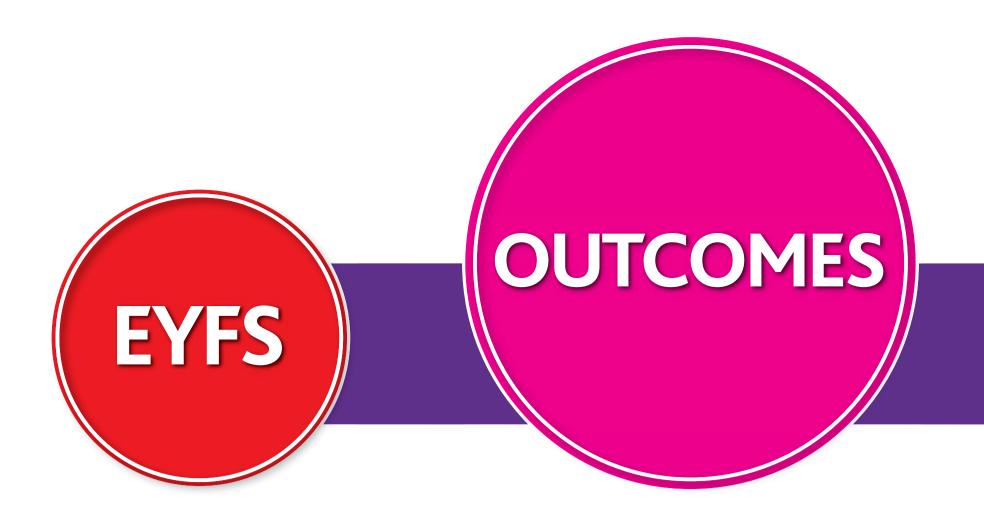


are given the opportunity to develop their talents. Through high-quality teaching and learning, children will develop their physical, decision making and social and emotional skills. As a school we value the impact PE and Sport can have on other challenges facing our young people, including supporting mental wellbeing, especially as pupils transition from our school to the next part of their education journey. For our pupils, the curriculum will place additional focus on Swimming and water safety, while ensuring that children are equipped to lead healthy, active lifestyles through a sound understanding of nutrition. Links within the local community will be encouraged and opportunities for pupils to access activity outside of school will be developed.







Develop basic fundamental skills such as running, jumping, throwing and catching.

THINKING (Decision Making & Improving Performance)

Develop a good awareness of the space around them including how to move safely and avoid others.

SOCIAL & EMOTIONAL

Work well with others in a lesson, when working with a partner or in a small group, including taking turns and offering encouragement.

HEALTHY ACTIVE LIFESTYLES

Take some responsibility or the safe use of space and equipment both indoors and outside.







Consolidate existing movements skill such as running, jumping, throwing catching and develop additional skills such hopping, skipping, agility, balance and coordination.

THINKING (Decision Making & Improving Performance)

Develop good thinking and decision-making skills that lead to physical skills being used and applied in an appropriate way and at the right time.

SOCIAL & EMOTIONAL

Develop self-reflection skills - identifying improvements and strengths.

HEALTHY ACTIVE LIFESTYLES

Explain why being active is important, including reference to impact on their brains for learning, feeling happy and confident and the positive physical benefits for the body.







Refine and further develop variations of key fundamental skills including throwing, catching and jumping in different ways

THINKING (Decision Making & Improving Performance)

Making good decisions about how and when to apply a range of skills, including choosing different techniques depending on the task and the equipment.

SOCIAL & EMOTIONAL

Work effectively as part of a small team, using appropriate communication skills and encouraging team mates.

HEALTHY ACTIVE LIFESTYLES

Understand the importance of being active and the positive impact physical exercise can have on the body, including knowledge of strengthening and flexibility of muscles and understanding how the heart works during activity.







Adapt physical skills such as agility, throwing, catching and kicking a range of different contexts including team games.

THINKING (Decision Making & Improving Performance)

Apply a range of skills in different contexts, including selecting the appropriate skill for the task, choosing a good time to use skills effectively and recognising how to transfer skills from one activity to another.

SOCIAL & EMOTIONAL

Develop self esteem, including understanding about the importance of recognising personal strengths and the strengths of others and identify activities, games and skills that are performed well.

HEALTHY ACTIVE LIFESTYLES

Understand how the body adapts and changes before, during and after exercise including physical changes and the impact on wellbeing.







Develop physical fitness including stamina in running activities, speed, strength and flexibility. Develop basic water safety and swimming skills including safe entry and exit when at the pool.

THINKING (Decision Making & Improving Performance)

Reflect on the performance of an individual skill or series of skills and begin to make links for how skills transfer across PE

SOCIAL & EMOTIONAL

Develop understanding of the word respect and its role within PE and Sport, including how to show respect for others through actions and language.

