

PE CURRICULUM 2020 - 2021

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.

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
- 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.

Physical Education - Aims and Objectives

The Key Stage statements of ‘what children should achieve’ at each Key Stage are shown in **black**. Reference to ‘what pupils should be taught’ is shown in **red**.

	Purpose of Study	KS1	KS2
Movement	Develop competence to excel in a broad range of physical activities	Develop fundamental movement skills, becoming increasingly confident and competent.	Continue to apply and develop a broader range of skills
		Master basic movements such as running, jumping, throwing and catching	Use running, jumping, throwing and catching in isolation and in combination
Using Skills/Techniques		Access a broad range of opportunities to extend their agility, balance and coordination	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement
		Developing balance, agility and coordination	Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics
Range of activities application		Begin to apply basic movements in a range of activities	Begin to apply basic movements in a range of activities and in combination.
Dance		Perform dances using simple movement patterns	Perform dances using a range movement patterns
Co-operation (Social)	Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect	(work) individually and with others. Engage in cooperative physical activities	(enjoy) communicating, collaborating with each other ...and within a team
Competition	A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport... Engage in competitive sports and activities	Engage in competitive physical activities (both against self and against others)	(enjoy) competing with each other
Games		Participate in team games	Play competitive games, modified where appropriate

Tactics (Attack/Defence)		Developing simple tactics for attacking and defending	Apply basic principles suitable for attacking and defending
Challengesucceed and excel (in competitive sport) and other physically... demanding activities	Range of increasingly challenging situations	Develop an understanding of how to improve in different physical activities and sports Take part in OAA challenges both individually and within a team
Analysis and Evaluation			Learn how to evaluate and recognise their own success Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Preparation for life and participation	It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness	Access a broad range of opportunities	
Health and Fitness	Are physically active for sustained periods of time lead healthy, active lives		
Swimming		Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke. Perform safe self-rescue in different water-based situations	

Yearly Plan FMS

	<u>Autumn 1</u> Monday 7 th September - Friday 23rd October	<u>Autumn 2</u> Monday 2 nd November – Friday 18 th December	<u>Spring 1</u> Monday 4 th January – Friday 12 th February	<u>Spring 2</u> Monday 22 nd February – Wednesday 31 st March	<u>Summer 1</u> Monday 19 th April – Friday 28 th May	<u>Summer 2</u> Monday 7 th June- Friday 23 rd July
Nursery	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop	Basic Movements Continued <u>Body management</u> - Balance (1 foot) - Co-ordination - Line walk - Climb	Basic Movements <u>Locomotor</u> - Dodge - Gallop - Side Gallop	Basic Movements <u>Object Control</u> - Underarm Roll - Underarm throw - Overarm throw - Catch Large Ball	Implementation of skills Games and activities
Reception	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop	Basic Movements Continued <u>Body management</u> - Balance (1 foot) - Co-ordination - Line walk - Climb	Basic Movements <u>Locomotor</u> - Dodge - Gallop - Side Gallop	Basic Movements <u>Object Control</u> - Underarm Roll - Underarm throw - Overarm throw - Catch Large Ball	Implementation of skills Games and activities
Year 1	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop	Basic Movements Continued <u>Body management</u> GYMNASTICS - Balance (1 foot) - Side Roll - Line walk - Climb	Basic Movements <u>Locomotor</u> - Underarm Roll - Underarm throw - Overarm throw - Catch Large Ball	Basic Movements <u>Object Control</u> - 2 Handed strike - Foot dribble - Kick	Implementation of skills Games and activities
Year 2	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height - Jumping for distance	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop	Basic Movements Continued <u>Body management</u> GYMNASTICS - Balance (1 foot) - Side Roll	Basic Movements <u>Locomotor</u> - Underarm throw - Overarm throw - Catch Medium Ball	Basic Movements <u>Object Control</u> - 2 Handed strike - Foot dribble - Kick	Implementation of skills Games and activities

