



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.

Outdoor Adventurous - Green

Gymnastics- Purple

Dance- Red

Games- Blue

Athletics/mag 7/ multi skills- black

When to run in-house competition- yellow

Term	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Theme 1	<p>Do you want to be friends?</p> <p>Core fundamental skills</p> <p>Negotiating space- running, hopping, jumping, listening skills, safety in the hall.</p>	<p>Memory Box</p> <p>Outdoor Adventurous- following simple maps</p> <p>Dance- movements to music Introduce body awareness, matching movements to music, exploring basic actions to travel, jump, turn, gesture and stillness using a variety of rhythms and stimuli.</p>	<p>Towers, Turrets & Tunnels</p> <p>Invasion Games – Basketball- bounce the ball with control, begin to dribble</p> <p>Gymnastics – rolls (forwards roll & backwards roll), jumps (pencil, star, tuck) and balances (1 and 2 point).</p>	<p>Tribal Tales</p> <p>Outdoor Adventurous- symbols</p> <p>Dance– sequencing movements, tell a story through dance.</p>	<p>Blue Abyss</p> <p>Invasion Games - Tag rugby- run with the ball, pass the ball backwards & change of speed and direction. Develop these in small drills.</p> <p>Dance- develop responding to music to express feelings.</p>	<p>Pharaohs</p> <p>Outdoor Adventurous- visiting controls using a map, navigate between controls successfully.</p> <p>Indoor Athletics- develop running (sprinting and longer distances), jumping and throwing techniques. Passing a baton in relays, hurdles, speed bounce, vertical jump, triple jump, standing long jump, javelin & chest push. Quick reaction games. Personal</p>	<p>Hola Mexico</p> <p>Indoor Athletics – repeat and build on the work from year 5. Children to improve techniques using peer support and technology. Personal best cards to be used to demonstrate progress. (See NM for planning).</p> <p>Invasion Games- Netball- as year 5, shoot with accuracy, develop tactical play e.g. dodging and marking. Play competitive games in house teams.</p>

						best score cards- used for children to record and see their own progress and be in competition with themselves. Timed sprinting. Relay races in 2's and 4's, 1 lap, 2 lap and 6 lap using the Reversa boards. (See NM for planning).	
Theme 2	<p>Why do squirrels hide their nuts?</p> <p>Athletics- basic running techniques, different jumps, throwing target games.</p>	<p>Paws, Claws & Whiskers Multi skills- to develop agility through-run, stop and change speed to command. Control balance whilst running, jumping and throwing.</p> <p>Gymnastics * – travelling, body shapes, simple roll (forwards) & balances (1 point).</p>	<p>Moon Zoom Outdoor Adventurous- follow and design own maps</p> <p>Magnificent 7</p>	<p>Mighty Metals Gymnastics- transference of body weight & rolls (forward roll, backwards roll, teddy bear roll).</p> <p>Invasion Games-Benchball- passing and catching apply skills to small games. Play competitive games in house teams.</p>	<p>Burps, Bottom Burps Outdoor Adventurous- follow a route map, visiting and returning from controls.</p> <p>Gymnastics – balance (1, 2, 3 & 4 point) and counter balances partner work.</p>	<p>Stargazers Invasion Games – Netball- footwork & various passing. Throw and catch effectively and apply these skills in small games. Play competitive games in house teams.</p> <p>Dance – using existing forms to create own dances to a stimuli- picture, scene or character from a story. Perform and evaluate.</p>	<p>A Child's War Outdoor adventurous- navigate between controls as a competition. Play competitive games in house teams.</p> <p>Gymnastics– balance and partner work, symmetry and asymmetry.</p>
Theme 3	<p>Do cows drink milk?</p> <p>Dance- matching movements to music linked to how animals move.</p>	<p>Splendid Skies Magnificent 7</p> <p>Invasion Games – Football- sending, travelling and receiving a ball e.g. Simple ball control, passing & kicking on target. Play competitive games in</p>	<p>Land Ahoy! Games – football- ball control, competitive games with a partner.</p> <p>Dance- match movements to music responding with contrast</p>	<p>Gods and Mortals Games- Hockey- develop target skills at a goal when hitting an object with a bat, build up to small passing and shooting games.</p>	<p>Playlist-Production Multi skills-run, stop, change speed & direction to develop agility. Throw and catch effectively.</p> <p>Gymnastics-rhythmic (choose between</p>	<p>Traders and Raiders Tag Rugby- develop passing back, running forwards & spacing within small games, tactics for</p>	<p>Frozen Kingdom Dance- using existing forms to create own dances to a stimuli- picture, scene or character from a story. Perform and evaluate.</p>