HEALTHY ACTIVE LIFESTYLES

Knowledge of the links between nutrition and physical activity including how different sports require energy from a variety of different food sources.







Refine the techniques of previous skills such as throwing, catching and striking and transfer them effectively to new activities or sports.

Start to build up stamina to swim continuously for longer.

THINKING (Decision Making & Improving Performance)

Use knowledge and understanding to reflect and improve their performance, including applying skills in an appropriate way to meet the needs of the task.

SOCIAL & EMOTIONAL

Develop perseverance and resilience in activities, including in new activities and tasks that require different sets of skills.

HEALTHY ACTIVE LIFESTYLES

Develop knowledge and understanding of how exercise can make a positive impact on their physical and mental wellbeing.







Swim for at least 25m using front crawl and perform a range of self rescue tasks.

Increased levels of physical fitness established through regular opportunities in curriculum, extra curricular and throughout the school day with particular focus on speed and strength.

THINKING (Decision Making & Improving Performance)

Use prior knowledge to apply effective tactics and strategies both individually and when playing as part of a team.

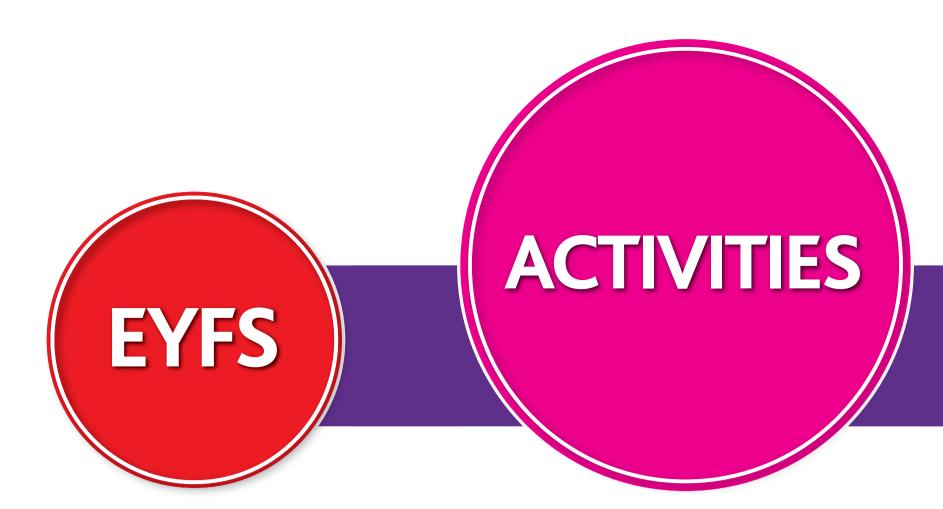
SOCIAL & EMOTIONAL

Communication skills within a game and lesson including, appropriate feedback to others, encouragement for a team mates and positive body language.

