

Physical Education Curriculum Overview

National Curriculum Purpose and Aims of Study

Pupils should apply and develop a broad 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.

Our PE Curriculum

By the end of Key Stage Two our students will;

- Be experienced in a range of different sports,
- Be aware of the physiological and mental impact that sport and exercise have on their bodies,
- Display good sportsmanship,
- Understand the positive benefits of physical exercise on an individual,
- Develop fundamental skills in a range of sports and apply them to compete against themselves and others,
- Apply effective teamwork to work towards a common goal.

***At West Earlham Junior School we support our effective planning and delivery of the PE curriculum through the schemes and resources of GetSet4PE.**

PE Progression of Skills document

	Fundamentals, ball skills, health related fitness and Cross Country		Invasion Games <i>(Netball/ Tag Rugby/ Handball)</i>		Movement <i>(Dance & Gymnastics)</i>		Net Games <i>(Tennis, Volleyball & table tennis)</i>		Striking and fielding <i>(Cricket)</i>	Outdoor, Adventurous Activities (OAA)	Athletics (Track & Field)	Swimming
Year	Fundamentals	Ball Skills	Tag Rugby	Handball	Dance	Gymnastics	Tennis	Floor Volleyball	Cricket	OAA	Athletics	
3	<p>To jump and turn a skipping rope</p> <p>Change direction quickly</p> <p>Demonstrate balance when performing skills</p> <p>Understand how the body moves at different speeds</p> <p>Catch different sized objects with consistency with two hands</p> <p>Dribble a ball with control</p> <p>Show a variety of throwing techniques</p> <p>Throw with accuracy</p>	<p>Communicate with my team and move into space</p> <p>Defend an opponent and attempt to tag them</p> <p>Move the ball towards goal with control</p> <p>Pass and receive a ball with control</p> <p>Understand the role of an attacker and a defender</p> <p>To throw, catch, dribble and shoot with control</p> <p>Help to run and take part in self-managed games</p>	<p>To be respectful of others when watching them perform</p> <p>Repeat, remember and perform a dance phrase</p> <p>Use counts to keep in time with a partner and group</p> <p>Use dynamic qualities in relation to an idea</p> <p>To work collaboratively with a partner and small groups</p> <p>Create short dance phrases to portray an idea.</p> <p>Choose actions that flow into one another</p> <p>Complete actions with balance and control</p>	<p>Begin to learn and use the rules of the game</p> <p>Return a ball to a partner</p> <p>Use basic racket skills</p> <p>Understand the aim and rules of the game</p> <p>Throw a ball using underarm and overarm techniques</p> <p>Perform a set and a smash shot to a partner</p>	<p>Bowl a ball towards a target</p> <p>Begin to strike a bowled ball after a bounce</p> <p>Develop an understanding of tactics</p> <p>Begin to learn the rules of the game</p> <p>Use underarm and overarm throwing</p> <p>Help to run self-managed games</p>	<p>Develop map reading skills</p> <p>To follow and give instructions</p> <p>To listen to and accept others' ideas</p> <p>Plan and apply strategies to solve problems</p> <p>To reflect and understand why I was successful</p> <p>To work collaboratively with a partner and small groups</p>	<p>Develop jumping for distance</p> <p>Take part in relay activities</p> <p>Throw a variety of objects changing action for accuracy and distance</p> <p>Use different take offs and landings when jumping</p> <p>Develop my sprinting technique</p> <p>To work with a partner and a smaller group</p>					

