

Outdoor Games Coverage Overview

EYFS Statutory Educational Programme and National Curriculum

EYFS

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Subject content Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- o develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- o perform dances using a range of movement patterns
- o take part in outdoor and adventurous activity challenges both individually and within a team
- o compare their performances with previous ones and demonstrate improvement to achieve their personal best.

National Curriculum – yellow highlights where this links more with the outdoor games strand of the curriculum

Outdoor Games Annual Overview



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	No specific fundamentals sessions (all in provision)	Locomotion	Athletics	Fine Motor Skills	Locomotion	Personal Challenges
Reception	Fundamental Movement 1	Athletics	I Invasion Games	Personal Challenges	Target Games	Net and Wall Games
Year 1	Fundamental Movement 2	Invasion games 2	Athletics 2	Target games 2	Net and Wall games 2	Striking and fielding games 1
Year 2	Fundamental Movement 3	Invasion Games 2	Target Games 3	Net and Wall Games 2	Striking and Fielding 3	Athletics 2
Year 3	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket
Year 4	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket

Year 5	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket
Year 6	Tag Rugby	Basketball	Football	Hockey	Athletics	Cricket

Specific Objective Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery		Social distance (SD1 – nursery	Locomotion (L1)	Fine motor	Stability (S1)	Yoga
		skills)		Pick up, carry		Perform a
		Find a space	Finding a space	and put down	Balance on one	butterfly pose,
		Balance on one	Walking	with care	leg whilst still	lion pose, tree
		leg	forwards and	Thread with	Maintain	pose and
		Move a ball in	backwards	control	balance whilst	downward dog
		different	Hop on either	Use strength in	moving slowly	
		directions	leg	hand to	Twist bend and	Pose and hold in
		Negotiate space successfully	Negotiate space successfully	manipulate objects	reach whilst maintaining	specific ways
		Move freely with confidence in a	Move freely with confidence in a	Build carefully using small	balance Respond quickly	Stretch high and maintain
		range of ways	range of ways	objects	to instructions	balance
		Gallop	Dodge		Jump and leap	(to note; not all
		confidently with	Gallop		in a variety of	(to note: not all
		either leg			Ways	PE Passport is
					Maintain	followed in this
					balance whilst	unit due to

					lifting and carrying Picking something up whilst balancing on one leg Push down up forward backward and high Pull down up forward backward and high	being too focused on context not content)
Reception	Social distance (SD 1- reception skills) Walk forwards and backwards, stopping when instructed	Fundamental movement (FM1) Run skillfully Negotiate space successfully Use tools to	Invasion games (IG1) Pass the ball from chest using a bounce pass Get into ready position to	Target games TG1) Throw a ball under arm with some accuracy at a target Throw under	Net and Wall games (NWG 1) Send a ball with some degree of accuracy Receive a ball by moving	Athletics (A1) Share space and run with my head up React quickly Jump one foot
	Negotiate space successfully Maintain balance whilst moving slowly	manipulate objects Show increasing control over an object	receive a bounce pass Change direction confidently	arm accurately Strike a ball by foot for power	swiftly into the right position Strike a ball with one hand whilst it's air borne	to two feet and two feet to two feet Co-ordinate and run with a jump

	Apply right amount of force to a ball Jumping different ways and in control Dodge Slide to left and right Manipulate objects whilst galloping	Balance on one leg Move through an obstacle course skillfully Thread objects	Move around safely in limited space Bounce a ball and track it with eyes Dribble a ball with feet Track a ball using foot Push-pass a hockey ball Receive a hockey ball Stop a ball with feet by trapping	Kick a ball with accuracy with both feet Roll a ball with some accuracy Roll with some accuracy with both hands	Strike and volley a ball with some degree of accuracy Strike a ball using an open palm Receive a ball using an open palm Strike a small ball with an open palm Throw with accuracy and power	Throw accurately Run efficiently in a lane Sustain my form during a race Jump for height Time my take off to clear an obstacle Throw a variety of pieces of equipment well
Year 1	Fundamental movement (FM2) Hop Move carefully retaining balance Travel backwards safely Jump in a variety of ways	Invasion games (IG 2) Throw overarm to partner to catch after one bounce Catch a ball consistently after one bounce	Athletics (A2) Show anticipation ahead of work React quickly Retain focus Jump in a variety of ways Cushion knees when landing	Target Games (TG2) Co-ordinate the skill of kicking a ball consistently Co-ordinate the action of kicking with either foot Kick a ball with increased accuracy with both feet	Net and Wall Games (NWG 2) Send a receive a ball with some degree of accuracy Move quickly into good positions to catch	Striking and fielding (SF 1) Use both hands whilst fielding Get into lien with the ball and field it Stop a ball with two hands, create a barrier

