



HIGHER FAILSWORTH PRIMARY SCHOOL



# Physical Education

Subject Leader: Mrs G.Keating

BE HEALTHY TOGETHER TEAM





# Physical Education

## Intent

To provide all children with high quality PE and sport provision, which is engaging, accessible and challenging.

To inspire our pupils and teach them the importance of a healthy and active lifestyle and the benefits of this.

To provide opportunities for pupils to develop values and transferable life skills such as fairness and respect, as well as providing them with opportunities to take part in competitive sport, to experience how to win and lose.

To experience PE and being active in different environments using community links.

To give pupils a love of PE and being active and give them the confidence to try new sports/activities - within school and the community.

## Implementation

Implementation is via the PE scheme 'PE Passport'. This is a complete scheme which teaches PE matched to the National Curriculum objectives. The PE Passport provides teachers with week-by-week lesson support for each year group in the school. It is ideal for specialist and non-specialist teachers and provides complete lessons plans. PE for EYFS focuses on fundamental movements and gross motor skills. In KS1, we teach dance, gymnastics and game skills. In KS2, we teach dance, gymnastics, athletics, games, OAA and children get the opportunity to go swimming and learn water safety. KS2 build upon the skills taught in KS1 to engage in sports and games, allowing them to improve their understanding and make progress throughout time at our school.

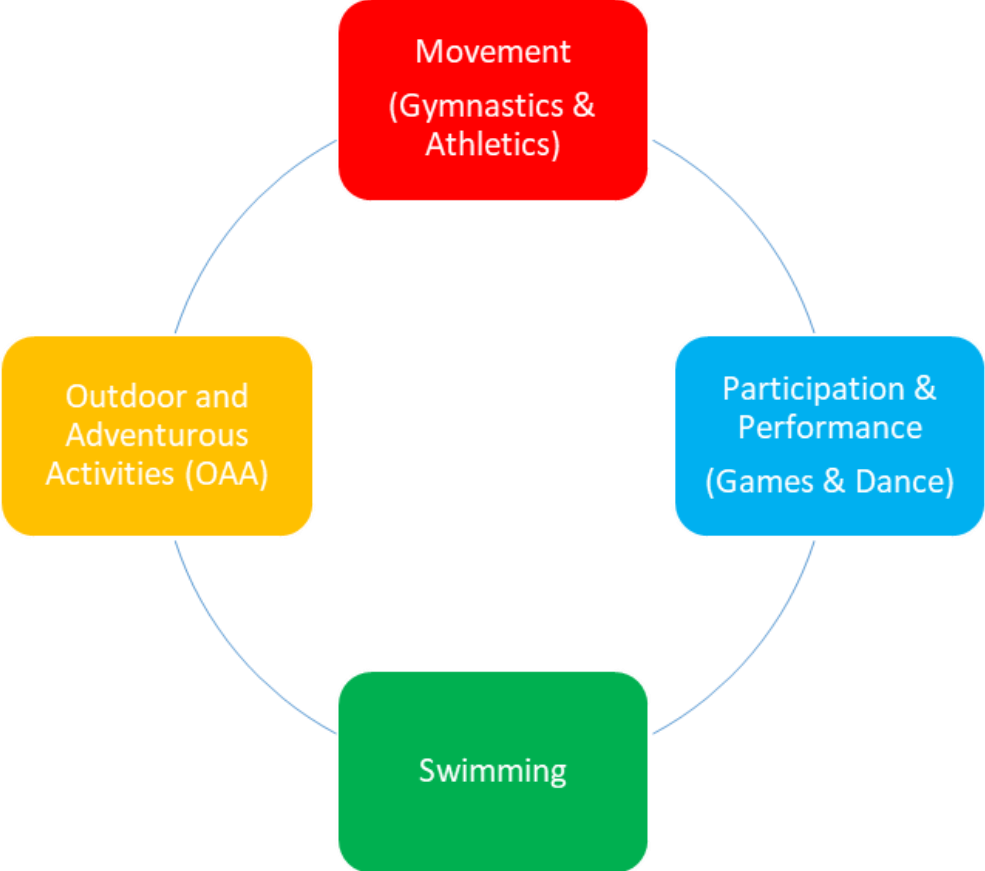
## Impact

By the end of KS2, our children should be physically confident and have a sound knowledge of different sports and games and the skills within them. Our children will have a good attitude towards PE and know the benefits of being active - both physically and mentally.