							- Bench walk - Climb
Year 3	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height - Jumping for distance	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop - Dodge	Basic Movements Continued <u>Body management</u> GYMNASTICS - Balance (1 foot) - Side Roll - Bench walk - Climb	Basic Movements <u>Locomotor</u> - Underarm throw - Overarm throw - Catch Small Ball	Basic Movements <u>Object Control</u> - 2 Handed strike - Foot dribble - Kick	Implementation of skills Games and activities	
Year 4	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height - Jumping for distance	Basic Movements continued <u>Locomotor</u> - Leaping (continuous) - Skip - Hop - Dodge	Basic Movements Continued <u>Body management</u> GYMNASTICS - Balance (1 foot) - Forward Roll - Bench walk - Climb	Basic Movements <u>Locomotor</u> - Overarm throw - Catch Small Ball - Bouncing (1 hand dribble) - Passing (Chest & Bounce)	Basic Movements <u>Object Control</u> - 1 Handed strike - Foot dribble - Kick	Implementation of skills Games and activities	
Year 5	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height - Jumping for distance	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop - Dodge	Basic Movements Continued <u>Body management</u> GYMNASTICS - Balance (1 foot) - Forward Roll - Bench walk - Climb	Basic Movements <u>Locomotor</u> - Overarm throw - Catch Small Ball - Bouncing (opposite hand dribble) - Passing (Chest, Bounce & Lob)	Basic Movements <u>Object Control</u> - 1 Handed strike - Foot dribble (opposite foot) - Kick (opposite foot)	Implementation of skills Games and activities	
Year 6	Basic Movement <u>Locomotor</u> - Running technique - Jumping for height - Jumping for distance	Basic Movements continued <u>Locomotor</u> - Leaping - Skip - Hop - Dodge	Basic Movements Continued <u>Body management</u> GYMNASTICS - Balance (1 foot) - Forward Roll - Bench Walk - Climb	Basic Movements <u>Locomotor</u> - Overarm throw - Catch Small Ball - Bouncing (opposite hand dribble) - Passing (Chest, Bounce & Lob)	Basic Movements <u>Object Control</u> - 1 Handed strike - Foot dribble (opposite foot) - Kick (opposite foot) - Punt	Implementation of skills Games and activities	

Outline of sports

	<u>Autumn 1</u> Monday 7 th September - Friday 23 rd October	<u>Autumn 2</u> Monday 2 nd November – Friday 18 th December	<u>Spring 1</u> Monday 4 th January – Friday 12 th February	<u>Spring 2</u> Monday 22 nd February – Wednesday 31 st March	<u>Summer 1</u> Monday 19 th April – Friday 28 th May	<u>Summer 2</u> Monday 7 th June- Friday 23 rd July
Nursery	PMP (Perceptual Motor Program) - Small activities	PMP (Small Activities)	Gymnastics Dance	Bowling Throwing & Catching (different size balls) Inch n Grow	PMP	Games and activities
Reception	PMP (Small Activities)	PMP (Small Activities)	Gymnastics Dance	Bowling Throwing & Catching (different size balls) Inch n Grow	PMP	Games and activities
Year 1	Athletics - middle to long distance running - long jump - small hurdles	Fitness circuits Dance	Gymnastics	Bowling Throwing & Catching (different size balls) Inch n Grow	Kickball Teeball	Games and activities
Year 2	Athletics - middle to long distance running - long jump - small hurdles	Fitness circuits Dance	Gymnastics	Netball Rounders	Kickball Teeball	Games and activities
Year 3	Athletics - shot put - sprints (100m, 200m, 400m)	Fitness circuits Dance	Gymnastics	Soft ball Touch Rugby	Volleyball	Games and activities

Year 4	<p>Athletics</p> <ul style="list-style-type: none"> - shot put - sprints (100m, 200m, 400m) <p>(Year 4 swimming)</p>	<p>Pre - Fitness testing</p> <ul style="list-style-type: none"> - aerobic fitness - vertical jump - 20m sprint <p>Invasion games</p>	<p>Gymnastics</p> <p>Dance</p>	<p>Basketball</p> <p>Dodgeball</p>	<p>Cricket</p> <p>Football</p>	<p>Post - Fitness testing</p> <ul style="list-style-type: none"> - aerobic fitness - vertical jump - 20m sprint <p>Games and activities</p>
Year 5	<p>Athletics</p> <ul style="list-style-type: none"> - hurdles - triple jump - high jump - discus (beanbag) 	<p>Pre - Fitness testing</p> <ul style="list-style-type: none"> - aerobic fitness - vertical jump - 20m sprint <p>Invasion games</p>	<p>Gymnastics</p> <p>Dance</p>	<p>Netball</p> <p>European handball</p>	<p>Gaelic</p> <p>Badminton</p>	<p>Post - Fitness testing</p> <ul style="list-style-type: none"> - aerobic fitness - vertical jump - 20m sprint <p>Games and activities</p>
Year 6	<p>Athletics</p> <ul style="list-style-type: none"> - relays - hurdles - triple jump - high jump - discus 	<p>Pre - Fitness testing</p> <ul style="list-style-type: none"> - aerobic fitness - vertical jump - 20m sprint <p>Invasion games</p>	<p>Gymnastics</p> <p>Dance</p>	<p>Basketball</p> <p>Baseball</p>	<p>Tennis</p> <p>AFL</p>	<p>Post - Fitness testing</p> <ul style="list-style-type: none"> - aerobic fitness - vertical jump - 20m sprint <p>Games and activities</p>

