

Pennine Way Primary School



Physical Education Curriculum and Skills Plan

National Curriculum Objectives and skills

Physical Education curriculum at Pennine Way

Our Physical Education Curriculum actively encourages a healthy and active lifestyle throughout our whole school community, nurturing the chances for children to be creative, cooperative and competitive and to face up to diverse challenges both as individuals and in groups whilst portraying fairness and integrity. Our inclusive PE skills widen sporting experience and enjoyment creating a passion for active recreation and sport that will have long-term wellbeing benefits. Whether you feel your place is on the track, on the field, on the dance floor, on the apparatus or in the pool, there's a pathway for all.

Physical Education Recovery Curriculum focus

Critical content for our recovery curriculum in Physical Education has been evaluated and our priority is on based around lost content and critical content needed for progression and links between concepts to be made.

Within the Early Years, development of core body strength, balance, coordination and agility in order to start accessing the curriculum skills in Year 1 and beyond should be prioritised. A focus will be on throwing, catching and using a range of equipment so that children develop confidence in receiving a ball. Children begin to understand the importance of healthy eating and a healthy lifestyle. Children should have the opportunity to practise core movement skills. Children will develop gross motor skills and fine motor skills, including how to use apparatus safely.

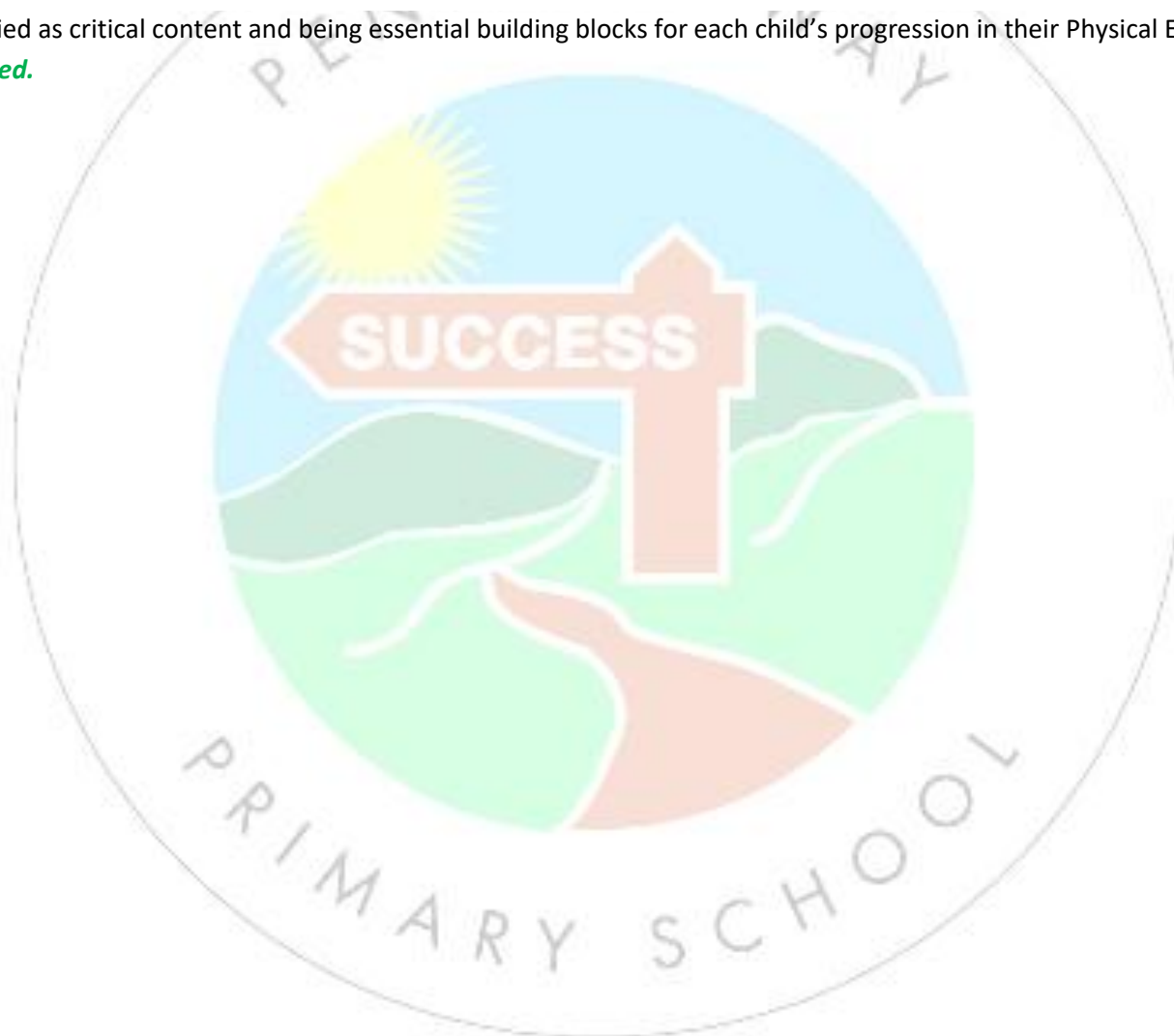
During Key Stage 1, the priority is embedding these basic skills of sending and receiving whilst developing skills in working cooperatively and competitively as children need to get used to winning and losing and working together as part of a team which will also ensure that social skills are prioritised. This will ensure they can play competitive games and understand tactics. The safe use of apparatus in gymnastics will be embedded so that they can progress to more advanced routines.

