



SSMS PE Curriculum Overview

KS2 Main Aims:

Fundamentals:

You are learning to demonstrate balance, agility and coordination in activities and continue to develop running, jumping, throwing and catching

You demonstrate good balance, agility and coordination in activities and can run, jump, throw and catch

You are learning to use hitting, running, jumping, throwing and catching in isolation and in combination during individual and team games

Create and Perform:

Perform dances/routines using simple movement patterns made by the teacher and can add your own moves

Perform dances using simple movement patterns to create a routine with the help from an adult

You perform dances using a range of movement patterns to create a routine as part of a group

Competition, Health and Fitness:

You are energetic in tasks and exercise and attend 1 extra-curricular club or takes part in 1 hour of physical activity outside of school

You can describe a healthy lifestyle and develop your flexibility, strength, technique, control and balance. Participate in team games, developing simple tactics for attacking and defending

You play in competitive intra school competitions and attend an extra curricular sports club. You can exercise for 3 minutes without stopping and you can hold the press up position comfortably for more than 20 seconds

Swimming:

You have a good body position in the water, can push and glide effectively and perform a good leg kick whilst using a float

You can swim competently, confidently and proficiently over a distance of at least 15 metres

You are learning to swim competently and proficiently over a distance of 25 metres in a stroke of your choice

Problem Solving:

Can identify and comment on strengths and weaknesses within skills and fitness

Can identify strengths and weaknesses within skills and fitness and describe them using key terminology and teaching points

You take part in outdoor and adventurous activity challenges both individually and within a team

Character and Mindset:

You are punctual to lessons and get changed quickly and you come fully prepared for lessons including socks and footwear. You concentrate on the task at hand

You demonstrate good listening skills and are positive towards and when helping others. You clearly want to achieve & succeed and enjoy communicating with classmates

You work well in a team and can share your ideas with the whole class with confidence. You know when to include others and seek to help less confident pupils.



Year 5*				
	Autumn	Spring	Summer	Flexi
1	Multisports, Football & Orienteering	Volleyball	Cricket & Basketball	Swimming & Cross Country
2	Multisports, Basketball & Orienteering	Gymnastics, Hockey	Athletics & Rounders	Swimming & Cross Country
Year 6*				
	Autumn	Spring	Summer	Flexi
1	Football & Basketball	Gymnastics, Dance	Tennis and Athletics	Cross Country
2	Netball, Gymnastics	Volleyball, Hockey	Cricket / Rounders & Athletics	Cross Country

KS3 Main Aims:

Fundamentals:

You can perform the following skills in a variety of sports under no pressure: dribbling, short/long pass, shooting, intercepting, marking, tackling

You can perform the following skills in a variety of sports under SOME pressure: dribbling, short/long pass, shooting, intercepting, marking, tackling

You can perform the following skills in a variety of sports in individual and team games: dribbling, short/long pass, shooting, intercepting, marking, tackling

Create and Perform:

When you perform dances/routines you demonstrate advanced skills and good strength, flexibility, agility, body control and body tension

You can create and perform various dance styles and techniques showing good strength, flexibility, agility, body control and body tension.

You create and perform dances using ADVANCED dance techniques in a range of styles and forms

Competition, Health and Fitness:

You participate in competitive sport in inter and intra school competitions and attend an extra curricular sports club. You can give simple physiological reasons why we warm up before physical activity and you can identify 3 phases of a warm up.

You participate in competitive sports and activities outside of school. You understand and apply the long-term health benefits of physical activity.

You participate in competitive sports and activities both in and outside of school in 2 or more sports. You can exercise for 4 minutes without stopping and you can hold and lift your own bodyweight

Outwitting Opponents:

You are learning simple tactics for attacking and defending in individual and team games

You can implement at least one tactic for attacking and defending.

You use a range of tactics and strategies to overcome opponents in competition and in individual and team games

Evaluating Performance:

You can describe and compare performances and demonstrate improvement to achieve your personal best



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You understand how to improve in different physical activities and sports and can discuss this with your peers and the teacher.

You understand what makes a performance effective and apply this to your own and others' work

Character and Mindset:

You do not blame others for your own mistakes and can take the lead of others when asked. You never forget your PE kit and seek advice on how to improve

You can be trusted to set up equipment and can lead or manage a warm up including a pulse raiser and stretches. You volunteer for demonstrations and often have your hand up to answer questions.

You are very fair in competition, gracious in defeat and can take on 2 of the following roles; coach, official, participant, team captain, assistant

Year 7*				
	Autumn	Spring	Summer	Flexi
1	Rugby & Gymnastics	Volleyball, Football & Fitness	Tennis & Cricket / Rounders	Cross Country
2	Rugby & Gymnastics	Volleyball, Football & Fitness	Athletics	Cross Country
Year 8*				
	Autumn	Spring	Summer	Flexi
1	Rugby & Gymnastics	Basketball, Volleyball	Tennis & Cricket / Rounders	Cross Country
2	Football & Gymnastics	Basketball, Volleyball	Athletics	Cross Country

**Some topics may go into the next term or be started early in the previous term, depending on progress through the curriculum and the length of the half terms.*