Our children will know what they are good at, regarding their learning and skills, and know their next steps to improve. This is supported by a progression of skills being taught.



# Physical Education - Threshold Concepts



# EYFS Early Learning Goals for Physical Education

<b>Moving and Handling</b>	<p>By the end of Early Years Provision, children should show good control and coordination in large and small movements. They will move confidently in a range of ways, safely negotiating space. They will be able to handle equipment and tools effectively, including pencils for writing.</p>
<b>Health and Self-Care</b>	<p>By the end of Early Years Provision, children will know the importance for good health, physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They should be able to manage their own basic hygiene and personal needs successfully, this includes dressing and going to the toilet independently.</p>



# PE - Movement Skills (Gymnastics)

<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
<ul style="list-style-type: none"> <li>Copy and remember actions</li> <li>Move with some control and awareness of space</li> <li>Linking actions together to create a sequence</li> <li>Travel at different heights</li> <li>Create different body shapes</li> <li>Know and use 5 basic take off and landing combinations when jumping</li> <li>Know and use 5 basic rolls (teddy bear, pencil, egg, forwards and backwards)</li> </ul>	<ul style="list-style-type: none"> <li>Different methods of travelling.</li> <li>Jumping with coordination and control (tuck jump, star jump, straight jump, jumping from 2 feet to 1, jumping from 1 foot to 2).</li> <li>Rolling with coordination and control (pencil roll, egg roll, forward roll, backward roll, teddy bear roll, roll on the back).</li> <li>Create a short sequence including 2 jumps and 2 rolls.</li> </ul>	<p>-Use of balances and shapes to improve flexibility in warm-ups and cool downs.</p> <p>-Introducing/ consolidating basic:</p> <ul style="list-style-type: none"> <li>Travelling skills</li> <li>Jumping skills</li> <li>Rolling skills</li> <li>Balancing skills</li> <li>Skill introduction on the climbing frame and apparatus.</li> </ul> <p>-perform and develop a range of movements using flexibility, strength, control and balance</p> <ul style="list-style-type: none"> <li>Work individually or with a partner to create a sequence of travelling, rolling, jumping and balancing</li> </ul>	<ul style="list-style-type: none"> <li>To develop strength through a variety of movements and holds.</li> <li>To demonstrate fluid movement between holds.</li> <li>Demonstrate variety of rolls, jumps and travelling.</li> <li>Create a short sequence using learned skills.</li> <li>To safely and appropriately use equipment.</li> </ul>	<ul style="list-style-type: none"> <li>Hold a body position using balance, control and strength</li> <li>Link body positions together using flexibility and strength</li> </ul>	<ul style="list-style-type: none"> <li>Use individual movements linked to balance etc to generate a sequence.</li> <li>Put a sequence to a time or beat.</li> <li>Work with others to generate a sequence.</li> </ul>



# PE - Movement Skills (Athletics)

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		<ul style="list-style-type: none"> <li>• Demonstrate quick reactions and rapid accelerations</li> <li>• Accelerate from a variety of static points</li> <li>• Pass a relay baton at speed using a push pass</li> <li>• Demonstrate the ability to change pace</li> <li>• Sustain running at a consistent pace.</li> <li>• Work in a cooperative manner</li> <li>• Perform dynamic combination jumps with control.</li> <li>• Hop and jump for distance</li> <li>• Perform triple jump with balance and control</li> <li>• Jump from side to side with balance speed and rhythm.</li> </ul>		<ul style="list-style-type: none"> <li>• To use the correct technique when running/sprinting to gain speed</li> <li>• To use the correct technique and coordination to pass a relay baton</li> <li>• To learn how to throw a javelin using speed and balance</li> <li>• To use balance and control to do a variety of jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Throw objects with a certain level of accuracy.</li> <li>• Understand and implement different throwing techniques and when to apply them.</li> <li>• Be able to use a suitable running style for stamina or speed</li> </ul>