As a school and due to children missing out on swimming experiences, we have made swimming a core school priority for all Key Stage 2 pupils. All pupils in Key Stage 2 will have 10 lessons which will be held in intensive blocks over a 2 week period. This has been proven to help children learn quicker and improve their retention of the skills. Children must know how to be safe in water.

As pupils move into Key Stage 2, the focus moves to learning how to defend and attack and the vital role of team work within this to be able to play a throwing and catching game whilst learning the basic rules to embed the ethos of playing fairly. In gymnastics, we have placed importance on improving technique, refining movements, control and balance on the floor and using apparatus. Children need to be able to suggest ways to improve in order to show understanding. We have highlighted expressing feelings in dance as this can help children to understand emotions as part of wellbeing and mental health.

During Upper Key Stage 2, the priority is pupils applying their understanding of games, tactics and being emerged in a game in order to beat their opposition. In gymnastics, the focus moves onto paired work and then small groups to solve challenges and increase levels of confidence and resilience.

Specific skills identified as critical content and being essential building blocks for each child's progression in their Physical Education curriculum have been *highlighted*.

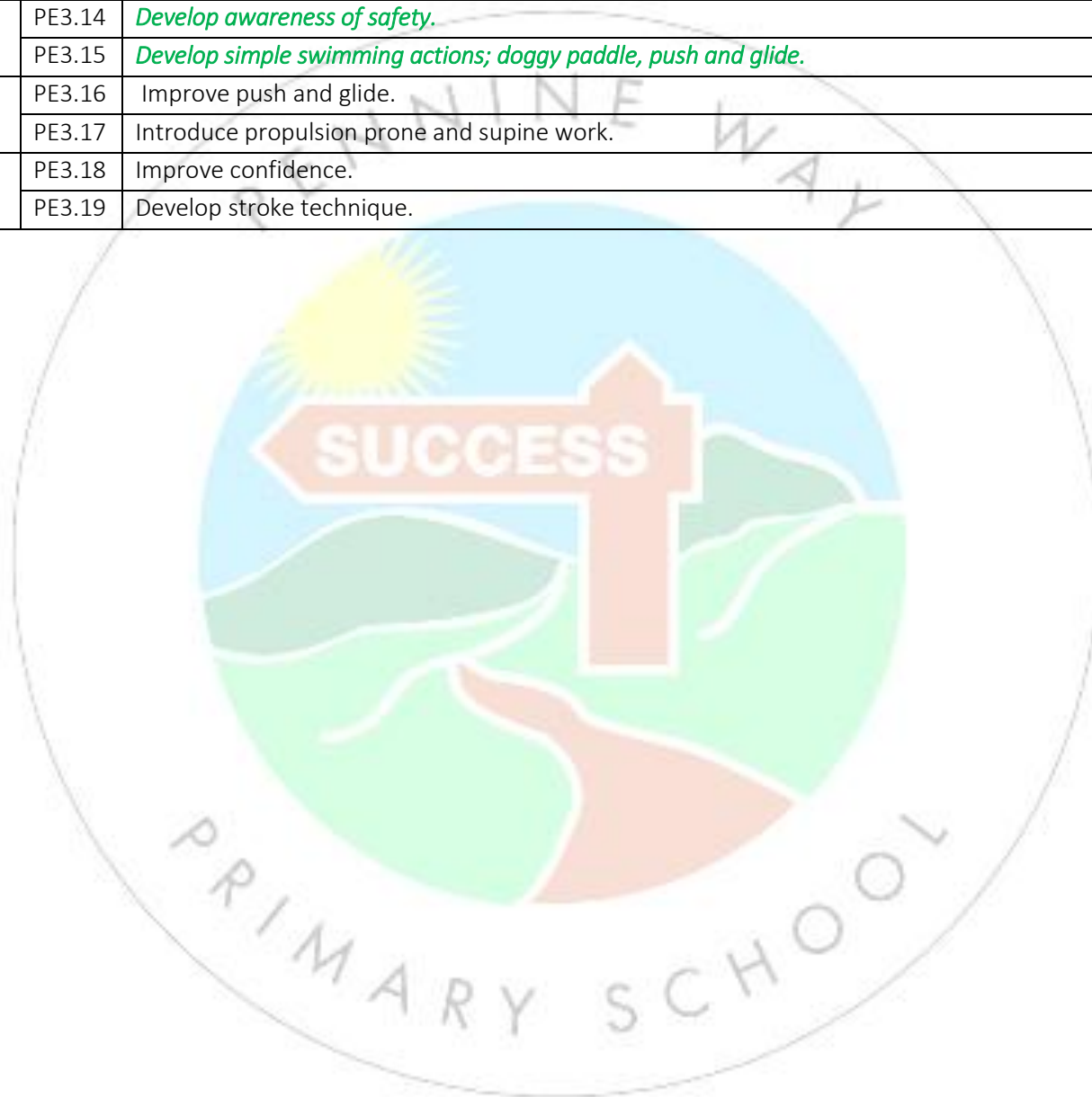


Physical Education National Curriculum Expectations Year 1		Year 1			
		Aut	Spr	Sum	
Games	<i>Participate in team games</i> , developing simple tactics for attacking and defending.				
	PE1.1	Experience using <i>a range of games equipment</i> .			
	PE1.2	Develop awareness of pace and <i>the safety factors</i> based on the use of space.			
	PE1.3	Participate in running and chasing games.			
	PE1.4	Develop the skills of <i>sending, receiving and travelling with a ball</i> .			
Gymnastics	Master basic movements including running, jumping, <i>throwing and catching</i> , as well as developing balance, <i>agility and co-ordination</i> , and begin to apply these in a range of activities.				
	PE1.5	Demonstrate basic gymnastic actions of <i>travelling on hands and feet, turning, rolling, jumping, balancing and climbing</i> .			
	PE1.6	Use movement vocabulary to describe their actions.			
	PE1.7	Apply and perform the basic actions of travelling on hands and feet, turning, rolling, jumping, balancing and climbing, both on the floor and using apparatus.			
