

## LONG TERM PE CURRICULUM for 2019/2020


### **Rationale**



Developing children's fundamental movement skills is instrumental in gaining the ability to move with confidence and competence in a range of physical activities. When students are confident in how they can perform they will enjoy competition and their success in sporting situations will lead to lifelong involvement in physical activity. The curriculum map for PE will therefore be structured to teach the children from a young age the basic skills they need to discover, develop and consolidate in order to experience success in the following sports:



- Football
- Hockey
- Netball
- Basketball
- TAG-rugby
- Badminton
- Volleyball
- Tennis
- Cricket
- Rounders
- Dance
- Gymnastics
- Athletic events (throwing, jumping and running)
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A broad and balanced PE curriculum will reflect the 6Rs which are intrinsic to our whole school ethos. Our children will learn to be ready to perform in a wide range of sporting contexts. As part of a group or team they will learn how to act responsibly and build positive relationships. Through developing skills and putting them under pressure in competition their resilience and resourcefulness to succeed will be tested. Performing in a variety of activities students will enjoy success as they learn how to reflect on their previous performances and recognise how to improve.

In addition to PE lessons children take part in inter-house competitions and a number of inter school competitions and festivals. They have access to extra-curricular clubs, wake and shake in the mornings and lunchtime sports. Sports Leaders will have an active role in assisting with physical activities and sport outside of lessons and present to our younger students as positive role models. Swimming is taught to all children encouraging them to use a range of strokes and have an awareness of self-rescue.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 6						
Link to National Curriculum	Refine basic invasion skills. Apply basic principles for attacking and defending. Communicate and collaborate with others. Apply simple tactics. Compare performances and work to achieve personal best.		Develop a broader range of skills in gymnastics. Develop flexibility, technique and control. Link actions and sequences of movement.	Develop range and consistency of skills to play in competitive net games. Apply simple tactics effectively.	Refine striking and fielding skills. Use running, throwing and catching in isolation and combination. Communicate, collaborate and compete with each other. Develop technique & control.	Refine types of throws and approach. Link and refine jumps and approaches. Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and show improvement to achieve their personal best.
Subject Content	Football /hockey Sending and receiving Supporting player Marking Tactics Invasion skills accuracy.	Netball/basketball Sending and receiving Supporting a player Increased accuracy of invasion skills. Marking Tactics	Gymnastics - Movement out of different balances. Use of symmetrical and asymmetrical shapes. Turn on a vertical axis. Use cannon and unison. Plan sequences using floor and apparatus.	Net games - Refine a range of shots developing consistency and accuracy. Play cooperatively and competitively using rules. Use tactics effectively.	Strike and Field Refine bowling and striking. Refine fielding skills. Use and adapt tactics	Athletics Throwing - pull, push, sling actions. Jumping for length and height with approach. Running styles and acceleration/pace

Year 5						
Link to National Curriculum	Develop passing and dribbling skills Refine shooting skills and techniques for use in competitive games. Use simple tactics for attacking and defending. Develop control and balance through tackling skills.		Make actions and sequences of movement. Collaborate with others and understand how to improve their performances.	Refine skills and learn how to communicate and compete with each other. Evaluate performances and use basic principles of attack and defence.	Refine basic striking, fielding and bowling skills. Use running, throwing and catching in isolation and combination. Communicate, collaborate and compete with each other. Develop technique and control.	Refine throwing, jumping and running skills. Develop strength, flexibility, balance and control. Compare performances with previous & demonstrate improvement to achieve personal best.
Subject Content	Football /Hockey Sending and receiving Travelling with ball Shooting - speed and accuracy. Tackling. Simple tactics for use in games.	Netball/Basketball Sending and receiving Travelling with the ball Shooting - speed and accuracy. Tackling/ intercepting. Simple tactics.	Gymnastics - Combine balances and travelling actions. Link actions and use various pathways/floor patterns. Mirror and match with a partner.	Net games - Refine sending skills. Accuracy of forehand and backhand strokes. Varying the length and direction of shots. Decision making - which shot to play.	Strike and Field Bowling, striking, fielding, running and dodging, simple tactics	Athletics Throwing Pull and Push actions. Jumping and approaches. Running styles;
Year 4						
Link to National Curriculum	Use running and jumping and apply skills to games. Develop basic principles for attack and defence. Play competitive games. Understand how to improve and recognise success.		Develop flexibility, control and balance. Learn how to use skills in different ways and link them. Compare performances and show improvements.	Develop further a range of skills for net games. Use simple tactics and strategies. Play competitive modified games.	Develop fielding skills. Select and use simple tactics. Use running, throwing and catching. Communicate, collaborate and compete with each other.	Refine travelling and jumping skills Refine basic throwing skills Develop strength, flexibility, balance and control. Compare performances with previous and demonstrate improvement to achieve personal best.
Subject Content	Football/Hockey Changing speed/direction Dribbling Tackling	Netball/Basketball Changing speed/direction Dribbling Tackling/	Move into balances from different starting positions. Explore different shapes with and	Net games - Positioning on court. "Ready position" Sending from both sides of the body.	Strike and Field Passing static and travelling. Striking and fielding Tactics.	Athletics - Develop a range of travelling actions. Refine running styles. Investigate different types of throw. Use basic jumps and linked