Catch a ball behind it with Land safely in Discover and Strike a ball at a Strike a ball with different iumps consistently on develop target using some degree of my feet or body Combine a run the full different styles equipment accuracy Bowl a ball Strike a ball at a and jump Move my of jumping Volley a ball by overarm at a Dodge Leap, jump and target with getting in line target opponent Move safely with and underneath Strike a ball off around the court some degree of hop awareness of Add a short run a tee when playing force others Strike into Send a ball with Pick up a ball against them to the jump Attack and Track an Throw with increasing with one hand spaces defend opponent good technique Choose correctly accuracy and throw it Strike a ball Intercept a pass Throw with a when it's best to Keep a rally underarm Chase and accurately with Dodge to beat throw underarm going with a run up retrieve a ball power with lace an opponent Demonstrate a partner or overarm Make good Close the space variety of Throw a ball Develop a good decisions when grip and stance down attackers athletic overarm with have to work in techniques Begin to strike batting about some accuracy Pass the ball competently with more when to run and at a target consistently with Throw overarm consistency and when not to control on one bounce Bowl either accuracy on the Retain fore-hand underarm or to a friend possession of Receive a ball Return after one overarm with the ball consistently well bounce that has some accuracy Compete with after one been thrown by special bounce a partner Begin to rally a awareness in few shots with team games Pass and move more success decisively Strike a back hand from my own feed

					Play a game against an opponent using a variety of shots	
Year 2	Fundamental movement (FM 3)	Invasion games (IG 2) Throw overarm	Athletics (A2) Demonstrate	Target Games (TG3) Throw a ball	Net and Wall games (NWG2)	Striking and fielding (SF2)
	Skip using a rope Jump in a variety of ways Dribble a ball with either hand Travel with a ball with head up and the ball under control Receive a ball	to partner to catch after one bounce Catch a ball consistently after one bounce Catch a ball consistently on the full Move my	agility, balance and co- ordination Co-ordinate a run with a jump Recap: Discover and develop different styles	underarm with either hand and with some accuracy at a target Kick a ball with accuracy with both feet Strike at targets that move Roll with good	Recap: Send a receive a ball with some degree of accuracy Move quickly into good positions to catch Strike a ball with	Catch a ball after one bounce Strike a ball off a tee Bowl overarm with a straight arm Stop the ball as a wicket keeper Pick up a ball
	and trap it Cushion a pass sent Pass in different ways Pass accurately Jump for height	opponent around the court when playing against them Track an opponent Intercept a pass	of jumping Leap, jump and hop Add a short run to the jump Throw with good technique	technique with either hand Roll with some accuracy with either hand Kick a ball with some accuracy with both feet	some degree of accuracy Volley a ball by getting in line and underneath it	one handed and return it under arm Return a ball quickly from bootlaces