# PE - Participation & Performance Skills (Dance)

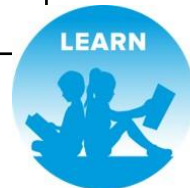
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>• Listen and respond to music using movement</li> <li>• Count the beat of music</li> <li>• Plan movements linking to music and topic stimuli</li> <li>• Travel in different ways, consider direction and speed</li> <li>• Use different levels</li> <li>• Work in unison</li> <li>• Work in a synchronised manner</li> <li>• Create a canon of movements</li> <li>• Create, practise and perform a sequence of simple movements (as a class) (as a group) (as a pair)</li> </ul>	<ul style="list-style-type: none"> <li>• Listen and respond to music.</li> <li>• Understand and perform a canon effect</li> <li>• Appreciate that certain movements match a particular tempo</li> <li>• To create, practise and perform a sequence of simple movements (as a class) (as a pair) (as a group)</li> </ul>	<ul style="list-style-type: none"> <li>• Use a variety of movements in isolation and combination</li> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Perform dances using a range of movement patterns</li> <li>• Compare and evaluate performances against previous ones</li> <li>• Demonstrate improvement to achieve personal targets</li> </ul>		<ul style="list-style-type: none"> <li>• Understand the importance of warmup and cool down to n</li> <li>• To listen to the rhythm of the music</li> <li>• To link movement patterns together</li> <li>• To used rehearsed movement patterns to create their own sequence.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop their own ideas and movements to a specific style.</li> <li>• Piece together a selection of movements to create a sequence.</li> <li>• Ensure a sequence fits to a set number of beats.</li> </ul>





# PE - Participation & Performance Skills (Games)

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> <li>• Know a range of playground games</li> <li>• Know how to run at speed using arms to aid movement</li> <li>• Know how to change direction to avoid capture</li> <li>• Know the elements of an evade and capture game</li> <li>• Plan and evaluate our own evade and capture game</li> <li>• Explore throwing and catching using different equipment individually</li> <li>• Explore throwing and catching using different equipment with a partner</li> <li>• Explore different passes (chest, underarm, overarm and bounce)</li> <li>• Implement throwing and catching skills into simple games including clear the playground, piggy in the middle, benchball and dodgeball</li> <li>• Stop a rolling ball using feet</li> <li>• Dribble a football using right and left foot</li> <li>• Pass from and to different distances and in different directions</li> <li>• Aim for a given target</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing and catching different sized balls.</li> <li>• Throwing different sized balls into hoops, boxes, buckets etc</li> <li>• Rolling medium and small sized balls into targets (small cones), standing, kneeling with one knee and kneeling on two knees.</li> <li>• Learn the rules for simple team games</li> </ul>	<ul style="list-style-type: none"> <li>• Keep control of a ball while travelling</li> <li>• Pass and receive the ball accurately</li> <li>• Turning accurately whilst in possession</li> <li>• Tackle and keep possession of a ball</li> <li>• Shoot at a target and defend a goal</li> <li>• Understand how to control a ball with a stick</li> <li>• Know how to safely move a ball with a hockey stick</li> <li>• Pass a hockey ball in a controlled manner</li> <li>• Safely use a hockey stick to tackle</li> <li>• Understand how to use a hockey stick to score a goal</li> <li>• Understand how to control a ball whilst dribbling</li> <li>• Learn to tackle without contact and take control of the ball</li> <li>• Understand how to aim and accurately throw a ball towards a target</li> <li>• Learn to accurately shoot a ball into the basket over arm.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop the skills needed to send and receive using different types of balls.</li> <li>• To develop the skills needed to send and receive using different types of passes.</li> <li>• To understand how invasion games involve attacking and defending.</li> <li>• To understand tactical use of a team and roles within a team.</li> <li>• To create space through movement.</li> <li>• Develop hand/eye coordination through racquet and bat sports.</li> </ul>	<ul style="list-style-type: none"> <li>• To use a variety of passes</li> <li>• To be able to pass and move with the ball - focus on footwork</li> <li>• To attack in netball using the space on court</li> <li>• To defend against an opponent through marking</li> <li>• To use the correct positions and some basic rules in small games</li> </ul>	<ul style="list-style-type: none"> <li>• Generate and implement their own rules linked to a game.</li> <li>• Work as a team to generate a game plan.</li> <li>• Implement their knowledge of how to attack and defend as a team.</li> <li>• Take on some skills of a campancy role.</li> <li>• Apply the rules of a game as a referee.</li> </ul>





