

Physical Education

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 lesson 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.

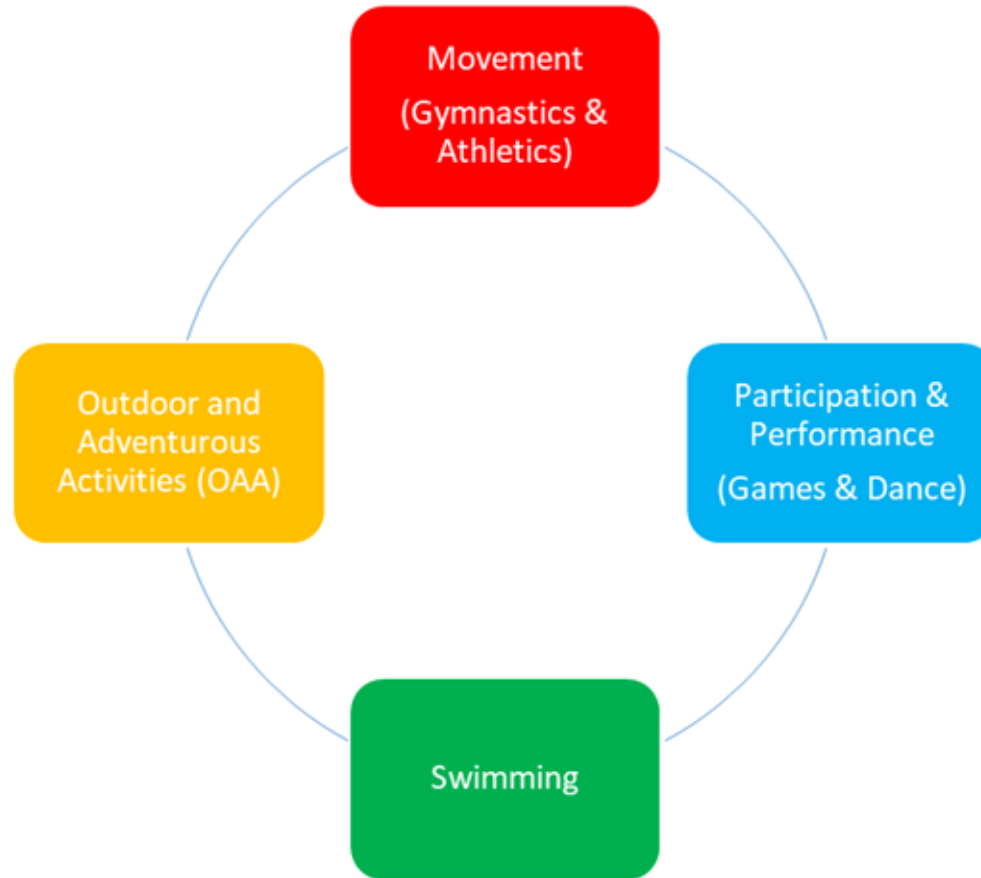
Impact

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

Moving and Handling	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.
Health and Self-Care	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.



PE - Movement Skills (Gymnastics)

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Copy and remember sequences Can control their body when balancing. Can roll in different ways. Can travel in different ways. Can stretch in different ways. Can balance in different ways. Can make their body tense, relaxed, curved and stretched. Move with some control and awareness of space 	<ul style="list-style-type: none"> I can copy, remember, explore & repeat simple actions varying speed & levels. I can change direction using different types of turn 90, 180 and 270 degrees. I can create a twist in flight. I can create different stretches whilst jumping, balancing on hands, on apparatus and travelling. I can perform a variety of actions with increasing control repeat accurately sequences of gymnastic actions. I can use different combinations of floor, mats and apparatus, showing control, accuracy and fluency. Can plan and show a sequence of movements. 	<ul style="list-style-type: none"> Take weight on patches Create asymmetrical and symmetrical shapes in balances Take body weight on my back and shoulders Perform a cartwheel Perform shoulder and teddy bear rolls Perform with control and a range of dynamics 	<ul style="list-style-type: none"> Support my body weight on my hands and feet Spin from one means of support to another Perform sequences using front and back asymmetrical and symmetrical spinning Use the floor space imaginatively as well as the apparatus Change direction and the level I am working at Form different shapes with different body parts Create sequences involving different rolls Balance on different points and patches Match a partner's moves in synchrony Create a sequence involving matching and contrasts 	<ul style="list-style-type: none"> Understand the importance of momentum when rolling to be able to get back to my feet Form strong arches and bridges Create a sequence with a partner involving supporting body weight front and back Leapfrog others safely Travel in lots of interesting ways over benches and the floor Understand how to vary the speed of movements to demonstrate contrast Link skills to perform actions and sequences of movement Perform in canon to a consistent tempo Perform in a group demonstrating different dynamics 	<ul style="list-style-type: none"> Hold controlled balances on a variety of points/body parts Create a sequence of moves in unison with a partner Hold a range of symmetrical and asymmetrical counter balances Work at different levels with weight Roll as part of a balancing and rolling sequence Perform a sequence in canon at different levels Take off from one foot and two feet



