

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.

Attainment targets

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.

	Year 1	Year 2
▪ 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	Every term children take part in Multi-Skills, which covers all objectives. Children learn a range of skills through different activities, differentiated through support. Gymnastics - Spring.	Every term children take part in Multi-Skills, which covers all objectives. Children learn a range of skills through different activities, differentiated through support. Gymnastics - Spring.
▪ participate in team games, developing simple tactics for attacking and defending	Spr - Invasion Games Sum - Scatterball	Aut - Invasion Games Spr - Football Sum - Cricket
▪ perform dances using simple movement patterns.	Autumn - Movement to different tempos of music. YOGA	Autumn - YOGA

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:

	Year 3 / 4	Year 5 /6
<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination 	Sum - Athletics / Sports Day practice.	Sum - Athletics / Sports Day practice.
<ul style="list-style-type: none"> 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 	<p>Developing skills involved with the individual sports (passing, dribbling etc.) in the first year. Rules and game play in the second year.</p> <p>Aut - Handball / Tag Rugby Spr - Basketball Sum - Cricket / Football</p>	<p>Developing skills involved with the individual sports (passing, dribbling etc.) in the first year. Rules and game play in the second year.</p> <p>Aut - Pop Lacrosse / Athletics / Hockey Spr - Netball Sum - Cricket / Rounders</p>
<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	<p>Aut - Dance / Athletics Spr - Floor Gymnastics Sum - Athletics speed and techniques when running. Yoga throughout the year.</p>	<p>Aut - Dance / Athletics Spr - Apparatus Sum - Athletics throwing events Yoga throughout the year.</p>
<ul style="list-style-type: none"> perform dances using a range of movement patterns 	<p>Cycle 1 - Egyptian Dance Cycle 2 - Zumba Yoga</p>	<p>Year 9 from Redhill, come every year. Cycle 1 - Street Dance Cycle 2 - Greek Dancing Yoga</p>
<ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team 	<p>Spring -Orienteering Circuits</p>	<p>Autumn - Kingswood residential Circuits</p>
<ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<p>Termly monitoring including skipping, speed bounce, standing long jump. Evaluate Gymnastic performance (record using iPads).</p>	<p>Termly monitoring including skipping, speed bounce, standing long jump. Evaluate Gymnastic performance (record using iPads).</p>

Swimming and water safety

In year 4 children attend swimming lessons and assessments are made.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

PE Long Term Plan

Sports have been selected to provide a wide range of experiences for all children. PPA session in KS2 will consist of two groups split by ability, who will work with one adult on one sport and then swap after half term. All PE is taught by Mrs Greentree and Mr Randall. PE sessions are taught by Mrs Greentree and Mr Randall and each sport is taught for one half of the term. KS1 and FS PE is taught by Mrs Greentree and Mr Randall with support where necessary. We have also tried to take into account weather patterns and hall use.

<u>Autumn Term</u>		<u>Spring Term</u>		<u>Summer Term</u>	
Class	Topics	Class	Topics	Class	Topics
2F	PE: Athletics / Pop Lacrosse PPA: Hockey / Dance	2F	PE: Gymnastics / Orienteering PPA: Netball / Circuits	2F	PE: Rounders / Cricket PPA: Athletics / Tennis
2E	PE: Athletics / Pop Lacrosse PPA: Hockey / Dance	2E	PE: Gymnastics / Orienteering PPA: Netball / Circuits	2E	PE: Rounders / Cricket PPA: Athletics / Tennis
2D	PE: Athletics / Pop Lacrosse PPA: Hockey / Dance	2D	PE: Gymnastics / Orienteering PPA: Netball / Circuits	2D	PE: Rounders / Cricket PPA: Athletics / Tennis
2C	PE: Handball / Badminton PPA: Dance / Tag Rugby	2C	PE: Floor Gymnastics / Swimming PPA: Basketball / Orienteering	2C	PE: Swimming PPA: Athletics / Football
2B	PE: Handball / Badminton PPA: Dance / Tag Rugby	2B	PE: Floor Gymnastics / Swimming PPA: Basketball / Orienteering	2B	PE: Swimming / Tennis (Year 3) PPA: Athletics / Football
2A	PE: Handball / Badminton PPA: Dance / Tag Rugby	2A	PE: Floor Gymnastics / Swimming PPA: Basketball / Orienteering	2A	PE: Tennis PPA: Athletics / Football
Year 2	PE: Multiskills / Dance PPA: Invasion Games	Year 2	PE: Gymnastics / Apparatus PPA: Football	Year 2	PE: Athletics / Dodgeball PPA: Cricket
Year 1	PE: Dance / Circuits PPA: Multiskills	Year 1	PE: Gymnastics / Apparatus PPA: Invasion Games	Year 1	PE: Athletics / Tennis PPA: Scatterball