

Big Ideas

The **Big Ideas for PE (Physical Education)** from **Get Set 4 PE** are central to developing a strong foundation for physical education, ensuring a progressive and holistic approach to physical learning. These big ideas aim to encapsulate the core elements of PE that are essential for developing physical, cognitive, and social skills in children.

Get Set 4 PE typically focuses on the following overarching concepts:

Developing Fundamental Movement Skills (FMS)	Physical Literacy	Tactical Awareness and Strategy	Creativity and Expression
The focus here is on building core skills such as running, jumping, throwing, and catching. These fundamental skills are essential as they serve as the building blocks for more complex movements and sports skills later on.	Physical literacy is about developing the confidence, competence, and motivation to be physically active throughout life. It encompasses not only physical skills but also cognitive and emotional understanding of how to live an active, healthy lifestyle.	This involves developing the ability to think tactically within physical activities and sports, including understanding how to position oneself, anticipate the movements of others, and make strategic decisions that will benefit their team or personal performance.	This big idea encourages students to express themselves through movement and to use creativity in dance, gymnastics, and other forms of physical activity. It's about providing opportunities to explore individual expression through physical skills and patterns.
Fitness and Health	Collaboration and Teamwork	Safety and Wellbeing	
An emphasis is placed on developing fitness levels (strength, endurance, flexibility, etc.), understanding the importance of physical health, and how regular physical activity can impact overall wellbeing.	This area stresses the importance of working with others, whether in team sports, group activities, or partner work. Skills in communication, cooperation, and collaboration are key here.	Understanding the importance of safety during physical activity, including how to warm up, cool down, and use equipment properly, is crucial for preventing injury and ensuring overall wellbeing.	

EYFS	Birth to Three	3 and 4-Year-Olds	Children in Reception	Early Learning Goal (ELG)
Physical Development	<p>Babies and young children move freely and purposefully to explore their environment. They begin to develop strength, stability, and coordination as they gain more control over their body.</p>	<p>By this age, children typically: - Begin to gain better control over their movements, such as balancing, running, and jumping. - Show increased physical confidence in a range of activities. - Use large-muscle skills to negotiate space and control objects, such as balls.</p>	<p>Reception-aged children should be developing skills for: - Maintaining balance while moving at varying speeds. - Developing coordination, such as jumping, running, and hopping. - Beginning to combine basic movements and demonstrating understanding of space. - Learning to handle and manipulate objects (e.g., balls, ropes).</p>	<p>By the end of the Reception year, children are expected to: - Move confidently in a range of ways, safely negotiating space. - Show good control and coordination in large and small movements. - Be able to move and handle equipment and tools effectively, with increasing skill. - Begin to understand the importance of a healthy lifestyle and being active.</p>

Dance

YR	Y1	Y2	Y3	Y4	Y5	Y6
Begin to count to music, use dynamics and expression with guidance, copy basic body actions, show dynamic and expressive qualities, use mirroring, unison, and formation to represent an idea.	Perform dances using simple movement patterns, use counts to stay in time with the music, select actions related to a stimulus, copy short choreography.	Perform dances using simple movement patterns, use counts to stay in time, select actions for an idea, choreograph short phrases, perform in time with music.	Perform dances with a range of movement patterns, confidently perform choreography, create short dance phrases, choreograph with consideration to structure.	Perform dances fluently and confidently, use actions to represent an idea, choreograph phrases individually and with a group, change dynamics to express ideas.	Confidently perform complex choreography, improvise and combine dynamics, choreograph longer phrases considering space, dynamics, and relationships.	Perform dances with excellent timing, express character or narrative through choreography, choreograph a dance considering space, relationships, and dynamics.

Fundamental Motor Skills (FMS)

YR	Y1	Y2	Y3	Y4	Y5	Y6
Balance and co-ordination when changing direction, run and stop with control, jump and hop with bent knees, explore skipping, throw with some accuracy and power.	Show balance, co-ordination, and technique when running, jumping, and throwing, perform more complex jumps with technique, throw towards a target.	Demonstrate balance, co-ordination, and technique at speed, throw a variety of objects with accuracy and distance, link movements with control.	Show good balance, co-ordination, and technique, demonstrate control in speed and direction, throw with accuracy, change technique for distance.	Perform movements with increased control, show co-ordination at speed, demonstrate balance in different activities, use techniques for various actions.	Demonstrate balance, co-ordination, and technique under pressure, show control when travelling at different speeds, throw a variety of objects with increasing success.	Apply techniques and control when performing physical movements, demonstrate flexibility in movements, use appropriate techniques for running, jumping, and throwing.

