



PE

Introduction

At Joydens Wood Infant School our PE Curriculum is supported by Tollo Sports Academy to ensure the aims of the National Curriculum are met to a high standard. These are also built upon to ensure that each aspect is embedded into school life on a daily basis. A broad and well thought out curriculum enables skills to be 'layered' in each lesson. Skill fluency, competency and depth of knowledge occurs during unstructured times such as Child Initiated Play and Playtime/Lunchtime where children are given the freedom to explore and embed in their own/team members application of skills.

National Curriculum KS1 Subject Content

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.

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. *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,
- developing balance, agility and coordination,
- 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

Intent

Physical Education develops pupils competence, confidence and encourages them to invest in their own success. It promotes physical skilfulness, physical development and new sporting opportunities; ensuring all children are challenged to develop within physical education no matter what their ability in any topic. The learning is based on the knowledge rich experiences, underpinned by carefully considered and progressively planned skills and sporting sessions. Physical Education provides opportunities for pupils to be creative, competitive and embrace different challenges both individually and as part of a group or team. We aim to make physical activity relevant, fun and engaging for every child, whilst promoting a healthy lifestyle and helping to support the technical development of physical skills which can be used in a range of situations. The progress is measured by the level of independence, resilience and confidence in the application of skills and the key vocabulary in a range of situations, this is what we call learning autonomy. This enables us to strongly identify when newly learnt skills transform into knowledge and have been committed into the long term memory.

Implementation

PE is taught in isolation of other subjects through specialist lessons weekly from EYFS to Year 2. Over the academic year, the children need to acquire a broad range of skills, both physically and socially to enable them to progress with their learning, namely: equipment handling, spatial awareness, listening and attention, working as a team, turn taking and negotiating. The skills developed over a carefully planned sequence of lessons also enables these skills to be applied in other times of the school day. In our school we follow The PE Hub which outlines the progression of skills to be taught lesson by lesson, unit by unit and year on year. This enables skills to be built upon over time and enable a depth of understanding/fluency in the application of skills as the children get older. All lesson plans are produced from The PE Hub. The specialist teacher(s) alongside the class teachers are expected to discuss the needs of their cohort and annotate and adapt the planning accordingly. Clubs will also be provided after-school in the summer terms to enable children to embed these skills in a different context.

Impact

All children will have a minimum of one hours' worth of physical activity every day (playtime/lunchtime inclusively). PE lessons are taught twice weekly throughout the academic year by a teacher and by a Specialist coach. Resources must be adapted to individual needs to provide support and challenge as necessary ● Star Words and vocabulary linked to the unit will be shared at the start of the lesson to ensure the children have a strong understanding of what they are learning.

Assessment

End of unit Teacher Assessments will be made each half term. Children will be recorded on the progression grid by specialist staff to track children that are falling behind or are showing a specific talent in a specific unit. This will help teaching staff to identify needs/talents schoolwide and ensure our curriculum is tailored to our school's needs.

Progression of Skills

	Autumn	Spring	Summer
EYFS	<p>Body Management & BEAM Can use hands and feet to negotiate obstacles.</p> <p>Develop balance, flexibility and body management.</p> <p>Can stretch, reach, extend in a variety of ways and positions.</p> <p>Explore rolling, sliding and slithering.</p> <p>Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations</p> <p>Gain confidence in a variety of gross motor skills.</p> <p>Work with others and participate in a variety of small group activities</p> <p>Speed Agility, Travel Participate in a variety of small group cooperative activities</p> <p>Travel with control and coordination.</p> <p>Change direction at speed in games and session drills.</p> <p>Perform actions that demonstrate changes of speed.</p> <p>Relate movements to music and percussion beats</p> <p>BEAM</p>	<p>Gymnastics Develop confidence in fundamental movements To experience moving over, under or on apparatus. To develop co-ordination and gross motor skills. To link simple balance, jump and travel actions together. To learn and refine a variety of shapes, jumps, rolls and balances.</p> <p>Dance Recognise that actions can be reproduced in time to music; beat patterns and different speeds. Perform a wide variety of dance actions both similar and contrasting Copy and perform simple movement patterns. Perform basic movements including walking, running, rolling, crawling, jumping and taking weight on hands. Follow simple instructions. Replicate basic demonstrations and copy/repeat simple movements and shapes with their body. Respond to hearing music. Perform basic movements including crawling, jumping, rolling and taking weight on hands.</p>	<p>Problem solving & Team Games Work with a partner to listen, share ideas, question and choose. Move confidently and cooperatively in space, travelling in a range of ways. Manoeuvre different objects in different ways to complete tasks. Follow game rules and instructions.</p> <p>Speed, Agility, Travel Stop, start, pause, prepare for and anticipate movement in a variety of situations. Participate in a variety of agility-based activities moving and controlling objects Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc.</p> <p>Athletics Participate in sports day and physical activities that are included within this event. Can start and stop at speed in a variety of races. Can handle and throw a variety of objects with accuracy and/or distance. Move on their feet in a variety of ways including, jumping, skipping, hopping, running and walking.</p>

