



Upton Infant School's PE Curriculum Intent

Brilliant Sportspeople...

- Begin to learn the key knowledge to enable the children to take part in individual and team sports.
- Learn how to hit, kick and catch a range of balls and other items.
- Learn how to pass, carry, return, receive and throw
- Learn how to play small sided games.
- To be able to describe the impact of exercise on their body and feelings

PE Curriculum – Sports

Reception

Year One

Year Two

Intent

Children will learn to move their bodies with increasing control by changing speed and direction of travel. They will learn to send and receive beanbags and balls. Children will learn to play a range of games involving catching, avoiding others and finding space.

Children will learn to throw, hit, catch and carry without dropping a range of items including balls, beanbags and quoits. They will refine running techniques, learn how to avoid markers and to find space. This knowledge will be applied to a range of small sided games.

Children will learn how to play small sided games of football, handball sports, and cricket, tennis. To refine understanding of space when playing small sided games. Children will learn to kick, control, receive and dribble a ball with their feet. They will learn hold onto run, pass and catch a balls. They will learn to bowl, refine throwing, and hit a ball with increasing accuracy. They will use football, netball, rugby, volleyball and basketball knowledge to play small sided possession and scoring games.

Planning considerations for teachers

When planning for the delivery of team games time needs to be devoted to the explicit teaching of turn taking, how to congratulate, commiserate and the careful explaining of rules.

When planning for each of the foci (throwing, hitting, catching, carrying etc) the small sided game will need to be planned first to make sure the knowledge needed is learnt by the children to play the game successfully.

For both football and rugby games make sure children have opportunity to apply the knowledge learnt by playing a small sided game in each lesson.

Knowledge

Children will learn to...

- Move as a variety of animals; snake, monkey, kangaroo, tiger and on a signal children to vary speed going from slow and fast on cue.
- Move in a variety of way following a route which enables them to change direction e.g. set a coned track and children follow it, forwards, backwards, sideways, hopping, bunny hops. Run in different ways to increase and decrease speed from stationary and moving positions.
- Change method of movement in response to a given instruction e.g. hop, run.
- Slide and roll bean bags to partner with accuracy and control.
- Throw and catch a large ball to themselves standing still and then moving, then pass to a partner.
- Throw a bean bag under arm with increasing accuracy towards a target and then to a partner to catch.
- Move with speed and agility to achieve an aim (e.g. domes into

Children will learn to...

- Roll or slide a beanbag and then a ball with accuracy at a target then a partner and receive beanbag/ball into hands and with control. Throw a bean bag and then a ball to themselves and catch it.
- Throw a beanbag and then a ball underarm and then overarm (standing point throw) at a target and then a partner. Catch a throw from a partner standing still and then on the move.
- Hit a still ball and then a moving ball with my hand and then a racquet/bat to myself, a partner, over a bench or a net and finally at a target. Return objects (balls, beanbags, quoits) to base by; picking up and carrying securely, rolling, throwing both individually and as a team.
- Send (by rolling, throwing, hitting) track by following and returning a variety of objects (beanbags, balls) to a base.
- Run quickly from a stationary start, changing pace and direction and then applying this to find space and avoid opposite teams' members.

Children will learn to...

- Use the inside of their foot to kick and stop a ball, to pass to a partner and then to other players when standing still and then when moving. Kick a ball harder and lighter and use this to pass to partners. Track a ball to be in line with it to stop it and to stop a ball in a designated area with feet. Shoot at a target and take it in turns with a partner to defend and attack a small goal. Learn how to be a goal keeper or goal tender by staying in position even when ball is being passed in front of me.
- Throw a large ball (netball, rugby, volleyball, basketball) to themselves and catch it when standing still and then moving. Develop sport specific passing (rugby pass, chest pass, bounce pass) Pass to partner and then other players when standing still and then when moving. To track a ball to be in line with it to stop it and to stop a ball in a designated area with hands.
- Call out names of players before passing and use passing, receiving and dribbling in football games, netball, basketball, volleyball, and touch rugby games. Play small possession games to see how many passes can be done

dishes). Roll a large ball under control then along a given route. • Work in teams to pass beanbags, balls, quoits, to each other in a relay (can be done by throwing, sliding, carrying). Work as part of team to carry and return objects (e.g. teams to collect given colours of cones/beanbags). Work as a team to achieve an aim (e.g. rob the nest).	• Use body positions to defend a goal or a target. In a game attack and defend a goal, learning the roles of attacker and defender, where to stand and how to move forwards, backwards and side ways to defend, attack and track the movement of a ball. • Make choices about where to move to, throw and hit in games to help their side. • Play a variety of small sided (1v1, 2v2 up to 6v6) games which involve attacking/defending a goal/net/target so the children have to work with others to score points against other teams. • Can describe changes to be their bodies before, during and after exercise. • Children can talk about the knowledge they are learning, what they need to do to be successful and develop own success criteria.	while keeping a ball. Use passing and receiving skills to move forward to attempt to score and to make choices about where to stand in a game when defending. Children learn to mark other players and to try and escape markers. Move into space after passing and to look for space to receive the ball. • Further improve catching of small balls by developing the fingers up and fingers down approach and underarm throwing by refining aiming and having a still body. Over arm throwing to be improved improving by careful teaching of release position. Hold a racquet and then a bat properly and to hit a ball with increasing accuracy and power. Bowl underarm at a partner, then a target and then at a batter. Practice year one returning knowledge and then apply bowling, batting (hitting) and returning (fielding) to small based cricket games. • Identify dominate hand, hold a racquet properly and to use it to dribble a ball. Hit a ball with a racquet to themselves and challenge to beat record. Then to hit ball at a target. Children then play a game hitting ball to partner to catch and field before children try and to hit the ball back and forth with a partner. • Children can talk about the knowledge they are learning, what they need to do to be successful and develop own success criteria.
Our promise to make PE learning brilliant for all children		
• Safe opportunities to be physically active • Celebrating sporting achievement in assemblies	• Guest coaches show casing different sports • Access to after-school clubs	• Competitive fixtures against other schools in a range of sports • Annual Sports Day event