Games

YR	Y1	Y2	Y3	Y4	Y5	Y6
Stop a beanbag or large ball, drop and catch with two hands, run and stop, hit a ball with hands, dribble with feet, track and stop a ball using feet.	Dribble with control, use dribbling to change direction under pressure, throw and roll towards a target, catch and intercept balls with increasing success.	Dribble with feet with control, move a ball using feet, throw and roll to a target with varying techniques, track and stop a ball using hands and feet.	Show control in dribbling, pass and receive with accuracy, change direction under pressure, create and use space in a game.	Use a variety of dribbling techniques, apply throwing techniques to outwit opponents, intercept a ball with increasing success, use space effectively.	Apply a variety of passing and receiving techniques, demonstrate awareness of space, outwit opponents using tactics, confidently change direction.	Show confidence in applying techniques under pressure, use space effectively, create and use space for self and others, apply tactics to score or defend in games.

Body Management / Gymnastics

YR	Y1	Y2	Y3	Y4	Y5	Y6
Perform balances on different body parts, take body weight on different body parts with control, show increasing flexibility and extension in actions.	Perform balances with increasing control and technique, combine and perform more complex balances, transition smoothly between actions.	Create and perform more complex sequences of actions with control and technique, demonstrate increasing strength and flexibility.	Create sequences showing balance and stability, combine actions to form longer sequences with increasing complexity and strength.	Plan and perform sequences with good control, use flexibility and strength to improve performance, demonstrate good technique in balancing.	Perform more complex sequences, use strength and flexibility to improve action quality, show transition between movements with control and technique.	Plan and perform sequences with precision and fluency, demonstrate strength and flexibility in action, link actions with good technique.

Outdoor Adventurous Activities (OAA)

YR	Y1	Y2	Y3	Y4	Y5	Y6
Follow simple instructions, identify personal success, watch and describe team strategy, follow and create a simple diagram/map, work collaboratively in a group.	Communicate effectively under pressure, orientate and follow a map, plan and apply strategies to solve problems, collaborate in group tasks.	Reflect on personal and team performance, apply problem-solving strategies, confidently follow and orientate a map, lead others in tasks.	Plan and apply strategies to solve complex tasks, orientate and navigate a course confidently, work cooperatively with a group.	Use critical thinking to form strategies, apply strategies with others, reflect on challenges and suggest improvements.	Lead others in team activities, orientate a map to navigate around a course, work collaboratively to solve complex problems.	Demonstrate leadership in OAA, evaluate team strategies, work collaboratively to apply and improve solutions, confidently solve challenges.

Swimming

Float on front and back, submerge and regain feet, confidently retrieve an object from the floor, co-ordinate breath with strokes.	Glide on front and back, demonstrate basic strokes, confidently transition between strokes, begin to co-ordinate breath with swimming.	Combine floating, gliding, and strokes, retrieve objects from greater depths, perform strokes with good technique.	Swim with good technique across longer distances, demonstrate smooth transitions between strokes, improve breathing technique.	Swim confidently with good technique in a range of strokes, demonstrate efficient breathing, retrieve objects with increasing depth.	Perform swimming strokes with precision, demonstrate improved stamina, co-ordinate breathing and strokes over long distances.	Swim efficiently with excellent technique, retrieve objects from greater depths, demonstrate control and stamina in a variety of strokes.

Social/Emotional Thinking

Category	YR	Y1	Y2	Y3	Y4	Y5	Y6
Skills/Actions	Take turns, share equipment, work together to achieve shared goals, communicate ideas, begin to reflect and evaluate performance.	Provide feedback using key terminology, work with a partner or group, persevere through challenges, share ideas and reflect on performance.	Reflect on personal success, evaluate group work, share ideas with peers, persevere through difficult tasks.	Lead and motivate peers, evaluate strategies, collaborate effectively, give constructive feedback.	Demonstrate leadership skills, reflect on teamwork, apply strategies to solve tasks, provide sensitive feedback to peers.	Work collaboratively, show resilience in overcoming challenges, provide feedback using key terminology, discuss ideas for improvement.	Lead teams, reflect on success, encourage peers, provide constructive feedback, evaluate personal and team performance.

VOCABULARY	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Athletics	Walk, balance, bend, jump, run, throw, safe, slow, space, stop	Jog, fast, jump, leap, aim, underarm, accuracy, strength, baton, relay, track	Sprint, height, landing, power, strength, event, pace, distance, measure	Heave, launch, shot put, javelin, momentum, strategy, rhythm, pattern	Grip, fling, stance, release, explosive, discus, technique, drive	Transfer of weight, official, officiate, record, field, force	Track, field, launch, strategy, momentum, approach
Ball Skills	Ball, collect, bounce, catch, hit, kick, roll, throw, partner	Dribble, pass, score, target, opponent, block, cushion, power	Possession, technique, momentum, pressure, react, control, receive	Tactics, communication, attack, defender, goalkeeper, intercept	Dribble, accuracy, power, teamwork, pressure, control, shoot, defend	Strategy, tackle, rebound, turnover, pace, teamwork, offside	Reaction, ball control, team dynamics, strategy, competitive play
Dance	Action, move, position, balance, pose	Shape, rhythm, direction, movement, flow, perform, space	Timing, expression, unison, canon, mirror, choreography, interact	Structure, motif, phrase, collaborate, feedback, transition, rhythm	Aesthetic, style, genre, choreograph, performance, posture	Create, refine, rehearse, freeze-frame, stimulus, refine, performance	Express, improvisation, transition, narrative, interpretation