PE - Movement Skills (Athletics and Health Related Fitness)

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> I can run at different speeds I can jump from a standing position. I can jump in a variety of ways Coordinate a run with a jump I can throw an object accurately with one hand. Throw with a run up 	<ul style="list-style-type: none"> I can demonstrate agility (reacting quickly and changing direction) I can demonstrate balance. I can demonstrate coordination (speed bounce) I can run in a lane. I can jump in a variety of ways. I can jump accurately from a standing position. I can throw a variety of objects accurately with one hand. 	<ul style="list-style-type: none"> Run at fast, medium and slow speeds changing speed and direction. Jump accurately forwards and vertically. Link running and jumping activities Make a short sequence of linked jumps Take part in a relay activity. Throw with accuracy and power, into or at a target. 	<ul style="list-style-type: none"> Use a correct technique to start a sprint race Develop my coordination to improve my speed Understand the basic movement of hurdling Sprint between hurdles Jump consistently off the same foot Can scissor kick Throw overarm accurately Throw overarm with power for distance 	<ul style="list-style-type: none"> Change pace and run at different tempos. Begin to sustain pace over longer distances Perform the correct triple jump. Perform the correct technique for long jump Throw over long distances, using the correct technique Perform the correct technique for vertical jump Begin to understand how to hurdle using the correct technique Begin to transfer a relay baton as part of a team 	<ul style="list-style-type: none"> Know when to change and sustain pace and run at different tempos. Use a run up when throwing. Perform the correct technique for triple jump, high jump and standing vertical jump. Combine sprinting with hurdling. Transfer a relay baton efficiently as part of a team.



PE - Participation & Performance Skills (Dance)

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Listen and respond to music using movement Count the beat of music - show a sense of rhythm and expression Can remember and repeat a short dance phrase and simple dances. Can show different types of travel using different levels. Can move with control. Create, practise and perform a sequence of simple movements (as a class) (as a group) (as a pair) 	<ul style="list-style-type: none"> I can perform with control & coordination. I can choreograph a performance using transitions and formations to add to an existing performance. I can vary dynamics, levels, speed & direction. I can move in formation. Can make a sequence by linking sections together. Can perform short dances, showing an understanding of expressive qualities. Can describe the mood, feelings and expressive qualities of dance. 	<ul style="list-style-type: none"> Improvise freely on my own & with a partner. Use different body parts and movements Show use of mirror image and changes in level. Choreograph a performance using transitions and formations with guidance. Compare, develop & adapt movement & motifs to create longer dances. Share and create phrases with a partner and in a small group. Repeat, remember and perform phrases in a dance. Use dance vocabulary to compare & improve my work. 	<ul style="list-style-type: none"> Perform dances clearly and fluently. Refine, repeat and remember dance phrases and dances. Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group. Show use of mirror image and changes in level. Show use of canon and changes in formation when creating and performing group section. Show sensitivity to the dance idea and the accompaniment. 	<ul style="list-style-type: none"> Demonstrate precision, control & fluency in response to stimuli. Perform different styles of dance clearly and fluently. Demonstrate good timing and performing in unison. Include level changes and different directions. Recognise and comment on dances showing an understanding of style. Compose and choreograph a performance using transitions, formations based on a theme to perform. Continually demonstrate rhythm & spatial awareness. 	<ul style="list-style-type: none"> Perform & create motifs in a variety of dance styles with accuracy & consistency. Compose and choreograph a small performance using transitions, formations and motifs based on a theme for others to perform. Choose my own music, style and dance. Perform to an accompaniment expressively and sensitively. Suggest ways to improve quality of performance showing sound knowledge & understanding.



