



PE

Curriculum

School Vision

We seek to **inspire...**
a love for learning,
curiosity and creativity,
imagination and independence,
each other as individuals,
collaboration within our community and
awe and wonder for God's World.

This document outlines how we live out our school vision through our **Physical Education** curriculum.

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

Objectives

Through high quality teaching, children will build their knowledge and skills year on year, focusing on the following:

In EYFS developing fundamental movement skills.

- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

In KS1 developing 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.

In KS2 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.

Intent	Implementation	Impact
<p>Our PE curriculum aims to inspire a love of physical activity and equip children with the fundamental movement skills they will need to access physical activities and sports as they grow up. Throughout school we will encourage children to be physically active both in and out of school so they can live healthy lives.</p>	<p>PE is taught for 2 hours a week in all classes, we follow the Lancashire Scheme of Work.</p> <p>In EYFS we focus on developing the fundamental movement skills of throwing (underarm and overarm), catching, jumping for distance, fast running and hopping. This is done in creative ways using the current topic as a hook in. Throughout the year we also have dance and gymnastics lessons. The weighting of each of these areas depends on the cohort of children.</p> <p>In KS1 we further develop the fundamental movement skills and aim for all children to have mastered these by the end of KS1. We also begin to develop tactics in simple games. As well as gymnastics and dance lessons.</p> <p>In KS2 we further build on skills learnt in KS1 and use these in a range of different sports through net and wall games, invasion games, athletics, dance, gymnastics and outdoor adventure games.</p> <p>All KS2 children have the opportunity to go swimming each year to ensure they meet the required 25m swimming standard by the time they leave us in year 6.</p> <p>We are an active member of our local school sport network and use this to ensure CPD for our staff and to allow us to access competitions.</p> <p>All children will have the chance to represent our school in sport before they leave in year 6.</p>	<p>We inspire and motivate our children to participate in a variety of sports through quality teaching that is engaging and fun. Our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE at our school.</p>

SMSC

Through our PE teaching, our children develop knowledge and skills that are transferable to other curriculum areas and are used to promote their spiritual, moral, social and cultural development.

The spiritual development of pupils is shown by their sense of enjoyment of PE and their willingness to reflect on their experiences during PE.

The moral development of pupils is shown by their understanding of rules in PE and following rules of the games they play. As the children begin to play competitively, they are able to ‘play fair’ and show good sportsmanship.

The social development of pupils is shown by their willingness to participate in a variety of sports and physical activity both in and out of school, making new friends as they do this.

The cultural development of pupils is shown by their willingness to participate in a range of different sports some traditional and some less traditional.

PE Curriculum Skills Overview – Year A

PE is planned and assessed using the Lancashire PE Passport APP. This is subject to change depending on expert teachers, timetables and availability of facilities.

2022-2023	Autumn term	Spring Term	Summer Term					
Puffins	<p>Nursery - Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p> <p>Reception - Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping – climbing. Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>							
	<p>Elmer FMS</p> <p>Unit aim – children to develop FMS including under arm and over arm throwing, travelling under and over</p>	<p>How to catch a star FMS</p> <p>Unit aim – Children to develop FMS including jumping, throwing and balancing on small body parts.</p>	<p>Space FMS</p> <p>Unit aim – Children to develop FMS including perform rolls, over arm throwing and control over an object.</p>	<p>Hungry caterpillar FMS</p> <p>Unit aim – Children to develop FMS including underarm throw, travel, balance</p> <p>Friday – MFC - FMS</p>	<p>Superworm FMS</p> <p>Unit aim - Children to develop FMS including jumping, hopping and skipping and catching.</p> <p>Friday – MFC - FMS</p>	<p>Seaside FMS</p> <p>Unit aim - Children to develop FMS including balance on small body parts, perform rolls and travel on hands and feet.</p> <p>Friday – MFC- FMS</p>		
Robins	<p>Tuesday- FMS baseline unit lost and found OR Supertato</p> <p>Unit aim - children will be assessed and develop basic FMS skills. The baseline unit will be the basis for what is delivered in the FMS units.</p> <p>Friday – MFC FMS – kicking unit</p> <p>Unit aim - children will learn to kick a ball accurately, intercept a ball and receive a ball with control</p>			<p>Tuesday- FMS- Jack and the Beanstalk – Tim Fletcher</p> <p>Unit aim - children will roll a ball with accuracy, throw and catch a ball with accuracy.</p> <p>Friday – MFC- FMS – under arm throwing</p> <p>Unit aim - children will throw underarm with accuracy and use simple tactics within a game.</p>	<p>Tuesday-FMS Bounceball</p> <p>Unit aim - children will bounce and pass a ball accurately and use simple tactics in a game</p> <p>Friday – MFC- FMS overarm throw</p> <p>Unit aim - children will throw over arm accuracy and use simple tactics in a game.</p>	<p>Tuesday – athletics</p> <p>Unit aim - children will learn to run for speed and change direction and jump for distance, also throwing and working as a team.</p> <p>Friday – Dance</p> <p>Unit aim - children will create a sequence in a group using different pathways and levels.</p>	<p>Wednesday – MFC – net and wall (Y2)</p> <p>Unit aim - children will learn to strike and catch a ball and employ tactics in a simple game.</p> <p>Friday – Gymnastics year 1 gymnastic 2</p> <p>Unit aim - children will learn to create a sequence with travel, rolls and jumps.</p>	<p>Wednesday – MFC – Piggy in the middle</p> <p>Unit aim - children will practise underarm throwing and use this to develop tactics in a game.</p> <p>Friday – Gymnastics year 1 gymnastics 2</p> <p>Unit aim - children will learn the skill of combining travelling, rolling, balancing and jumping into a sequence using apparatus.</p>