Year	Fundamentals	Ball Skills	Tag Rug by	Handball	Dance	Gymnastics	Tennis	Volleyball	Cricket	OAA	Athletics	
4	<p>Throw to a target accurately using a range of throwing techniques</p> <p>Catch different sized objects with consistency using one or two hands</p> <p>Track the path of a ball that is not sent directly to me</p> <p>Dribble a ball with increasing skill and coordination</p> <p>Provide feedback using key terms</p> <p>Change direction quickly under pressure</p> <p>Work with others to complete skipping challenges</p> <p>Demonstrate balance and control when performing skills</p> <p>Run at different speeds</p>	<p>Delay an opponent and prevent them from scoring</p> <p>Explain what happens to my boy when I exercise</p> <p>Help my team keep possession and score tries and goals</p> <p>Pass and receive a ball with control</p> <p>Use simple tactics to score or gain possession</p> <p>Understand the rules of the game and use them</p> <p>Catch, dribble and shoot with increasing control</p> <p>Self manage a match with my teammates and officiate a game</p>		<p>Choose actions and dynamics to convey a character or idea</p> <p>Copy and remember set choreography</p> <p>Provide feedback using language appropriate for the lesson</p> <p>Respond to stimuli</p> <p>Use changes in timing and spacing to develop a dance</p> <p>Use counts to keep in time with music and others</p> <p>Use simple movement patterns to structure dance phrases with a group or partner</p> <p>Identify some muscles using in gymnastic activities</p> <p>Plan and perform sequences with a partner</p> <p>Safely perform balances individually and with a partner</p> <p>Watch, describe and suggest improvements to performances</p>		<p>Explain what happens to my boy when I exercise</p> <p>Return to the ready position to defend my court</p> <p>I can sometimes play a continuous game</p> <p>Use a range of basic racket skills</p> <p>Understand the rules of the game and use them honestly.</p> <p>Perform a basic underarm serve</p> <p>To perform a dig shot.</p> <p>Perform a set and a smash shot to a partner with increasing accuracy</p>		<p>Bowl a ball with accuracy and consistency</p> <p>Strike a bowled ball after a bounce</p> <p>Use underarm and overarm throwing and catching skills with increased accuracy</p> <p>Share ideas and work with others to manage a game</p> <p>Show perseverance learning a new skill</p> <p>Learn the rules of the game and apply them in matches</p>		<p>Accurately follow and give instructions</p> <p>Communicate ideas and listen to others</p> <p>Identify key symbols on a map and use a key to help navigate around a grid</p> <p>Plan and apply strategies to solve problems</p> <p>Reflect on when and why I was successful</p> <p>To work collaboratively with a partner and small group</p>	<p>Demonstrate the difference in sprinting and jogging techniques</p> <p>Explain what happens to my body when I warm up</p> <p>Identify when I was successful and what I need to do to improve</p> <p>Jump for distance with balance and control</p> <p>Throw with accuracy and power to a target</p> <p>Show determination to improve my personal best</p> <p>Support others to work to their best</p>	*External Provision

Year	HRF & Cross Country	Tag Rugby	Netball	Dance	Gymnastics	Tennis	Table Tennis	Cricket	OAA	Athletics	Swimming
5	<p>Analyse my fitness scores and identify areas to improve</p> <p>Choose the best pace for a running event and maintain speed</p> <p>Encourage and motivate others to work to their best</p> <p>Identify how the activity can benefit my physical health</p> <p>Understand the different components of fitness and how to test them</p> <p>Understand what maximum effort looks and feels like</p>	<p>Communicate with my team and move into space to keep possession and score</p> <p>Pass and receive the ball under pressure</p> <p>Tag opponents and close down space</p> <p>To know what position I am playing and contribute to defending and attacking</p> <p>Identify and use tactics in match situations</p> <p>Pass, receive and shoot the ball with control</p> <p>Stay with an opponent and attempt and intercept</p> <p>Understand the rules of the game and apply them with honesty</p>	<p>Copy and repeat set choreography</p> <p>Choreograph phrases individually and with others using dynamics and actions</p> <p>Perform different styles of dance showing good sense of timing</p> <p>Lead short warm up routines</p> <p>Refine my use of dynamics, relationships and space in my dance</p> <p>Use counts in choreography to stay in time with the music and group</p> <p>Create and perform sequences on apparatus individually and with a partner</p> <p>Use canon and synchronisation and matching and mirroring when performing with a partner</p> <p>Use feedback to improve</p> <p>Use strength and flexibility to improve performance</p>			<p>Develop a wider range of ground strokes and apply with control and accuracy</p> <p>Identify when I was successful and what I need to improve</p> <p>Work cooperatively with others</p> <p>Identify tactics and apply them in a game situation.</p> <p>To rally continuously with a partner</p> <p>To develop a serve to start a point.</p> <p>To perform the push shot with forehand and backhand</p>		<p>Develop a wide range of fielding skills</p> <p>Strike a bowled ball with increasing consistency</p> <p>Work cooperatively with others to manage a game</p> <p>Utilise tactics in game situations</p> <p>Perform an overarm bowling technique</p>	<p>I can orientate a map confidently</p> <p>Navigate round a course using a map</p> <p>Share job roles in a team with others</p> <p>Use critical thinking to approach a task</p> <p>Work effectively with a partner or in a group agreeing on a team strategy</p>	<p>Choose the best pace for a running event</p> <p>Identify good athletic performance and explain why it is good</p> <p>Perform a range of jumps showing good technique</p> <p>Show control at take off and landing in jumping activities</p> <p>Take on the role of coach, timer and official in a group</p> <p>Use feedback to improve my sprinting technique</p> <p>Persevere to achieve my personal best</p> <p>Show accuracy and power when throwing for distance</p>	<p>External provision</p>

