

Physical Education Programme of Study

Key Stage 1 & 2

Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

PE - 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 co-ordination, 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.

Year 1

Unit of Work	Skills learnt
<p>Gymnastics</p> <p>Pupils should be taught to develop balance whilst moving between positions as well as attempt to balance on small body parts (hands & feet) on different levels.</p>	<ul style="list-style-type: none"> • <u>To move from one body position to another.</u> • <u>To perform balances on different levels.</u> • Show a clear beginning & end to shapes/sequences. • To further explore the large and small apparatus. • <u>To balance on small body parts with control.</u>
<p>Dance</p> <p>Pupils should be taught to perform dances using simple movement patterns.</p>	<ul style="list-style-type: none"> • <u>Able to demonstrate large and expansive shapes.</u> • Able to demonstrate swinging actions with the arms. • <u>Able to demonstrate heavy and strong dynamics.</u> • <u>Able to perform in slow motion.</u> • Able to develop relationships - canon.

<p>Athletics</p> <p>Pupils will be given the opportunity to 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.</p>	<ul style="list-style-type: none"> • <u>To consolidate appropriate running technique.</u> • <u>To jump with control & balance on landing.</u> • To jump whilst travelling. • <u>To throw towards a stationary target.</u> • <u>To know what the term 'healthy eating' means.</u>
<p>Outdoor Education</p> <p>Pupils should be given the opportunity to be creative whilst working collaboratively within a group in order to develop problem solving & thinking skills whilst also developing the ability to work independently and make decisions.</p>	<ul style="list-style-type: none"> • Develop more complex fundamental movement skills. • To work collaboratively within a group. • <u>To develop thinking and creativity.</u> • <u>To develop decision making in games.</u> • To be able to work independently.
<p>Invasion sport</p> <p>Pupils should be taught to: master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • <u>To be able to throw a ball/beanbag with accuracy.</u> • <u>To be able to show an awareness of space.</u> • <u>To be able to catch a ball/beanbag with some control.</u> • To observe, describe and copy what others are doing. • To work collaboratively with a partner.
<p>Strike and Field Sport</p> <p>Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing</p>	<ul style="list-style-type: none"> • <u>To work collaboratively with a partner.</u> • To use a range of small equipment. • <u>To throw to a partner with developing accuracy.</u> • To be able to 'mirror' a partner's movements.

<p>balance, agility and co-ordination. Pupils should begin to understand the importance of working well within a pair and a small group in order to achieve targets.</p>	<ul style="list-style-type: none"> • <u>To be able to listen and observe.</u>
Year 2	
Unit of work	Skills learnt
<p>Gymnastics</p> <p>Pupils should be taught to develop balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • <u>Travel, showing change of speed and direction.</u> • <u>Develop body awareness through varying body balances.</u> • To perform 'Teddy bear' & 'Pencil' rolls. • To adopt the positions 'happy cat' & 'angry cat'. • <u>Create, remember and perform simple movement sequences.</u>
<p>Dance</p> <p>Pupils should be taught to perform dances using simple movement patterns.</p>	<ul style="list-style-type: none"> • Able to demonstrate star and arch shapes. • <u>Able to demonstrate happy and energetic dynamics.</u> • <u>Able to use the space to create different formations.</u> • Able to develop relationships
<p>Athletics</p> <p>Pupils will be given the opportunity to 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.</p>	<ul style="list-style-type: none"> • <u>To run in a coordinated & fluent way over obstacles.</u> • <u>Develop awareness of distance & weight.</u> • <u>To throw a range of different throwing implements.</u> • <u>Developing awareness of distance & height.</u> • To hit a ball off a tee.

<p>Outdoor Education</p> <p>Pupils should be given the opportunity to continue to develop the fundamental skills of travelling, throwing and balancing as well as starting to recognise how different rules work within a game.</p>	<ul style="list-style-type: none"> • To continually develop fundamental skills. • To take part in competitive activities. • <u>To begin to work as a team.</u> • To further develop thinking and creativity. • <u>To create different rules for games.</u>
<p>Invasion Games - Introduction to Hockey & Football</p> <p>Pupils should be taught to: master basic movements including kicking and dribbling, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<ul style="list-style-type: none"> • <u>To kick accurately towards a target.</u> • <u>To travel whilst moving a ball with your feet or apparatus.</u> • To develop knowledge of stronger and weaker sides of the body. • <u>To dribble around various cones and objects.</u> • <u>To kick the ball confidently with the inside of your foot.</u>
<p>Net Games - Introduction to Badminton & Volleyball</p> <p>Pupils should be shown how to strike a ball or object using a racket, using techniques encouraged to develop balance, control & accuracy.</p>	<ul style="list-style-type: none"> • <u>To aim, strike & follow through towards a target.</u> • <u>To hit an object with varying power using a racket.</u> • <u>To be able to hit a ball or object towards a partner.</u> • To explore a badminton racket and shuttlecock. • To attempt a 'forearm' or 'bump' pass (Volleyball).
<p>Key Stage 2</p>	
<p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year 3