		house teams during warm ups.	of speed, shape, direction and level.	Gymnastics – apparatus/jumps (star, tuck, pike).	ribbons, ropes or hoops).	attacking and defending. Play competitive games in house teams. Magnificent 7	Games- tennis/basketball/hockey (follow children's interests) develop previous work on controlling a ball. Play competitive games in pairs/house teams.
Theme 4	Why do ladybirds have spots? Bat and ball skills- hold a range of bats correctly and use them to control a ball- hand eye co-ordination.	Enchanted Woodland Invasion Games- Hockey- introduce hand eye co-ordination, pushing and dribbling a ball with a stick with increasing control. Gymnastics –apparatus and jumps (pencil & star).	Street Detectives Invasion Games – Hockey- develop controlling a ball with a stick, sending and receiving. Play competitive games in house teams during warm ups. Dance- develop ideas in response to different stimuli.	Tremors Magnificent 7 Dance- develop performing skills focusing on quality and improvements.	Misty mountain, winding river <i>Cricket – Chance 2 Shine</i> <i>Invasion Games – basketball- bounce the ball with control, one-handed dribbling, passing, shooting on target. Small-sided games.</i>	Playlist- production <i>Cricket – Chance 2 Shine</i> Gymnastics- apparatus- springing, landing and flight.	Darwin's Delights Invasion Games- Rounders Play competitive games in house teams. Gymnastics- rhythmic (choose between ribbons, rope and hoops).
Theme 5	Will you read me a story? Gymnastics- Basic rolls- pencil and forward, travelling on simple apparatus and jumping of safely.	Bright Lights, Big City Sports day practice Indoor Athletics- develop running, jumping and throwing techniques. Passing a beanbag in relays, speed bounce, standing long jump, one leg balance, beanbag over arm throw & vertical jump. (See NM for planning).	Beat Band Boogie Gymnastics-transference of weight & apparatus Indoor Athletics- develop running, jumping and throwing techniques. Passing a beanbag in relays, speed bounce, standing long jump, one leg balance, javelin throw & vertical jump. (See NM for planning).	Urban Pioneers Invasion Games – Netball- footwork & various passing. Throw and catch effectively. Play competitive games in house teams. Sports day practice/ Athletics-running skills- sprint short distance, relay races passing a baton & long distance runs learning about stamina.	Rainforests Magnificent 7 Dance- develop the control of movements within set patterns- vary shape, size, direction speed, flow and explore performing these in various ways e.g. as a group, individual paired mirroring.	Alchemy Island Invasion Games – Football- develop sending and receiving ball skills and shoot effectively leading to small-sided games. Play competitive games in house teams. Gymnastics- creating sequences and performing a routine.	Blood Heart Invasion Games- cricket Play competitive games in house teams. Magnificent 7
Theme 6	Are we there yet? Sports day games	Bright Lights, Big City Invasion Games- tag rugby- carrying the ball, running with the ball, passing the ball.	Wriggle and Crawl Multi skills- to develop agility through- change of speed and direction to the command. Build on	Scrumdiddlyumptious <i>Swimming</i> Invasion Games – Tennis- develop hand eye co-	I am warrior Invasion Games- Kinball Play competitive games in house teams.	Beast Creator Multi skills- run, stop and change speed & direction to develop agility.	Gallery Rebels Sports day prep/swimming top ups

		Dance- build on previous work- encourage response to moods and feelings.	jumping and throwing skills. Games-Tennis- introduce hand eye co-ordination skills, hitting the ball with a racket, returning a ball with a partner.	ordination hitting and returning the ball with a partner, build techniques of different levels.	Indoor Athletics- develop running (sprinting and longer distances), jumping and throwing techniques. Passing a baton in relays, hurdles, speed bounce, vertical jump, triple jump, standing long jump, javelin & chest push. Introduce Reversa boards.	Throw on target and catch effectively. Invasion Games- Hockey- dribble, stop and control the ball at different paces and apply this within small games. Discuss tactical passing, attacking and defending.	Dance-express feelings
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Subject content- At Stivichall, we aim to provide our children with high quality physical education that offers a broad and balanced range of sports to develop skills and maintain health and fitness, at all levels. Children are offered opportunities to participate in competitions and encouraged to pursue their own talents and interests in sports. We aspire children to live a sustained healthy and active lifestyle.

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.

Pupils should be taught to:

- 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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

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:

use running, jumping, throwing and catching in isolation and in combination

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

develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

perform dances using a range of movement patterns

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

compare their performances with previous ones and demonstrate improvement to achieve their personal best