distance Catch consistently well Signal to show wanting the ball Pa co co Re po th Catch Consistently well Signal to show wanting the ball Pa co co co Re po th Catch Consistently well Add Add Add Add Add Add Add Add Add A	Dodge to beat an opponent Close the space down attackers have to work in Pass the ball consistently with control Retain Possession of the ball Compete with repecial Inwareness in the ball compete with repecial Inwareness in the ball compete with readed through Adaptation from (1 (as above, with this threaded through) Attack and defend this a group, defend the feetively	Throw with a run up Demonstrate a variety of athletic techniques competently	Strike with more control over the height of kick Strike a ball with racket or bat at a target with some degree of force Strike with a degree of accuracy Aim with accuracy at a target so it hits on second bounce Throw flatter with more force	Send a ball with increasing accuracy Keep a rally going with a partner Develop a good grip and stance Begin to strike with more consistency and accuracy on the fore-hand Return after one bounce that has been thrown by a partner Begin to rally a few shots with more success Strike a back hand from my own feed Play a game against an opponent using a variety of shots Adaptations:	Back team mates up whilst fielding Chase a ball and throw it back accurately Strike a ball off a tee whilst on the move Apply the above to a game
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		As a group, attack effectively Apply tactics to a game			Applying the above to different games and scenarios	
Year 3	Tag rugby	Basketball	Football	Hockey	Athletics	Cricket
		I can control a basketball using	Trap a ball and	Dribble a ball	Use the correct technique to	Stand sideways- on, with a high
	Scoop a ball up	both hands and	cushion it when	confidently	start a sprint	back lift, ready
	from the floor	perform various skills	receiving	Develop my	race	to receive a ball
	Dodge to avoid		Pass the ball	dribbling	Hurdle efficiently	Step back and
	being tagged by an opponent	I can control the ball on the move	accurately	technique	and consistently	across to pull a short ball
		(dribble) and	Dribble a ball	Change	Develop the	
	Tag safely	keep my head up to be aware	using both feet and manipulate	direction easily	technique and consistency of	Bowl a ball overarm with a
	Pocket pass with accuracy	of my environment	it using different parts of the foot	Pass a ball accurately	my jumps	straight arm
	form my right				Throw overarm	Take up a
	and left	I can pass the ball using good	Shield a ball from an	Control a ball sent to me	accurately	wicket keeping stance and take
	Make a target to	techniques of	opponent		Throw overarm	balls bowled on
	receive the ball	having a target,	Turn confidently	Pass in a variety	with power, for	both sides of the
		receiving the pass, stepping	Turn confidently with a football	of ways using good technique	distance	wicket
		in the direction	with a lootball	good technique	Accurately	
		of the pass at a			replicate the	

Send and	chest pass and	Play a small	Receive a pass	technique for	Throw
receive a ball	bounce pass	game and	on the run	running, jumping	accurately and
under pressure	bodiloc pass	demonstrate my	on the fun	and throwing	powerfully
under pressure		turns	Perform a jab	events	powerruny
Pass a rugby	I can pass the	tuiris	tackle	events	Hit a ball by
ball backwards		Makagaad	lackie	Dun o rolov	
	ball on the move	Make good	Dlay advantage	Run a relay	driving it and
accurately	with good	decisions when	Play advantage	efficiently as	then run
D	technique and	in possession	appropriately	part of a team	between a set of
Pass backwards	communicate			D " ()	wickets, sliding
consistently	with my team		Compete in a	Replicate the	my bat when
_	mates	Compensate for	hockey	techniques for	necessary
Create an		a numerical	tournament	running, jumping	
overlap	I can use the	disadvantage by		and throwing	Bat successfully
	correct	being very well	Work effectively	events in	with a partner,
Pass, missing	technique of	organised	as part of a	competitive	communicating
out players in a	balance, elbow,		team	situations	effectively
line	eye line and	Defend well,			
	follow through	watching the		Challenge	Bowl with
Set up	(BEEF) to shoot	ball, jockeying to		myself to beat	increasing
defensively	a basketball	await the		previous	accuracy
opposite an		moment to		performances	
opponent	I can dribble,	pounce and			Bowl with a run
	pass and shoot	being decisive			up
Apply a range of	the basketball				
skills effectively	using correct the	Focus and			Stop hard balls
in a game of	correct	retain my			struck at me by
rugby	technique to	concentration			forming a long
3 -)	play in a game	when the ball			barrier
Play to the rules	. , ,	isn't in my area			
r lay to the rules		of the pitch			Back up my
					fellow fielders in
					the field

			Show the skills and knowledge you have developed in a competitive environment Get into sideways positions when receiving the ball			Play purposefully in a competitive game, taking on multiple roles effectively
Year 4	Tag rugby Scoop a ball up	Basketball I can control a basketball using	Football Trap a ball and	Hockey Dribble a ball	Athletics Use the correct technique to	Cricket Stand sideways- on, with a high
	from the floor Dodge to avoid	both hands and perform various skills	cushion it when receiving	confidently Develop my	start a sprint race	back lift, ready to receive a ball
	being tagged by an opponent	I can control the ball on the move	Pass the ball accurately	dribbling technique	Hurdle efficiently and consistently	Step back and across to pull a short ball
	Tag safely Pocket pass	(dribble) and keep my head up to be aware	Dribble a ball using both feet and manipulate	Change direction easily	Develop the technique and consistency of	Bowl a ball overarm with a
	with accuracy form my right	of my environment	it using different parts of the foot	Pass a ball accurately	my jumps	straight arm
	and left	I can pass the ball using good	Shield a ball from an	Control a ball sent to me	Throw overarm accurately	Take up a wicket keeping stance and take
	Make a target to receive the ball	techniques of	opponent	Sent to me		balls bowled on

