFICIENCY

Basic motor skills become more advanced and able to combine in simple games



MOVEMENT FLUENCY

Linking movements in short bursts and using in game scenarios

PHYSICAL LITERACY

Developing a range of travelling movements, body management skills and control of objects

KS1

PHYSICAL LITERACY

Children are confident and motivated to move

MOVEMENT FLUENCY

Exploring movement through play and loosely structured games



PHYSICAL PROFICIENCY

Developing confidence in gross motor skills

MOVEMENT VOCABULARY

Understand key movement instructions: run, jump, freeze.

EYFS