	Marking space/players	Intercepting Marking of space/players	without apparatus. Vary dynamics of movements within sequences.	Create a net game and use simple tactics.	Positioning of fielders	jumps. Combine jumps with an approach.
Year 3						
Link to National Curriculum	Develop sending and receiving skills. Apply skills to games. Play competitive games. Gain an understanding of how to improve and recognise success.		Develop a broad range of skills using strength, balance and control. Develop techniques working in collaboration with others.	Develop a range of skills for net games, learning how to use them. Use a range of basic tactics to play competitive games. Communicate and collaborate using simple rules.	Refine variety of sending skills. Refine fielding, catching and sending skills. Select tactics and compare performances.	Use running jumping and throwing in isolation and combination. Develop strength, flexibility, balance and control. Compare performances with previous and demonstrate improvement to achieve personal best.
Subject Content	Football/hockey Sending and receiving Marking players/space Tackling	Netball/Basketball skills: Sending and receiving Marking of players/space Tackling/ Intercepting	Balances on 2 points. Link balances and travel. Explore balances on apparatus. Explore turning. Use movements towards, away and over. Pin, tuck and star body shapes.	Net games - Sending accurately to target. Develop catching and intercepting skills. Create a net game and apply rules.	Strike and Field Fielding and catching Striking in different directions/distances Make up and apply rules to games.	Athletics- Perform travelling skills and develop running styles. Explore different styles of throwing. Develop jumping skills and explore approaches.
Year 2						
Link to National Curriculum	Master basic movements, running, throwing, catching, kicking. Develop balance, agility and coordination to apply in a range of activities.		Master basic movements. Develop technique, control and balance through gymnastics. Engage in co-operative activities.	Master basic movements including throwing and catching. Send accurately with a range of different sending skills. Develop simple tactics for attacking and defending.	Throw and strike a ball with control. Improve sending skills. Master basic running, throwing and catching. Developing co-ordination and agility.	Extend agility, balance and coordination to apply in a range of athletics activities. Engage in cooperative and competitive activities.
Subject Content	Multi skills & Fundamental movement skills Kicking, controlling,	Multi skills & Fundamental movement skills Releasing, Catching,	Fundamental movement skills Explore ways of changing levels while	Multi skills & Fundamental movement skills Use hands, bat or	Multi skills & Fundamental movement skills Releasing, Striking a	Multi skills & Fundamental movement skills Patterns of travelling Refine jumping take off and

	trapping, dribbling How and where to move. Anticipation and reaction. Awareness of others.	Dribbling, Movement in different directions.	travelling. Balance using various body parts. Transfer weight. Movement together. Leading and following.	racket to send. Send in different directions. Throw and catch with control. Throw with accuracy and power.	ball- varying directions. Sending using hand or bat. Movement at speed and changing direction.	correct landing technique. Link running and jumping activities. Throw a variety of objects.
Year 1						
Link to National Curriculum	Plymouth Argyle Football Academy working with Year 1 this term.	Master basic movements, running, throwing, catching, kicking. Develop balance, agility and coordination to apply in a range of activities	Develop balance and co-ordination. Work co-operatively with others. <b>Fundamental movement skills.</b>	Master basic movements through improving a variety of sending skills. Develop balance agility and coordination through intercepting.	Master basic movements that can be applied to a range of activities and used to play simple team games.	Master basic movements, experimenting with patterns of travelling. Develop balance and coordination through jumping and throwing in a range of increasingly challenging situations.
Subject Content		<b>Multi skills &amp; Fundamental movement skills</b> Varying ways of travel & spatial awareness. Sending and receiving skills.	Travel in different ways. Balance on hands and feet and hands and knees. Balance in wide and narrow shapes. Link travel and balance. Show stillness and tension. Travel towards and away. Contact under and on equipment.	<b>Multi skills &amp; Fundamental movement skills</b> Hitting, striking, tracking and intercepting. Awareness of space.	<b>Multi skills &amp; Fundamental movement skills</b> Rolling, Tracking, stopping .Striking, Movement in isolation and with ball.	<b>Multi skills &amp; Fundamental movement skills</b> Running at different speeds and directions. Jump with accuracy. Develop take-off and landing. Explore throwing a variety of objects.
Reception class						

Link to National Curriculum	Develop fundamental movement skills. Move with confidence in a variety of ways.	Develop motor control and coordination. Use small and large equipment.	Move with control and coordination. Show awareness of space of self and others.	Engage in co-operative and competitive activities.	Develop fine motor control and coordination. Show a range of basic skills using small and large equipment.	Develop appropriate control in large and small scale movements.
Subject Content	Explore skipping, jumping, lunging and leaping skills.	Manipulate objects through pushing, releasing and picking up. Experiment with different ways of moving.	Travel on isolated body parts. Use a variety of levels and directions when moving. Balance on different body parts. Move slowly and with speed using control.	Throwing, catching, kicking and retrieving equipment. Move in a range of ways adjusting speed and direction.	Rolling and striking, moving in general space. Awareness of others and obstacles.	Travelling varying distance and speed. Jumping in combinations and patterns. Throwing a variety of projectiles.