

Spring Meadow Primary and 'School House' Nursery



Physical Education Curriculum Overview

Physical Education Curriculum

Purpose of study

Our high-quality Physical education inspires and encourages all children to participate in physically – demanding activities for a sustained period of time suitable to each individual’s capability and contribute to a competitive independent and team sports. Children will be physically competent and confident in education that supports their overall health (leading healthy, active lives) and fitness and should know that this skill is transferable across a variety of physical activities in a range of environments. Children will positively compete in sport and other opportunities which will build characteristics in fairness, respect, resilience and fair play. Spring Meadow Primary School’s students will be encouraged to participate in challenging competitive sports in school, locally and district competitions to enthuse these characteristics further.

Aims

The school’s curriculum aims to ensure that all pupils:

- Know and understand a broad range of physical activities and specific skills relevant to their wider sporting purpose
- Using developed skills in different ways alongside communication, collaboration and competition
- Develop the ability to become physically active for a sustained period of time appropriate to age and ability
- Understand and appreciate what it means to lead a healthy and active life and the importance of this
- Engage and participate in competitive sports and activities in school and have the opportunity to excel with these skills in out of school competitions

‘It doesn’t matter if you win as long as you give everything in your heart’ Michael Jordan

Organisation

- Physical education is taught by our class teachers and some specialist sports coaches
- The year group’s focusses are planned based on national curriculum expectations, upcoming sporting events and popular young people’s physical activities

- A range of physical activities available to both ks1 and ks2 children led by school staff and external sporting experts
- Swimming sessions available in at least 6 week slots to each ks2 class per year
- Physical education units are taught according to the appropriate seasonal sports, attached to the ability and understanding of the pupils. For instance, athletics is taught in the summer alongside world championships and the Olympics.

Progression

Aspect	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multi Skills (balance, co-ordination, agility)	Children will experiment with different ways of moving Children will jump and land appropriately Children will negotiate space and use these skills when playing chasing and racing games	To explore and perform balances using different body parts Co-ordinate the upper and lower body together	To learn about stable base and losing balance Move the body in a variety of ways	To change and maintain the centre of balance to different parts of the body Use hand-eye coordination to keep control of objects	To use balance techniques to keep control and stop a ball (football) To be able to run, turn and pass with a ball (football)	To use balance and coordination techniques to keep control, pass and carry a ball and apply the correct footwork for this (netball/basketball)	To use balance techniques to keep control, pass and carry of a ball (rugby) Improve spatial awareness and apply agility, balance and coordination more competitively to a range of sports
Dance	Children will think about speed and direction when	Link travelling moves that change direction and level Understand beats in music Dance the beats of 4 or 8	Travel at different levels and speeds Explore patterns of movement with a partner Dance showing rhythm and control	Travel whilst counting beats and changing direction Use clarity and rhythm to use own dance ideas using consistent tempo	Travel using a range of enhanced movement patterns Demonstrate an awareness of the music's rhythm and phrasing when improvising.	Develop and improve performance skills Identify the key components of successful dancing and understand how to apply them to own sequences.	Travel in expressive ways Observe and learn specific movements To adapt and combine routine sequences
Gymnastics		Travel in different directions at	To perform balances and	To explore jumping	Use and refine previous skills of	Perform new gymnastic moved	Use and refine the following skills:

	<p>playing games of avoiding obstacles</p> <p>Children will build confidence in travelling thinking about going over, under and through equipment</p>	<p>different speeds and levels</p> <p>Link isolated moves and shapes when travelling</p>	<p>movements and combine them into a routine</p> <p>To link balances with other travelling moves, moving smoothly into and out of the balances</p>	<p>techniques with a stable and safe landing</p> <p>To link jumping techniques with other gymnastic actions</p>	<p>flexibility, strength, balance, power and mental focus</p> <p>Perform symmetrical and asymmetrical balances with a partner</p>	<p>with control and accuracy</p> <p>Link moves together with fluency and good bod tension</p>	<p>flexibility, strength, balance, power and mental focus</p> <p>Develop skills for movement, including rolling, bridging and dynamic movement</p>
Ball Skills	<p>Children will develop their control of throwing, catching, kicking, pushing and patting</p>	<p>Develop anticipation and reaction when working with beanbags and balls</p> <p>Master basic sending and receiving skills</p>	<p>Use hand-eye coordination to control a ball</p> <p>Catch a variety of objects</p> <p>Vary types of throws</p>	<p>Choose the correct skills to meet a challenge</p> <p>Dribble with greater control</p> <p>Roll or throw at a target with accuracy</p>	<p>Improve hand-eye coordination by sending a receiving a ball</p> <p>Be aware of the correct body position and contact points for specific games</p>	<p>Develop techniques for ground strokes and volleys</p> <p>Explore tactics for beating an opponent</p> <p>Use scoring systems for ball games</p>	<p>To know how to react quickly</p> <p>To demonstrate good agility and balance in order to use a ball correctly</p> <p>To practise batting and directing skills in a ball game</p>
Athletics	<p>Children will handle a range of sporting equipment</p> <p>Children will show a preference of a dominant hand</p>	<p>To know how to travel in different ways</p> <p>To change from fast to slow</p> <p>Throw in a variety of ways</p> <p>Explore best way to jump to cover a distance</p>	<p>Run with a change of speed</p> <p>Change directions whilst running and maintaining a balance</p> <p>Throw safely and for distance</p> <p>Use arms when jumping and jump with balance and fluency</p>	<p>To run at different speeds, change direction and look up</p> <p>Use legs as well as arms when throwing</p> <p>Know how to perform standing long jump</p>	<p>To learn how to modify stride length, arm action and knee lift to select and maintain running paces</p> <p>Pull technique for throwing</p> <p>Perform standing broad jump (two feet two land)</p>	<p>Sustain running at a continuous pace</p> <p>Push technique for throwing</p> <p>Understand how to successfully perform a standing long jump</p>	<p>Run efficiently for speed and demonstrate good technique</p> <p>Throw and retrieve implements safely</p> <p>Understand and explore which technique is most effective when jumping for a distance</p>

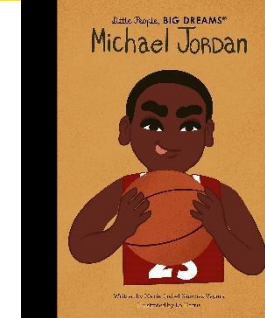
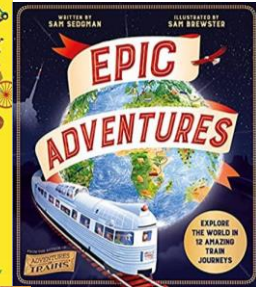
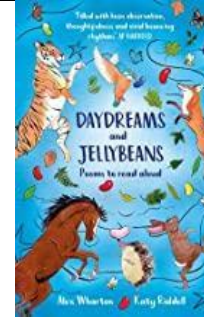
							Broad jump practise
Field games		To play a game fairly in a sporting manner Know the tactics and skills in order to win a game	To play a game fairly in a sporting manner Know the tactics and skills in order to win a game	To know how to play a striking and field game competitively and fairly Use skills learned in a game situation	To play in a competitive situation and to demonstrate sporting behaviour Play a game using all learn skills	To use all the skills learned by playing a mini tournament Score and play a game in a sporting manner	To play a tournament and work as a team using tactics in order to beat another team To play in a mini tournament and understand the rules of the game

Unit Planner

Phase	Subject related themes	Book led curriculum coverage
Nursery	<p>Sport competence, physically active, competitive, lead healthy and active lives Multi skills Agility, balance, coordination Fine motor skills games</p>	 <p>The Growing Story All Kinds of People: A Lift-the-Flap Book Little People, BIG DREAMS[®] by Marcus Rashford</p>
EYFS	<p>Sport competence, physically active, competitive, lead healthy and active lives - Multi skills Agility, balance, coordination Gymnastics Dance Fine motor skills games</p>	 <p>See inside Your Body The Journey Home A World Full of Poems Lots What We'll Build Everything & Everywhere</p>