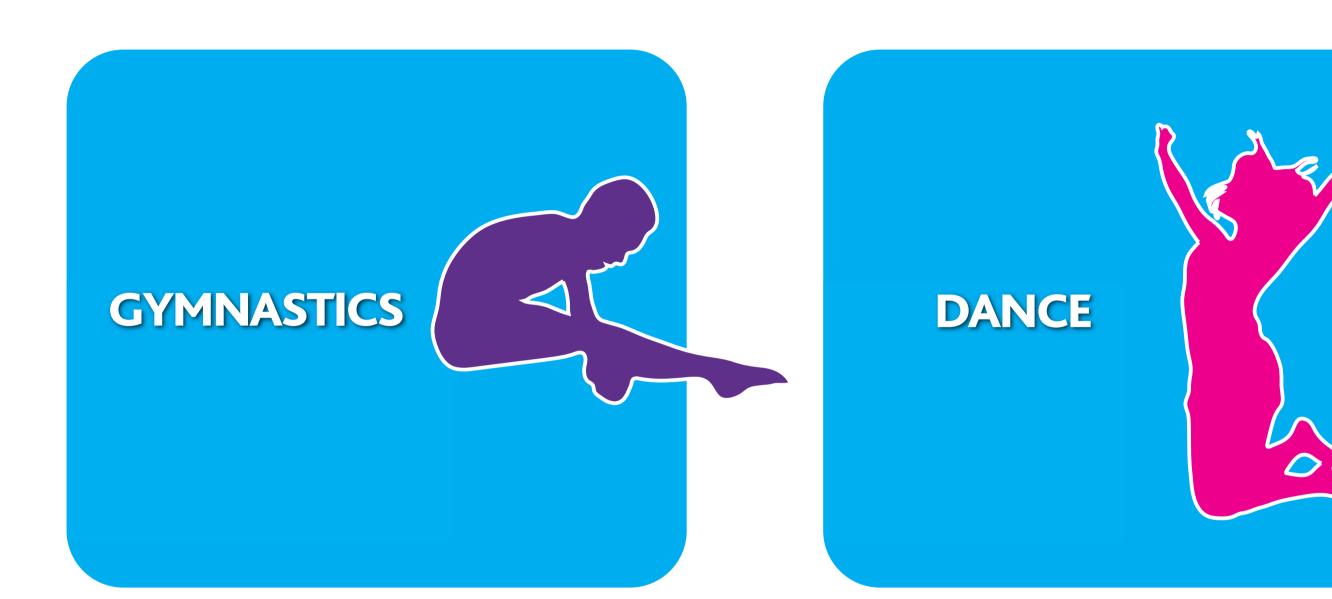
HEALTHY ACTIVE LIFESTYLES

Knowledge and understanding of the importance of being physically active allows positive lifestyle choices in relation to sport, healthy eating and curriculum PE. This includes enthusiasm and an eagerness to learn within PE, a commitment to extra-curricular activities and sustained participation outside of school.



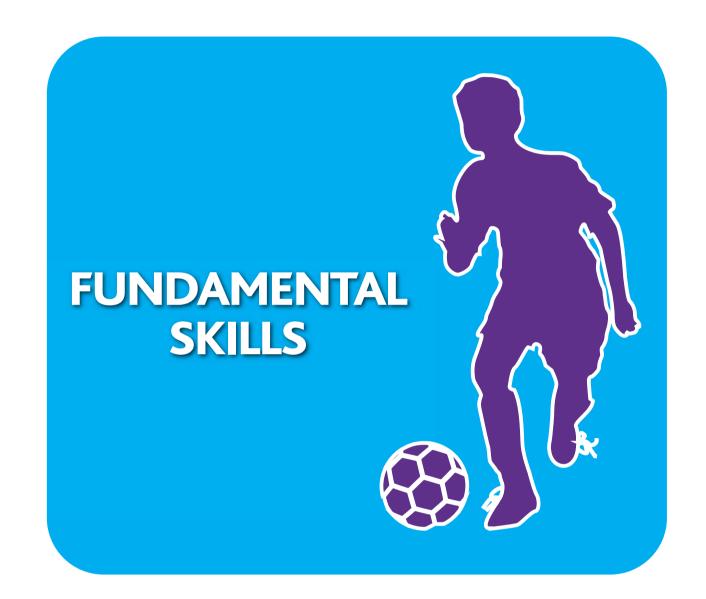






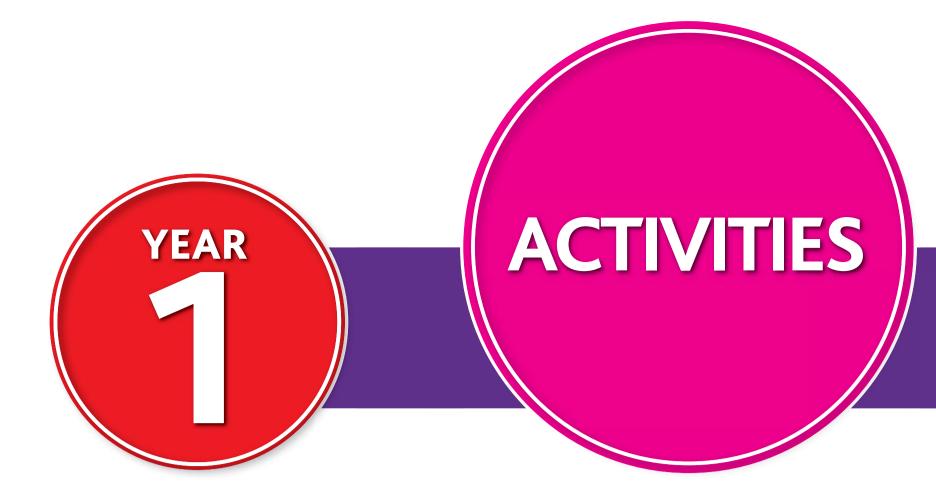
Travelling including changing speed & direction
Different jumping and landing techniques.
A range of balances

Explore and create actions linked to words
Move in time with a simple beat Perform with control and fluency



Tagging and chasing games
Cooperative team
challenges including basic
invasion type games
Catching with a large ball
Partner tasks for throwing,
rolling and catching









Strength and flexibility
Link different balances and
movements
Rocking and rolling actions



Create movements and actions to resemble a chosen theme Phrases of movement in time to a beat Portray a story using changes in speed and level



Coordination skills using bats, rackets and feet with different sized balls. Tagging and chasing games.

Throwing (to a partner and at a target).

Catching (in isolation and in cooperative games)



Improve running technique when running at different paces, changing speed and changing direction.