Unit of Work	Skills Learnt
<p>Gymnastics</p> <p>Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics.</p>	<ul style="list-style-type: none"> • <u>To be able to perform some basic jumps.</u> • To demonstrate shapes whilst in the air. • To develop knowledge of 'take off'. • To develop knowledge of 'landing'. • <u>To change direction whilst jumping.</u>
<p>Dance</p> <p>Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • <u>Able to move with rigid and floppy dynamics.</u> • <u>Able to develop relationships - contact and balance with partner.</u> • Able to demonstrate and create 2-dimensional shapes.
<p>Outdoor Education</p> <p>Pupils should be given the opportunity to develop some basic map reading skills as well as problem solve and work cooperatively during paired and team challenges.</p>	<ul style="list-style-type: none"> • <u>To place trust in teammates.</u> • <u>To develop problem solving skills.</u> • To create and recognise some map symbols. • To develop basic map reading skills. • Work cooperatively to solve group/paired challenges.

<p>Athletics</p> <p>Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> • <u>To attempt to throw a shot putt using the rotation technique.</u> • To consolidate different throwing techniques. • <u>To attempt a javelin throw with correct technique.</u> • <u>To be able to pass & receive a relay baton.</u> • Continually develop awareness of distance.
<p>Invasion Games - Basketball & Football</p> <p>Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> • <u>To be able to pass a ball accurately and with speed.</u> • <u>To be able to catch a ball consistently.</u> • To be able to pass with control and technique. • <u>To further increase their understanding of space.</u> • To work collaboratively within a small group.
<p>Strike & Field - Cricket</p> <p>Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> • <u>To be able to strike a ball with some accuracy.</u> • <u>To vary the speed and direction of a ball.</u> • Perform the basic skills needed for the games with control and consistency. • <u>Describe what is successful in their own and other's play.</u> • To develop understanding of distance and power when striking.
Year 4	
Unit of Work	Skills Learnt
<p>Gymnastics</p> <p>Pupils should be taught to develop their rolling techniques as well as develop some knowledge of Rhythmic Gymnastics.</p>	<ul style="list-style-type: none"> • <u>To accelerate and decelerate whilst travelling.</u> • To develop some knowledge of Rhythmic Gymnastics. • <u>Perform a roll using control, body tension and flow.</u> • <u>To use equipment within a sequence.</u>

	<ul style="list-style-type: none"> • <u>Identify well performed skills when watching other groups</u>
<p>Dance</p> <p>Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • <u>Able to express cheeky and over the top dynamics.</u> • <u>Able to demonstrate physical skill - flexed wrists.</u> • <u>Able to demonstrate relationships - mirroring.</u> • <u>Able to demonstrate contrasting levels in still positions.</u>
<p>Outdoor Education</p> <p>Pupils should be given the opportunity to apply different strategies to solve problems as well as develop their map reading skills and comprehension.</p>	<ul style="list-style-type: none"> • <u>Develop some knowledge of orienteering.</u> • <u>To create their own course for a partner to follow.</u> • <u>To learn some common map symbols.</u> • <u>Choose & apply strategies to meet problems.</u> • <u>Use a map to travel around a simple course.</u>
<p>Athletics</p> <p>Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> • <u>To jump for height & distance.</u> • <u>To explore different body positions in flight.</u> • <u>To jump hurdles with developing technique.</u> • <u>To communicate clearly with partners & team mates.</u> • <u>To locate some of the major muscles in the body.</u>
<p>Net Game - Tennis & Volleyball</p> <p>Pupils should be given the opportunity to explore a variety of different strokes and techniques as well as develop reaction time and agility.</p>	<ul style="list-style-type: none"> • <u>To develop reaction time and agility.</u> • <u>To explore backhand hitting.</u> • <u>To attempt an overhand serve in tennis.</u> • <u>To develop knowledge of returning & rallying.</u> • <u>To attempt to 'Spike' in volleyball.</u>

<p>Invasion Games - Netball & Basketball</p> <p>Pupils should be taught to: use running, jumping, throwing, passing and moving in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> • <u>To know when to move within a game.</u> • <u>To know when to pass during a game.</u> • <u>Show an awareness of space and know how to use it in games.</u> • <u>To travel using change of direction and speed easily.</u> • <u>Describe what happens to their bodies when warming up.</u>
Year 5	
Unit of Work	Skills Learnt
<p>Gymnastics</p> <p>Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics.</p>	<ul style="list-style-type: none"> • <u>Show clear differences between levels, speeds and directions.</u> • <u>Perform actions, shapes and balances clearly, consistently and fluently.</u> • Demonstrate body tension and extension. • Adapt sequences to include a partner or a small group. • Vary direction, levels and pathways.
<p>Dance</p> <p>Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • <u>Able to demonstrate light and floaty dynamics.</u> • <u>Able to develop relationships - unison.</u> • Able to explore time - continuous and sustained.
<p>Athletics</p> <p>Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> • To develop knowledge of the triple jump technique. • To begin a sprint in the crouching position. • <u>To throw a discus with developing technique.</u> • <u>Develop the basic skills for acceleration.</u>