	having a target,		Pass in a variety	Throw overarm	both sides of the
Send and		Turn confidently	_		wicket
	receiving the	,	of ways using	with power, for	wicket
receive a ball	pass, stepping	with a football	good technique	distance	Theres
under pressure	in the direction	Diameter	D	A	Throw
	of the pass at a	Play a small	Receive a pass	Accurately	accurately and
Pass a rugby	chest pass and	game and	on the run	replicate the	powerfully
ball backwards	bounce pass	demonstrate my		technique for	
accurately		turns	Perform a jab	running, jumping	Hit a ball by
			tackle	and throwing	driving it and
Pass backwards	I can pass the	Make good		events	then run
consistently	ball on the move	decisions when	Play advantage		between a set of
	with good	in possession	appropriately	Run a relay	wickets, sliding
Create an	technique and			efficiently as	my bat when
overlap	communicate		Compete in a	part of a team	necessary
	with my team	Compensate for	hockey		
Pass, missing	mates	a numerical	tournament	Replicate the	Bat successfully
out players in a		disadvantage by		techniques for	with a partner,
line	I can use the	being very well	Work effectively	running, jumping	communicating
	correct	organised	as part of a	and throwing	effectively
Set up	technique of		team	events in	
defensively	balance, elbow,	Defend well,		competitive	Bowl with
opposite an	eye line and	watching the		situations	increasing
opponent	follow through	ball, jockeying to			accuracy
орронон	(BEEF) to shoot	await the		Challenge	,
Apply a range of	a basketball	moment to		myself to beat	Bowl with a run
skills effectively		pounce and		previous	up
in a game of	I can dribble,	being decisive		performances	
•	pass and shoot	boning accions		portormanoco	Stop hard balls
rugby	the basketball	Focus and			struck at me by
Dlov to the rules	using correct the	retain my			forming a long
Play to the rules	correct	concentration			barrier
	0011000	when the ball			Dairioi
		Wildir tilo ball			

		technique to play in a game	isn't in my area of the pitch Show the skills and knowledge you have developed in a competitive environment Get into sideways positions when receiving the ball			Back up my fellow fielders in the field Play purposefully in a competitive game, taking on multiple roles effectively
Year 5	Tag rugby Pop pass and pocket pass Tag someone safely Send and receive a ball on the run and under pressure Pass well to my left and right	I can control a basketball using both hands and protect the ball under pressure I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a	Football Demonstrate skill and close control Pass the ball and move into space Combine skills to allow my team to retain possession.	I can control a basketball using both hands and protect the ball under pressure I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a	Athletics Change pace and run at different tempos Sustain my pace over longer distances Throw with accuracy and power using the pull technique	Cricket Catch consistently well under pressure Throw accurately overarm Pull a ball from a short delivery to the leg side

Pass a rugby	chest pass and	Dribble at	chest pass and	Throw after a	I can bowl with a
ball backwards	bounce pass	different tempos	bounce pass	run up	short run up and
consistently					straight arm with
	I can use	Identify which	I can use	Throw with	some accuracy
Pass accurately	different skills	shooting	different skills	greater force	
	such as varying	technique to use	such as varying	and over longer	Perform a range
Dummy a pass	speed and	to be successful	speed and	distances	of fielding
	direction to get		direction to get		techniques
Pass missing	past defenders	Keep the ball	past defenders	Throw with	confidently and
out players in a		moving when		greater control,	consistently
line	I can mark a	running at an	I can mark a	accuracy and	
	player or an	opponent	player or an	efficiency	Bowl with a run
Attack in	area of the court		area of the court		up
staggered lines	to limit	Use a numerical	to limit	Perform the	
	opportunities for	advantage to	opportunities for	correct	Bowl with
Organise my	the opposition	create	the opposition	techniques for	consistent
position so that I		overloading,		triple jump, high	accuracy and
receive passes	I can use the	overlapping and	I can use the	jump and	length
on the run	correct	underlapping	correct	standing vertical	
	technique of		technique of	jump	Pick up and
Apply skills	balance, elbow,	Communicate	balance, elbow,		return a ball with
effectively	eye line and	well with my	eye line and	Measure	one hand
	follow through	teammates	follow through	accurately my	quickly and
Develop game	(BEEF) to shoot		(BEEF) to shoot	performance at	consistently well
understanding	a basketball	I can defend	a basketball	standing vertical	
and compete in	1.911	thoughtfully,	1	jumping	Use my feet to
a game of Tag	I can dribble,	slowing	I can dribble,	0	get to the pitch
Rugby	pass and shoot	attackers down	pass and shoot	Combine	of the ball when
	the basketball	and not	the basketball	sprinting with	batting
	using correct the	overcommitting	using correct the	hurdling	
	correct	too soon	correct		

