

| | Autumn Term | Spring Term | Summer Term |
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| Text and Assessment | <p><i>Invasion Games</i> Fitness Leadership Wellbeing</p> | <p>Fitness Wellbeing Team Games</p> | <p>Striking and fielding Athletics Wellbeing Team Games</p> |
| Key Knowledge | <ul style="list-style-type: none"> To build on their previous knowledge on physical development. Using a range of tactics ideas to overcome opponents in team and individual games. This term, pupils will participate in football, Rugby, Table Tennis, Boxing and fitness To develop their technique in team games and improve performance. Analyse performance and demonstrate skills learned from previous lessons. Understand the link between different sports when developing new skills. Understand how sport and exercise can improve health, social and emotional wellbeing. Develop leadership and teamwork skills. Pupils will develop confidence to get involved in sport and activities out of school such as football teams, boxing clubs, visit to the gym. Pupils will learn importance of warm up/ cool down before, during and after exercise. Learning major muscles of body when stretching, importance of warming up. Understanding importance of fitness and how it contributes to performance and endurance in other sports. | <ul style="list-style-type: none"> Pupils will take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group. This term pupils will participate in Basketball, Handball, Fitness and how to read maps in OAA. Pupils will develop Leadership skills. 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 against each other. Pupils will develop their knowledge in team games such as Basketball and handball. Participating in fitness tests 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. Pupils will improve on their running, jumping, throwing and catching in isolation and in combination. Pupils to look to participate in after school activities and local sports clubs. | <ul style="list-style-type: none"> Pupils to take part in team and individual sports. Pupils should be taught to use a range of tactics and strategies to overcome opponents in cricket, rounders, athletics (both track and field). Pupil to develop their knowledge and understanding of sports through analyse of their performances. Comparing them to previous ones and demonstrate improvement to achieve their personal best. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. Pupils will improve on their running, jumping in Athletics. Pupils to look to build on their knowledge and skills by participating in after school activities and local sports clubs. |
| Vocabulary | Technique, Development, Analyse, Teamwork, Communication, Physical, Activity, Demonstrate, Performance, Control, Tactics, Ideas, Strategies, competition, opponents, Wellbeing, Emotions, Skills, Improve, Confidence, Health, Emotional, Social. | Technique, Development, Analyse, Teamwork, Communication, Physical, Activity, Demonstrate, Performance, Control, Tactics, Ideas, Strategies, competition, opponents, Wellbeing, Emotions, Skills, Improve, Confidence, Health, Emotional, Social. | Technique, Development, Analyse, Teamwork, Communication, Physical, Activity, Demonstrate, Performance, Control, Tactics, Ideas, Strategies, competition, opponents, Wellbeing, Emotions, Skills, Improve, Confidence, Health, Emotional, Social. |

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| Links to KS2 | <p>Key stage 1</p> <p>Developing fundamental skills in a range of activities. Building up confidence and accessing a range of opportunities to develop their agility, balance, coordination, as individuals and with others. Participation in team games and developing simple tactics and ideas when attacking and defending. Improving pupils' confidence through physical activities which supports health and fitness.</p> <p>Key stage 2</p> <ul style="list-style-type: none"> Continue to apply and develop a range of skills and how they can use them in different ways. Use team games so pupils can continue to communicate and collaborate with others. Modify games to pupil's individual needs with basic principles for attacking and defending. Understanding how they can improve in different physical activities and sports. Understanding what went well? And how they can improve. | <p>Key stage 1</p> <p>Continuing to develop confidence and build relationships through physical activity. Engaging in competitive sports against each other in a range of increasingly challenging situations.</p> <p>Key stage 2</p> <p>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.</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p> | <p>Key stage 1</p> <p>Developing fundamental skills of running, jumping, throwing and catching while developing balancing, agility and coordination. Skills can be developed through team games.</p> <p>Key stage 2</p> <p>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.</p> |
| SMSC Links | <p>English- PE Vocabulary/ Key words Maths- Points scoring in games PSHE- Leadership, Social, Emotional, Wellbeing, Communication, Teamwork Science- Bones of the body,</p> | <p>English- PE Vocabulary/ Key words Maths- Points scoring in games PSHE- Leadership, Social, Emotional, Wellbeing, Communication, Teamwork. Map reading Science- Muscles of the body.</p> | <p>English- PE Vocabulary/ Key words Maths- Points scoring in games PSHE- Leadership, Social, Emotional, Wellbeing, Communication, Teamwork. Science- Cardiovascular (Heart rate).</p> |
| Cultural Capital | | | |

Key Stage 3 National Curriculum

- Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.
- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- Perform dances using advanced dance techniques within a range of dance styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.
- Take part in competitive sports and activities outside school through community links or sports clubs.