# PE - Outdoor and Adventurous Activities

## Year 1 and 2

- Participate in team games, developing simple tactics for attacking and defending
- Play fun games using transferable skills
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Explore the Outdoor environment, identifying safety factors and exploring personal boundaries

## Year 3 and 4

- Take part in outdoor and adventurous activity challenges both individually and within a team
- Explore the Outdoor environment, identifying safety factors and exploring personal boundaries
- Build resilience and self confidence in an outdoor environment

## Year 5 and 6

- Enjoy collaborating with others and recognizing areas for development
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Further explore their own self confidence and resilience by taking part in physical challenges



# PE - Swimming

Swimming lessons take place in Year 3. One class goes from Sept-Feb. The other class goes from Feb-July. Any children who have not reached the swimming standard will go into an intervention group, who go once a week. These could be children from Year 4, 5 or 6.

<p style="text-align: center;"><b><u>Swim competently, confidently and proficiently over a distance of at least 25 metres</u></b></p>	<p style="text-align: center;"><b><u>Swim competently, confidently and proficiently over a distance of at least 25 metres</u></b></p>	<p style="text-align: center;"><b><u>Perform safe self-rescue in different water-based situations</u></b></p>
<ul style="list-style-type: none"> <li>● Submerge face and blow bubbles</li> <li>● Pencil jump</li> <li>● Submerge and retrieve object from pool floor</li> <li>● Climb in and out of pool unaided</li> <li>● Horizontal float and regain standing position</li> </ul>	<ul style="list-style-type: none"> <li>● Push and glide in prone position</li> <li>● Push and glide in supine position</li> <li>● Breathing exercise</li> <li>● Swim 25m</li> <li>● Swim 5m, log roll, swim 5m</li> </ul>	





# PE - Long Term Plan 2022/2023



	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<b><u>Nursery</u></b>	SPLAY Dance	SPLAY Fine Motor Skills	SPLAY Gymnastics - Travel	SPLAY Stability 1	SPLAY Gym - Parts High/Low	SPLAY Target Games 1
<b><u>Reception</u></b>	SPLAY Gym - Rock & Roll	SPLAY Dance - Seasons	SPLAY Movement Skills 1	SPLAY Net and Wall Games 1	SPLAY Dance - Jungle	SPLAY Target Games 1
<b><u>Year 1</u></b>	YOGA Fundamental Movement Skills 1	Dance - Fire of London Movement Skills 2	Gymnastics - Balancing and Spinning Net and Wall Games Skills 1	Gym - Pathways Net and Wall Games 2	Target Games 2 Striking and Fielding 1	Dance - Animals Invasion Games 1
<b><u>Year 2</u></b>	Gym – Pathways Movement Skills 2	Dance - Minibeasts Movement Skills 3	Gym- Spinning, Turning, Twisting Net and Wall Games 2	Gym – Stretching, Curling, Arching Striking and Fielding Games 2	Target Games 3 Invasion Game Skills 2	Dance - Animals Athletics
<b><u>Year 3</u></b>	Dance – Egyptians OAA	Gym – Receiving body weight Invasion Games Skills 3	Football Dodgeball	Dance – Around the world Gym - Symmetry	Handball Cricket	Tennis Athletics
<b><u>Year 4</u></b>	Tag Rugby Gym – Arching and bridging	OAA Dance - Romans	Swimming Health Related Fitness	Swimming Gym – Pushing and pulling	Swimming Athletics	Swimming Hockey
<b><u>Year 5</u></b>	Swimming OAA	Swimming Handball	Basketball Dance – Through the ages	Gym – Sync and canon Netball	Health Related Fitness Athletics	Ultimate Frisbee Rounders
<b><u>Year 6</u></b>	Gym – Counter balance and counter tension Basketball	Dance - WW2 Hockey	Gym -Flight Tag Rugby	Dance – The Victorians Netball	OAA Rounders	Cricket Badminton