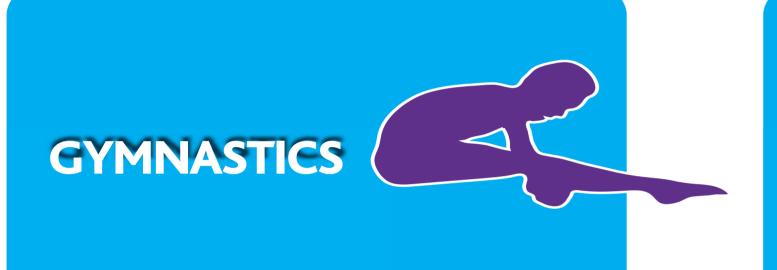
Practice throwing underarm with a partner.

Take off, jump and land safely.









Supporting body weight using hands. Combine rocking and rolling actions with other movements. Different jumping and landing tecjniques, including from height.



Exploration of how actions can link together
Create a variety of movement phrases that represent a theme or topic



Team cooperative and competitive activities Invasion style games using a range of different skills



Improve running technique when running at different paces, changing speed and changing direction. Practice throwing underarm with a partner.

Take off, jump and land safely.



Develop stamina and fitness through challenges and activities.

Improve flexibility and strength through personal challenges.

Develop understanding of how some organs work.









Adapting shapes and

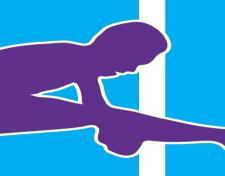
movements when using

apparatus

More advanced rolls and rocking

actions

Linking balances together



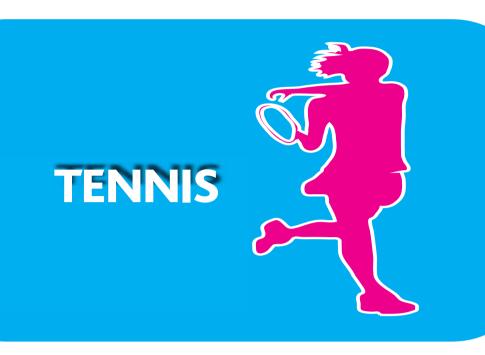
DANCE



Perform a routine in
Unison
Perform using Canon
Create a sequence of
movements that involve
working with a partner



Standing long jump
Running activities and
challenges focusing on
pacing and sprinting technique
Over arm throwing for athletics
Working as a team in relays



Getting into the ready position including gripping the racket Introduction to forehand and backhand Underarm serve



Ball handling, control and dribbling skills.

Passing technique and decision making Keeping possession



Pass a ball with some accuracy. Change direction quickly when running.

Make simple tactical decisions. Create space for others in the team.











DANCE



ROUNDERS



OAA AND RESIDENTIAL



HOCKEY



Using support shapes in combinations
Enhance a performance to make it more dynamic including reflecting on what has worked well Backwards rolls

Create and perform using dynamics and expression to communicate the theme

Throwing, catching and fielding

Develop basic bowling and batting techniques

To use teamwork skills to complete a given challenge, including giving clear instructions.

To orientate and set a map.

Understand how creating space can help to maintain possession.

Explain tactics and skills that can be used within a game.



Understand how to develop stamina.
Perform a standing long jump with control.
Use a 'push throw with good technique and increasing power.
Relays.



Works towards National Curriculum requirements:
25m unaided.
Use a range of strokes.
Perform safe self-rescue.







GYMNASTICS



DANCE



BASKETBALL



CRICKET



ATHLETICS

Introduce rotations to create more complex jumps Use larger body parts to perform balances Adapt the starting and finishing positions of movements to add complexity

Create, improve and perform using speed and levels to add complexity

Choreograph a routine as a group

Identify how their team can improve attacking and defending.

Good control and accuracy for a range of passing techniques.

Throwing, catching and fielding

Develop basic bowling and batting techniques

Understands pace and how to vary it for different challenges and develops stamina.

Good technique when throwing a javelin.

TAG RUGBY



SWIMMING



Evading a defender Passing the ball including decision making

Create space to keep possession

Works towards National Curriculum requirements: 25m unaided.

Use a range of strokes. Perform safe self-rescue.







GYMNASTICS



HOCKEY



DANCE



OAA



ATHLETICS

Take weight on hands safely.
Use large body parts as part of a sequence.
Select and use a range of actions and movements.

Understanding of the rules
Defending and attacking
Creating and passing into
space
Closing space when defending

Use unison and canon to enhance performance How speed can be changed to portray a theme or message.

To use co-ordination and reaction skills to complete a challenge.
To understand the symbols

To understand the symbols used on an orienteering map To understand the cardinal points of a compass.

Long and triple jump Sprint starts
Relays
Throwing - Javelin and shot put techniques

SWIMMING.



TENNIS



Meeting National Curriculum requirements:

Perform safe self-rescue.

25m unaided. Use a range of strokes. Further develop forehand and backhand stroke

Introduce and refine overhead serving technique.