	<ul style="list-style-type: none"> • <u>To develop knowledge of how to gain & maintain fitness.</u>
<p>Outdoor Education</p> <p>Pupils should be given the opportunity to learn about the countryside code in terms of respect for people & the environment as well as problem solve, record information and further develop their knowledge of orienteering.</p>	<ul style="list-style-type: none"> • <u>Develop communication through speaking & listening.</u> • <u>Work as a group to overcome a challenge.</u> • Learn some different ways of tying knots. • <u>Take part in competitive orienteering activities.</u> • Plan a short loop course for a partner or group.
<p>Invasion Games - Football & Netball</p> <p>Pupils should be taught the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils will be shown what it means to 'invade' from an individual and team based context.</p>	<ul style="list-style-type: none"> • <u>To develop knowledge of attacking and defending.</u> • <u>To know how to 'mark' an opponent.</u> • To further develop their understanding of space. • <u>To recognise the importance of rules within games.</u> • <u>Understanding the need to warm up and cool down.</u>
<p>Strike & Field - Cricket</p> <p>Pupils should be taught the fundamental skills of exploring space, striking and fielding during mini-games with an emphasis on throwing technique in order to improve control, accuracy and power.</p>	<ul style="list-style-type: none"> • To explore the use of space during games. • <u>Choose appropriate positioning when fielding.</u> • <u>To strike a ball/object using both hands and feet.</u> • <u>To retrieve, intercept and stop a ball when fielding.</u> • To develop the range and consistency of their skills.
<p>Swimming</p> <ul style="list-style-type: none"> • <u>swim competently, confidently and proficiently over a distance of at least 25 metres</u> • <u>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</u> • <u>perform safe self-rescue in different water-based situations.</u> 	

Year 6

Unit of Work	Skills Learnt
<p>Gymnastics</p> <p>Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics.</p>	<ul style="list-style-type: none"> • To review and perfect holding shapes in flight. • <u>To form asymmetrical body shapes.</u> • <u>To identify different elements of a gymnastic routine.</u> • <u>To review some complex gymnastic positions.</u> • To use gymnastic terminology.
<p>Dance</p> <p>Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • <u>Able to move with a range dynamics to express different emotions.</u> • <u>Able to develop relationships - leading and following.</u> • Able to demonstrate unison as a group. • Able to demonstrate and create shapes representing unity.
<p>Outdoor Education</p> <p>Pupils should be given the opportunity to continue to develop communication when working in a group, take part in competitive orienteering as well as learn some basic safety skills.</p>	<ul style="list-style-type: none"> • <u>Develop communication through speaking & listening.</u> • <u>Work as a group to overcome a challenge.</u> • Learn some different ways of tying knots. • Take part in competitive orienteering activities. • <u>Plan a short loop course for a partner or group.</u>
<p>Athletics</p> <p>Pupils should be taught the fundamental skills of exploring space, striking and fielding during mini-games with an emphasis on throwing technique in order to improve control, accuracy and power.</p>	<ul style="list-style-type: none"> • To develop the technique in order to race walk. • <u>Learn to measure & record performance.</u> • <u>To train the body to run for a longer duration.</u> • <u>To sustain pace over longer distances.</u> • To choose appropriate techniques for specific events.

<p>Net Games - Badminton, Tennis & Volleyball</p> <p>Pupils should be given the opportunity to explore & perfect a variety of different strokes and techniques within badminton, tennis & volleyball.</p>	<ul style="list-style-type: none"> • To develop aerobic fitness. • <u>To develop overall volleyball skills: set, forearm, serve & spike.</u> • <u>To develop overall badminton skills: serve and smash.</u> • <u>To develop overall tennis skills: fore/backhand, service and lob.</u> • <u>To play competitively and evaluate performance.</u>
<p>Strike & Field - Rounders</p> <p>Pupils should be taught and consolidate the fundamental skills of striking and fielding during mini-games with an emphasis on working as a team in order to achieve success.</p>	<ul style="list-style-type: none"> • <u>To field as a collaborative team unit.</u> • <u>To strike a ball or object 'cleanly' using different equipment.</u> • <u>To retrieve, intercept and stop a ball when fielding.</u> • To strike a ball or object using both sides of the body. • <u>Recognise their own and other's strengths.</u>