Year 1

Sport competence, physically active, competitive, lead healthy and active lives -
Multi skills
Agility, balance, coordination
Scatterball
Dance
Gymnastics
Ball Skills
Field games
Athletics



Year 2

Sport competence, physically active, competitive, lead healthy and

active lives -

Multi skills

Agility, balance, coordination

Scatterball

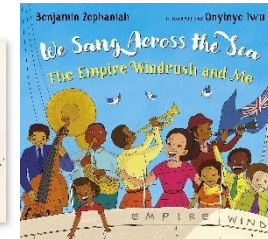
Dance

Gymnastics

Ball Skills

Field games

Athletic



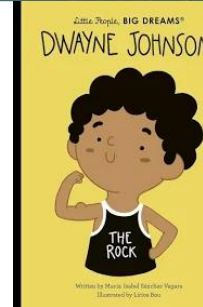
Year 3

Sport competence, physically active, competitive, lead healthy and active lives -
Sports with nets
Football
Fitness and circuits
Gymnastics
Dance
Running
Athletics
Field games



Year 4


Sport competence, physically active, competitive, lead healthy and active lives -
Sports with nets
Football
Fitness and circuits
Gymnastics
Dance
Running
Athletics
Field games



Year 5

Sport competence, physically active, competitive, lead healthy and active lives -
Long distance running
Dance
Ball Sports
Gymnastics
Multi Skills (Invaders)
Hockey
Athletics
Rugby
Cricket
Rounders
Field games



<p>Year 6</p>	<p>Sport competence, physically active, competitive, lead healthy and active lives -</p> <ul style="list-style-type: none"> Long distance running Dance Ball Sports Gymnastics Multi Skills (Invaders) Hockey Athletics Rugby Cricket Rounders Field games 	
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Knowledge Progression

Unit	Knowledge progression
<p>Multi Skills</p>	<ul style="list-style-type: none"> ● To use agility, coordination and balance when performing activities ● To use a range of sporting equipment including balls accurately ● To move in a controlled way ● To use safe and effective techniques
<p>Dance</p>	<ul style="list-style-type: none"> ● To identify song's rhythm and pattern from different dance genres

	<ul style="list-style-type: none"> ● To demonstrate an awareness of movement patterns ● To identify and practise the patterns and actions of specific dance styles ● To move in a controlled way ● To develop dancing and performance skills and use phrasing when improvising ● To use safe and effective techniques
Gymnastics	<ul style="list-style-type: none"> ● To explore movement actions with control and link them together with flow ● To develop balance, agility and coordination ● To travel in different directions at different speeds and levels ● To identify and practise body shapes and balances ● To use equipment with a focus on direction and level ● To travel in a sequence ● To use safe and effective techniques
Ball Skills	<ul style="list-style-type: none"> ● To master sending and receiving techniques ● To develop balance, agility and coordination ● To use balls in game – based activities ● To use the correct skills with greater control to meet certain challenges and sporting objectives ● To identify and use safe and effective techniques specific to equipment being used ● To understand scoring systems
Field games	<ul style="list-style-type: none"> ● To use skills to score and play for a purpose

	<ul style="list-style-type: none"> ● To learn control techniques and apply them to a range of games ● To use teamwork and communication ● To use safe and effective techniques ● To understand scoring systems
Running	<ul style="list-style-type: none"> ● To explore running at different speeds ● To analyse running techniques and suggest ways of improvement ● To demonstrate a good use of arms when running ● To use consistent, safe and effective techniques ● To move in a controlled way ● To understand why fitness is good for health and wellbeing
Athletics	<ul style="list-style-type: none"> ● To know running styles and changes of speed ● To throw with power and accuracy in the correct positions ● To explore footwork patterns of different athletic activities ● To develop the correct techniques to support athletic performances ● To practise athletic activities in competitive situations ● To move in a controlled way ● To use safe and effective techniques
Conceptual Links	
<p><i>Wellness</i> <i>Social</i> <i>Physical</i> <i>Peer-relationships</i> <i>Health</i></p>	

Communication

Mental health

Key Dates

October - Rugby League World Cup

December - Football World Cup

February - Six Nations

February - Cricket World Cup

June - Champions League final

July - Wimbledon