Year	HRF & Cross country	Tag Rugby	Netball	Dance	Gymnastics	Tennis	Table Tennis	Cricket	OAA	Athletics	
6	<p>Change my running technique to adapt to different distances</p> <p>Collect, record and analyse results</p> <p>Work with others to record information at a station</p> <p>Encourage others to work at their best</p> <p>Understand there are different areas of fitness</p> <p>Work to maximum consistently when presented with challenges</p>	<p>Create and use space to help my team</p> <p>Pass and receive a ball with increasing control under pressure</p> <p>Tag opponents individually and when working within a unit</p> <p>Use the rules of a game consistently</p> <p>Work collaboratively to create tactics with my team and evaluate the effectiveness</p> <p>Create and use space to help my team</p> <p>Pass, shoot and catch the ball with increasing control under pressure</p> <p>Use marking and interceptions to improve my defending</p>		<p>Choreograph a dance and work safely using a prop</p> <p>Lead a small group through a short warm-up routine</p> <p>Perform dance confidently and fluently with accuracy and good timing</p> <p>Refine the way I use actions, dynamics and relationships to represent emotions, ideas, feelings and characters</p> <p>Use provided feedback to improve the quality of my work</p> <p>Combine and perform gymnastics actions, shapes and balances with control and fluency</p> <p>Create and perform sequences using compositional devices to improve the quality</p> <p>Understand how to work safely when performing a new skill</p> <p>Understand what counter balance and counter tension is</p>		<p>Develop accuracy of the underarm serve</p> <p>Develop a volley and understand when to use it in a game</p> <p>Use a range of skills with increasing control</p> <p>Use the rules of the game consistently and fairly</p> <p>Create tactics with my partner and evaluate the effectiveness of these</p> <p>Recognise my own and others' strengths and areas for development</p> <p>Participate in rallies in singles and doubles games</p> <p>Use the correct scoring system for a match</p>		<p>Strike a bowled ball with increasing accuracy and consistency</p> <p>Use a wider range of fielding skills with increasing control under pressure</p> <p>Use the rules of the game to play fairly</p> <p>Recognise my own and others' strengths and areas for development</p> <p>Perform an overarm bowling technique with accuracy</p> <p>Participate in matches where I take on different roles</p>	<p>Inclusive of others and can share job roles</p> <p>Pool ideas within a group and select the best method to solve a problem</p> <p>Use critical thinking skills to form ideas and strategies</p> <p>With increasing accuracy, reflect on how successful I am in solving challenges and altering my methods</p>	<p>Compete with honesty and fair play</p> <p>Help others to improve their technique</p> <p>Identify my own and others' strengths and can suggest ways to improve other areas</p> <p>Perform jumps for distance with good technique</p> <p>Select and apply the best pace for a running event</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Use different strategies to persevere and achieve my personal best.</p>	<p>External Provision</p>

Curriculum map:

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Year 3	Fundamentals		Ball Skills		Dance		Gymnastics		OAA		Athletics	
Year 3	Tag Rugby		Handball		Tennis		Floor Volleyball		Cricket			
Year 4	Swimming	Fundamentals	Ball Skills	Swimming	Dance		Gymnastics		OAA		Athletics	
Year 4	Tag Rugby		Handball		Tennis		Floor Volleyball		Cricket			
Year 5	Table Tennis		Tag Rugby		Swimming*	Cross Country	Gymnastics	Swimming	Athletics		Athletics	
Year 5	Cricket		Netball		Health Related Fitness		Tennis		Dance			
Year 6	Health Related Fitness		Cross country		Gymnastics		Dance		Swimming*	OAA	Athletics	Swimming*
Year 6	Tag Rugby		Table tennis		Netball		Tennis		Cricket		Athletics	