Year 6	Tag rugby	Basketball	Football	Hockey	Athletics	Cricket
	Pop pass and	I can control a	Demonstrate	I can control a	Change pace	
	pocket pass	basketball using both hands and	skill and close control	basketball using both hands and	and run at different tempos	Catch consistently well
	Tag someone	protect the ball under pressure	Pass the ball	protect the ball under pressure	Sustain my pace	under pressure
	safely	under pressure	and move into	under pressure	over longer	Throw
	Send and	I can pass the ball using good	space	I can pass the ball using good	distances	accurately
	receive a ball on the run and	techniques of	Combine skills	techniques of	Throw with	overarm
	under pressure	having a target, receiving the	to allow my team to retain	having a target, receiving the	accuracy and power using the	Pull a ball from
	Pass well to my left and right	pass, stepping in the direction	possession.	pass, stepping in the direction	pull technique	a short delivery to the leg side
	leit and right	of the pass at a	Dribble at	of the pass at a	Throw after a	I can bowl with a
	Pass a rugby ball backwards	chest pass and bounce pass	different tempos	chest pass and bounce pass	run up	short run up and straight arm with
	consistently	I can use	Identify which shooting	I can use	Throw with greater force	some accuracy
	Pass accurately	different skills such as varying	technique to use to be successful	different skills such as varying	and over longer distances	Perform a range of fielding
	Dummy a pass	speed and direction to get	Keep the ball	speed and direction to get	Throw with	techniques confidently and
	Pass missing out players in a	past defenders	moving when running at an	past defenders	greater control, accuracy and	consistently
	line	I can mark a player or an	opponent	I can mark a player or an	efficiency	Bowl with a run up
	Attack in staggered lines	area of the court to limit	Use a numerical advantage to	area of the court to limit	Perform the correct	Bowl with
	staggered lines	opportunities for the opposition	create overloading,	opportunities for the opposition	techniques for triple jump, high	consistent

Organias my		overlapping and		iump and	accuracy and
Organise my	1 46 -	overlapping and	1 46 -	jump and	accuracy and
position so that I	I can use the	underlapping	I can use the	standing vertical	length
receive passes	correct		correct	jump	D: 1
on the run	technique of	Communicate	technique of		Pick up and
	balance, elbow,	well with my	balance, elbow,	Measure	return a ball with
Apply skills	eye line and	teammates	eye line and	accurately my	one hand
effectively	follow through		follow through	performance at	quickly and
	(BEEF) to shoot	I can defend	(BEEF) to shoot	standing vertical	consistently well
Develop game	a basketball	thoughtfully,	a basketball	jumping	
understanding		slowing			Use my feet to
and compete in	I can dribble,	attackers down	I can dribble,	Combine	get to the pitch
a game of Tag	pass and shoot	and not	pass and shoot	sprinting with	of the ball when
Rugby	the basketball	overcommitting	the basketball	hurdling	batting
	using correct the	too soon	using correct the		
	correct		correct	Transfer a relay	Show tactical
	technique to	Combine skills	technique to	baton efficiently	awareness as a
	play in a game	to create a goal	play in a game	as part of a	fielder
		scoring		team	
		opportunity			Bowl out of the
					back of my hand
		Make the most			
		of having and			Play a square
		extra player/s on			cut shot
		my team			
					Link my skills
		Cooperate,			and perform in a
		communicate			competitive
		and collaborate			game
		with others to			
		achieve shared			Bowl by running
		goals			in close to the
					wickets

	Officiate if given the chance		
	Play competitive games and control my emotions		