Kingfishers	<p>Monday – invasion games – rugby Scott Armstrong</p> <p>Unit aim - children will learn to perform the swing pass and use this in an invasion game.</p> <p>Wednesday MFC – net and wall core task 1</p> <p>Unit aim - children will consolidate throwing and catching and learn to strike a ball with hand or bat</p>	<p>Monday- Gymnastics</p> <p>Unit aim - children will balance on one foot, perform arabesque, perform a routine including, jump, roll and travel.</p> <p>Wednesday – Swimming</p> <p>Unit aim - children will develop swimming strokes within their swimming ability.</p>	<p>Monday- OAA trusts and trials</p> <p>Unit aim - children will work with a partner to find way to control cards and correctly orientate a map</p> <p>Wednesday MFC – invasion games - basketball</p> <p>Unit aim - children will send and receive a ball through bounce pass and chest pass</p>	<p>Monday- Gymnastics</p> <p>Unit aim - children will use matched and mirrored shapes in a sequence.</p> <p>Wednesday- Swimming</p> <p>Unit aim - children will develop swimming strokes within their swimming ability.</p>	<p>Monday- athletics</p> <p>Unit aim - children will use push, pull and sling throw and hop, step jump.</p> <p>Tuesday- Dance 1.15 -2.15 Jess livestock</p> <p>Unit aim - children will create a sequence (with mirroring) with a partner that tells a story.</p>	<p>Monday- striking and fielding</p> <p>Unit aim - children will throw and catch a ball, bowl a ball and strike a ball with a bat.</p> <p>Tuesday- Dance 1.15 -2.15 Jess livestock</p> <p>Unit aim - children will use cannon and unison in their performances.</p>
Owls						
	<p>Monday – Gymnastics</p> <p>Unit aim - children will use counter balance and counter tension balance in sequences with partner and small group.</p> <p>Wednesday- Swimming</p> <p>Unit aim - children will develop swimming strokes within their swimming ability.</p>	<p>Monday- Invasion games – rugby- Scott Armstrong</p> <p>Unit aim - children will throw and catch with consistency and accuracy and apply tactics in a game of rugby.</p> <p>Wednesday MFC – invasion games – hockey</p> <p>Unit aim - children will learn to dribble and pass the ball and apply defending a attacking skills in a game.</p>	<p>Monday- Gymnastics</p> <p>Unit aim - children will perform a sequence with paired and group balances on apparatus.</p> <p>Wednesday-Swimming</p> <p>Unit aim - children will develop swimming strokes within their swimming ability.</p>	<p>Monday –orienteering OAA</p> <p>Unit aim - children will navigate a simple course using 8 points of a compass and use the map to plan a route.</p> <p>Wednesday MFC – net and wall tennis</p> <p>Unit aim - children will use forehand and backhand shot and develop tactics in a net and wall game</p>	<p>Monday – athletics</p> <p>Unit aim - children will children will use push, pull and sling throw and hop, step jump. Run for speed and jump from one foot to two for distance.</p> <p>Tuesday- Dance 2.15 -3.15 Jess livestock</p> <p>Unit aim - children will create a group dance using different formations and unison.</p>	<p>Monday- striking and fielding</p> <p>Unit aim - children will bowl with accuracy in a game, employ tactics with in a game for example rounders.</p> <p>Tuesday Dance 2.15 -3.15 Jess livestock</p> <p>Unit aim - children will have developed a duet dance.</p>