PE - Participation & Performance Skills (Games)

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<ul style="list-style-type: none"> Know a range of playground games Know how to run at speed using arms to aid movement Negotiate space successfully Pick up, carry and put down with care Use tools to manipulate objects Move through an obstacle course skillfully Send a ball with some degree of accuracy Move into the right position to receive a ball Strike a ball with one hand Develop a good grip and stance Stop a ball with 2 hands, creating a barrier behind it Pick up a ball with one hand and throw it underarm and overarm Kick a ball consistently with one and two feet Stop a rolling ball using feet Strike a ball on target with equipment 	<ul style="list-style-type: none"> Send and receive a variety of different balls with some degree of accuracy Strike a ball with some degree of accuracy Keep a rally going with a partner Begin to strike with more consistency and accuracy on the forehand Begin to use a backhand Catch a ball after one bounce Bowl overarm with a straight arm Pick up the ball as a fielder and return it quickly Back up my friends in the field Chase a ball and throw it back accurately Move my opponent around the court when playing them (getting space) Track an opponent Intercept a pass Dodge to beat an opponent Pass the ball with control during a game situation Pass and move decisively Understand simple rules to team games 	<ul style="list-style-type: none"> Dodge and be aware of my environment and others Get into good positions to receive a ball using space Shield a ball from an opponent Turn in different ways whilst in possession Dribble with control and using both hands and feet Communicate with my fellow players Be on the balls of my feet when waiting to receive a pass Pass a ball accurately Dribble a ball - trying to use both feet Control a football in a game situation Understand how to hold a hockey stick Develop my dribbling technique and keeping the hockey ball close (including stopping it) Pass the ball accurately Make contact between the bat and ball Understand how to grip a ball when bowling Bowl a ball overarm with a straight arm Understand what a wicket is and the roles of a wicket keeper Hit a ball and run between a set of wickets 	<ul style="list-style-type: none"> Send using a javelin style pass accurately Catch a handball on the run Pass and receive the ball on the move Throw/shoot accurately using good overarm technique Intercept passes and block a shot Participate purposefully in a small sided games Control a basketball using both hands Control the ball on the move by dribbling - keeping my head up Pass the ball using bounce and chest pass Use the correct technique to shoot a basketball Apply a range of skills to a game Scoop a ball up from the floor Dodge to avoid being tagged by an opponent Tag safely Pocket pass with accuracy from my right and left Understand how to attack (stagger) and defend Make good decisions when in possession Defend well, watching the ball Show the skills and knowledge in a game 	<ul style="list-style-type: none"> Get into a good position to move quickly and receive the ball Dribble a ball through different pathways whilst travelling Receive the ball sideways on Shoot with power and accuracy Apply a range of skills purposefully in a game (inc dummy passes, pass out of the back of hand) Understand the basic rules of handball Know a variety of passes and use them Send and receive a netball and signal for a pass Shoot with the correct technique Land and pivot to pass the ball Understand what the roles are within a High 5 netball game Send a frisbee accurately using the backhand Catch a frisbee consistently with 2 hands Catch a frisbee with 1 hand Throw and intercept a frisbee Understand the basic rules of ultimate frisbee Work alongside others when attacking and defending Anticipate the play and release the ball quickly and efficiently Communicate effectively with the team and listen to others 	<ul style="list-style-type: none"> Control and dribble a basketball using both hands and protect the ball under pressure Pass a basketball using good techniques of having a target, receiving the pass and stepping in the direction of a pass Use a variety of basketball passes (bounce and chest) Use the correct technique to shoot a basketball Dribble a hockey ball with my head up Push pass and jab tackle with a hockey ball accurately Use a variety of rugby passes (pop pass and pocket pass) Tag someone safely Pass a rugby ball backwards consistently Send and receive a ball on the run both ways (right and left) and under pressure Send a frisbee accurately using the backhand and forehand Retain possession carefully and build attacks Use a variety of passes in netball and pass accurately Position myself to take rebounds from missed shots Understand the rules of netball and how the different positions affect play



