

Physical Education curriculum

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing.' (James MacAllister)

Intent

At St John's we have developed a holistic approach to the teaching of P.E, which improves, fitness, develops subject-specific skills and deepens knowledge of health and wellbeing. We encourage every child to engage in a wide variety of regular physical activity as well as giving them the knowledge and information they need to make healthy choices to live well balanced lives. Children are encouraged to improve their own health and fitness, setting individual goals to improve their personal fitness levels and sporting ability.

Implementation

Children engage in deliberate practice to master knowledge and skills of Physical Education. Through the sports curriculum, every child is supported to develop their gross motor skills and basic movements before developing and refining skills in preparation for applying them to competitive team games and/or to accomplish personal goals. Children engage in a range of sports supporting them to identify their own strength and preferences. The curriculum enables children to increase their fitness levels, with lessons designed to raise the heart rate, improving overall fitness, stamina and flexibility. A linked focus to our health curriculum, taught through PSHE, enables children to master the knowledge and skills required to combine, sport, health and fitness to lead a well balanced life.

Active engagement with our trained coach provide opportunities for every child to seize and value opportunities to compete in sport. Links with local sport and fitness establishments and organisations, including the local leisure centre, swimming pool and dance are maintained so that children understand where and how they can grow their interest in sport, health and fitness outside of school. Children are encouraged set their own personal goals linked to sport, health and fitness and are provided with opportunities to track their own progress and reflect on the required next steps to ensure they accomplish their goals. We have a variety of enrichment opportunities linked to sport, health and fitness. Our annual school sports event and linked competitions held have previously been well attended by parents and carers.

Impact

Pupils are assessed regularly within Physical Education lessons, with immediate live feedback provided to further develop their skills and target key areas of development. Pupils are encouraged to assess their fitness levels and evaluate their performance, setting their own targets to increased stamina, flexibility and overall fitness. Progress towards 'Can I?' statements is tracked to ensure children master the specific knowledge and skills linked to Physical Education.



Breadth of study

Key Stage 1

- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.
- Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.

Key Stage 2

- Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.
- Take part in gymnastics activities.
- Take part in athletics activities.
- Perform dances.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.



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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	How is it different, how is it the same?		How and why does that happen?		What did they leave behind?	What would happen if?
EYFS	Net and wall Intro to PE	Gymnastics Gymnastics	Invasion Dance	Invasion Fundamentals-Running	Athletics Games	Striking and fielding Athletics
Milestone 1	Net and Wall Yoga	Gymnastics Fitness	Invasion Dance	Invasion Running	Athletics Striking and fielding	Striking and fielding Athletics
Milestone 2	Net wall Yoga	Gymnastics Fitness	Invasion(attacking & defending) Dance	Invasion(attacking & defending) Running	Athletics Striking and fielding	Striking and fielding Athletics
Milestone 3	Net wall Yoga	Gymnastics Fitness	Invasion(attacking & defending) Dance	Invasion(attacking & defending) Running	Athletics Striking and fielding	Striking and fielding Athletics

Class teacher Multi Skills Coach



Physical Education progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Net and Wall/ Attacking and defending</p>	<ul style="list-style-type: none"> • Use the terms 'opponent' and 'team-mate'. • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. 	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. 	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team



Physical Education progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
Develop practical skills in order to participate, compete and lead a healthy lifestyle This concept involves learning a range of physical movements and sporting techniques.	Dance	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination. • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. 	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. 	<ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).



Physical Education progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Gymnastics</p>	<ul style="list-style-type: none"> • Copy and remember actions. • Move with some control and awareness of space. • Link two or more actions to make a sequence. • Show contrasts (such as small/tall, straight/curved and wide/narrow). • Travel by rolling forwards, backwards and sideways. • Hold a position whilst balancing on different points of the body. • Climb safely on equipment. • Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance. 	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely (using hands). 	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright).

Physical Education progression

Physical Education progression across all milestones

Concept		Milestone 1	Milestone 2	Milestone 3
<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	Swimming	N/A	<ul style="list-style-type: none"> Swim between 25 and 50 metres unaided. Use more than one stroke and coordinate breathing as appropriate for the stroke being used. Coordinate leg and arm movements. Swim at the surface and below the water. 	<ul style="list-style-type: none"> Swim over 100 metres unaided. Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. Swim fluently with controlled strokes. Turn efficiently at the end of a length.
	Athletics	<ul style="list-style-type: none"> Athletic activities are combined with games in Years 1 and 2. 	<ul style="list-style-type: none"> Sprint over a short distance up to 60 metres. Run over a longer distance, conserving energy in order to sustain performance. Use a range of throwing techniques (such as under arm, over arm). Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate. Compete with others and aim to improve personal best performances. 	<ul style="list-style-type: none"> Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement

Physical Education progression

EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Intro to PE Keep healthy Describe changes in body Travel in different ways Stand on one foot Catch a large ball</p>	<p>Gymnastics Experiment with moving Jump off objects and land appropriately Eat a healthy range of food Shows some understanding of health and safety Anti-clockwise movements</p>	<p>Dance Negotiate space Travel over under and around equipment Control over object Uses Tools and malleable with control and safely Practise safety measures without adult supervision</p>	<p>Fundamentals Run skilfully around obstacles Manage some personal hygiene- washing hands Use equipment safely and with increasing control</p>	<p>Games Move confidently in a range of ways Negotiate space effectively Know the importance of eating healthily and keeping active</p>	<p>Athletics Good control of large and small movements Manage basic hygiene Talk about ways to keep healthy and safe</p>