	<p>Explore balance and manage your own body including manipulating small objects.</p> <p>Able to stretch, reach, extend in a variety of ways and positions.</p> <p>Able to control body and perform specific movements on command</p>	<p>Replicate basic demonstrations and copy and repeat simple movements and shapes.</p> <p>Manipulation & co-ordination</p> <p>Send and receive a variety of objects with different body parts</p> <p>Work with others to control objects in space.</p> <p>Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p> <p>Work in collaboration with others to score points.</p> <p>Kick, roll, throw, or slide an object towards a target to score points.</p> <p>Engage in competitive activities and races.</p>	<p>Further improve any of the PE skills they've learnt this year</p> <p>Demonstrate increasing control over a variety of objects.</p> <p>Demonstrate good control and co-ordination in large and small movement.</p> <p>Develop fundamental movement skills of balance, coordination, speed and agility.</p> <p>Work as a team in competitive games</p>
<p>Year 1</p>	<p>Invasion Games (attack, defend, shoot)</p> <p>Engage in competitive activities.</p> <p>Roll or slide a beanbag or ball with accuracy.</p> <p>Recognise rules and apply them in competitive and cooperative games.</p> <p>Work in collaboration with others to score points.</p> <p>Bounce a medium sized ball to self and attempt to bounce to others</p> <p>Attempt to intercept and catch a thrown ball/object</p> <p>Use and apply simple strategies for invasion games</p>	<p>Gymnastics</p> <p>Identify and use simple gymnastic actions and shapes</p> <p>Move on, off and over objects with confidence</p> <p>Develop balance and co-ordination when understanding a variety of jumps, balances, shapes and rolls.</p> <p>Hit, Catch, Run</p> <p>Develop sending and receiving skills to benefit fielding as a team</p> <p>Distinguish between the roles of batters and fielders.</p>	<p>Multi Skills</p> <p>Apply fitness elements and skills learned to a variety of activities.</p> <p>Develop their fundamental movement skills of balance, coordination, agility and power.</p> <p>Take part in competitive team games.</p> <p>Athletics (Run, Jump, Throw)</p> <p>Increase stamina and core strength needed to undertake athletics activities</p> <p>Take part in a broad range of opportunities to extend strength, balance, agility and coordination.</p>

To recognise rules and apply them in competitive and cooperative games.

Can send and receive a ball using feet

Can start to combine skills such as dribbling with passing.

Net and Wall Games (Send and Return)

Send an object with increased confidence using a hand or bat

Move towards a moving ball to return

Select and apply skills to win points in competitive games.

Identify space to be able to send a ball.

Develop their hand eye coordination skills.

Striking & Fielding (Hit, Catch, Run)

Hit objects with their hands or a bat.

Track and retrieve a rolling ball.

Throw and catch a variety of balls and objects.

Participate in team games.

Perform fielding techniques with increased control and coordination

Introduce the concept of simple tactics in game situations.

Cooperate with others to carry out more complex physical activities.

	Run between bases or learn new ways to score points in team games.		
Year 2	<p>Striking & Fielding (Hit, Catch, Run)</p> <p>Develop hitting skills with a variety of bats.</p> <p>Practice bowling/feeding the ball to other players.</p> <p>Work in small groups to field accurately.</p> <p>Attempt to play the roll of wicket keeper or backstop</p> <p>Make attempts to catch balls that have been hit by a bat.</p> <p>Net and Wall Games (Send and Return)</p> <p>Be able to track the path of a ball over a bench, line or net.</p> <p>Be able to hit a ball with your hand or racquet with some consistency.</p> <p>Play modified net/wall games using throwing and catching skills.</p> <p>Demonstrate some basic sending skills.</p> <p>Start games using basic serving skills</p>	<p>Gymnastics</p> <p>Show contrasts in gymnastics shapes and actions.</p> <p>Can perform a variety of shapes, jumps, rolls and balances with accuracy and good techniques.</p> <p>Attempt to use rhythm whilst performing a sequence.</p> <p>Use core strength to link gymnastics elements.</p> <p>Hit, Catch, Run</p> <p>Hit and run to score points in game situations.</p> <p>Work in a variety of ways to score runs in different hit, catch, run games.</p> <p>Continue to learn the skills needed to be successful in this topic from Unit 1.</p>	<p>Multi Skills</p> <p>Apply fitness elements and skills learned this year to a variety of activities.</p> <p>Develop their fundamental movement skills of balance, coordination, agility and power.</p> <p>Take part in competitive team games.</p> <p>Athletics (Run, Jump, Throw)</p> <p>Improve running and jumping movements, work for sustained periods of time.</p> <p>Reflect on activities and make connections between a healthy active lifestyle.</p> <p>Experience and improve on jumping for distance and height.</p>