PE - Participation & Performance Skills (Games) cont.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
		<ul style="list-style-type: none"> Understand the 'ready position' to strike a ball Play a game of hand tennis, trying to move the opponent around the court Understand how to hold a racket Hit a forehand Strike the ball on the backhand and make contact Return a shot to the other side of the net Begin to develop a serve 	<ul style="list-style-type: none"> Throw overarm powerfully and accurately Aim low and throw down Understand when to attack and defend Understand when to move to the net to throw Catch to bring teammates back into the game Judge which balls to try and catch and which to dodge Judge which balls to try and catch and which to dodge Show good peripheral awareness Explain and show how to grip a bat Stand sideways, ready to receive a ball with the bat Understand what the crease is for Take up a wicket keeping stance and take balls bowled on both sides of the wicket Throw a cricket ball accurately and powerfully depending on the situation Bat successfully Bowl with a run up 	<ul style="list-style-type: none"> Get into the 'ready position' Understand how to position my body during play and how this helps to strike a ball Hit a forehand shot consistently Have some control of where I hit the ball Play backhand shots with some consistency Use a variety of shots in play (smash, lob, serve) Have a basic understanding of the rules of tennis and can score a match Catch a ball consistently Throw accurately into space Ground field consistently well, using different techniques Bowl accurately at a consistent height Catch and throw quickly from backstop Strike with some accuracy (one or two hands) Communicate well with your team Understand the basic rules of rounders and be able to participate in a game 	<ul style="list-style-type: none"> Find space in tight situations and know how to create space Use varying speed and direction to get past defenders Mark a player or an area of court Catch with two hands and know how catching with soft hands improves consistency Throw accurately with one hand (over arm) Bowl accurately at a consistent height Ground field consistently (stopping the ball and throwing back into the field of play) Catch and throw from backstop Strike the ball with accuracy (one handed) Back up fellow fielders in the outfield Play in a variety of roles and understand the tactics of each role Hit a forehand Know how to grip the racket Perform a forehand and backhand serve and with accuracy Move quickly to the right position to return the shuttle Use a variety of shots (smash, drop, deft) Understand the basic rules and how to keep score



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.

<u>Swim competently, confidently and proficiently over a distance of at least 25 metres</u>	<u>Swim competently, confidently and proficiently over a distance of at least 25 metres</u>	<u>Perform safe self-rescue in different water-based situations</u>
<ul style="list-style-type: none">● Submerge face and blow bubbles● Pencil jump● Submerge and retrieve object from pool floor● Horizontal float and regain standing position	<ul style="list-style-type: none">● Push and glide in prone position● Push and glide in supine position● Breathing exercise● Swim 25m● Swim 5m, log roll, swim 5m	<ul style="list-style-type: none">● Climb in and out of pool unaided● Understand what to do if they get themselves in danger in the water





PE - Long Term Plan

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Nursery</u>	SPLAY Dance	SPLAY Fine Motor Skills	SPLAY Gymnastics - Travel	SPLAY Stability 1	SPLAY Gymnastics - Parts High/Low	SPLAY Locomotion 1
<u>Reception</u>	SPLAY Gymnastics - Rock & Roll	SPLAY Dance - Seasons	SPLAY Fundamental Movement Skills 1	SPLAY Net and Wall Games 1	SPLAY Dance - Jungle	SPLAY Target Games 1
<u>Year 1</u>	Dance - Fire of London Fundamental Movement Skills 1	YOGA Fundamental Movement Skills 2	Gymnastics - Balancing and Spinning Net and Wall Games Skills 1	Target Games Net and Wall Games 2	Gymnastics - Pathways Striking and Fielding 1	Dance - Animals Invasion Games 1
<u>Year 2</u>	Gymnastics – Pathways Fundamental Movement Skills 2	Dance – Minibeasts Fundamental Movement Skills 3	Gymnastics - Spinning, Turning & Twisting Net and Wall Games 2	Target Games 3 Striking and Fielding Games 2	Gymnastics – Stretching, Curling, Arching Invasion Game Skills 2	Dance - Under the sea Athletics 2
<u>Year 3</u>	Swimming Invasion Games Skills 3	Swimming OAA	Swimming Dance – Egyptians	Gymnastics – Receiving Body Weight Football	Hockey Cricket	Tennis Athletics 3
<u>Year 4</u>	Cricket Gymnastics – Arching and bridging	Health Related Fitness Handball	Gymnastics - pushing and pulling Tag Rugby	Dance - Around the World OAA	Dodgeball Athletics 4	Basketball Football
<u>Year 5</u>	Health Related Fitness OAA	Gymnastics – Over and Under Handball	Dodgeball Netball	Gymnastics – Synchronisation & Canon Rounders	Dance – Through the Ages Cricket	Athletics 5 Tennis
<u>Year 6</u>	Hockey Basketball	Gymnastics - Flight Netball	Badminton Tag Rugby	Gymnastics – Counter Balance and Counter Tension Ultimate Frisbee	Athletics 6 Rounders	Dance - the Haka Cricket