VOCABULARY	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Fitness	Sprint, bend, jump, land, run, safe, space, stop	Strength, stamina, calm, breathing, steady, muscles, heart	Agility, strength, power, motivation, progress, balance	Control, measure, dynamic, react, stamina, steady, deaccelerate	Consistent, measure, accelerate, deaccelerate, engage, focus, steady	Power, endurance, technique, perseverance, strength, stable, stable	Engage, rhythm, strength, technique, endurance, balance, power
Gymnastics	Bend, copy, jump, land, roll, still, stop, squeeze	Control, balance, shape, action, hold, sequence, tuck	Rock, star, pike, straddle, extension, inverted, handstand	Tension, symmetry, perform, vault, flip, rotation, quality, posture	Extension, shoulder stand, quality, counterbalance, stability	Synchronization, flight, performance, mirror, handstand, structure	Vault, stability, cartwheel, counter-tension, handstand, balance
Fundamentals	Crawl, jump, bend, run, space, slow, stop, travel, swing	Hurdle, jump, balance, direction, speed, agility, rhythm	Stamina, technique, stability, control, movement, sprint	Acceleration, deceleration, reaction, fast, dodge, hurdle	Decelerate, speed, dynamic, rhythm, agility, coordination	Agility, sprint, dodge, change of direction, balance	Reaction, coordination, speed, stability, movement
Invasion Games	Pass, run, space, team, ball, throw, jump, catch, stop, target	Kick, throw, score, partner, tackle, space, attack, defender	Opponent, pass, shoot, possession, track, defender, mark, goal	Teamwork, strategy, intercept, attack, defend, communication, control	Dribble, pass, kick, defend, space, outwit, challenge, pressure	Opponent, goal, transition, counterattack, mark, possession, strike	Tackle, intercept, team, shoot, score, strategy, pressure, offside

VOCABULARY	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Net and Wall Games	Net, target, ball, hit, score, position	Serve, return, forehand, backhand, opponent, court, rally	Rally, serve, backhand, forehand, volley, control, competition	Strategy, technique, co-operation, track, placement, swing	React, grip, footwork, serve, volley, team play, competition	Service, grip, return, strategy, court, placement, rally	Court, grip, footwork, rally, co-operation, competitive play, sportsmanship
OAA (Outdoor Adventurous Activities)	Map, space, challenge, team, partner, path	Teamwork, support, route, leader, listen, follow, challenge, success	Plan, solve, communicate, map, location, direction, teamwork, leader	Negotiate, map, strategy, evaluate, reflection, trust, group	Collaborate, role, decision, strategy, critical thinking, evaluation	Orientation, planning, teamwork, collaboration, evaluate	Leadership, communication, task solving, critical thinking, teamwork
Striking and Fielding Games	Ball, bat, hit, score, target, throw, catch, jump	Batter, bowler, field, hit, run, bat, team, score, out	Pitch, ball, bat, out, fielder, fielding, run, strike	Tactics, pressure, fielding, safe, boundary, grip, run, competition	Strike, field, fielder, out, backstop, team, competition	Batting, bowling, stumping, caught, field, run out, umpire, pressure	Tournament, competition, tactics, pressure, batting, wicket, fielding
Swimming	Float, kick, splash, water, safe, float, bubble, stroke	Swim, pull, push, stroke, breath, float, safety, survival	Front crawl, backstroke, butterfly, stamina, distance, treading water	Technique, endurance, sculling, streamline, rotation, buoyancy	Breaststroke, front crawl, endurance, sculling, diving	Butterfly, synchronized, technique, depth, retrieve, endurance	Water safety, sculling, recovery, somersault, streamline, endurance

VOCABULARY	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Target Games	Ball, catch, throw, score, target	Throw, aim, score, target, roll, bounce, dribble	Score, target, swing, aim, throw, strike, distance	Power, technique, hit, team, angle, ball control, strategy	Rebound, control, strategy, strike, force, aim, distance	Pressure, focus, aim, strategy, technique, target	Control, strike, swing, distance, competition, tactic
Yoga	Pose, bend, balance, stretch, safe, breath	Stretch, hold, flow, posture, focus, balance	Stability, posture, flow, breathing, bend, stretch	Extension, strength, mindfulness, stability, flexibility, breathe	Relax, mindfulness, flexibility, stretch, flow, control, transition	Inhale, exhale, flexibility, strength, focus, posture, control	Mindfulness, strength, flexibility, breathing, posture, control