Dance	Perform dances using simple movement patterns.				
	PE1.8	Begin to develop <i>control, coordination, balance</i> , poise and elevation in the basic actions of travelling, jumping, turning, gesture and stillness. Linked to gymnastic movement work.			
Athletics	Master basic movements including running, jumping, <i>throwing and catching</i> , as well as developing <i>balance, agility and co-ordination</i> , and begin to apply these in a range of activities.				
	PE1.9	Develop and refine basic techniques in running over short distances.			
	PE1.10	<i>Develop simple throwing skills</i> - emphasising accuracy using a variety of equipment.			

Physical Education National Curriculum Expectations Year 2		Year 2			
		Aut	Spr	Sum	
Games	<i>Participate in team games</i> , developing simple tactics for attacking and defending.				
	PE2.1	<i>Work cooperatively and competitively</i> in a range of games contexts (rather than as individuals).			
	PE2.2	Demonstrate <i>improved accuracy in sending skills</i> through aiming games and challenges.			
	PE2.3	Demonstrate <i>improved receiving skills</i> through good footwork, body positioning and anticipation.			
	PE2.4	Develop a basic understanding of defending and attacking.			
Gymnastics	Master basic movements including running, jumping, <i>throwing and catching</i> , as well as developing <i>balance, agility and co-ordination</i> , and begin to apply these in a range of activities.				
	PE2.5	Link actions covered in Year 1 and <i>increase movements beyond the basic actions</i> .			
	PE2.6	Create a series of actions and repeat them within a <i>performance on the floor</i> .			
	PE2.7	Create a series of actions and repeat them within a <i>performance on apparatus</i> .			
Dance	Perform dances using simple movement patterns.				
	PE2.8	<i>Perform simple movements or patterns</i> , including some from existing dance traditions.			
	PE2.9	<i>Explore moods and feeling and begin to develop their response to music through dance</i> , by using rhythmic responses and contrasts of speed, shape, direction and level.			
Athletics	Master basic movements including running, jumping, <i>throwing and catching</i> , as well as developing <i>balance, agility and co-ordination</i> , and begin to apply these in a range of activities.				
	PE2.10	Develop and refine basic techniques in running e.g. over short distances, over longer distances, in relays.			
	PE2.11	Develop <i>simple throwing skills emphasising accuracy and distance</i> using a variety of equipment.			
	PE2.12	Develop skills for jumping for height / distance.			

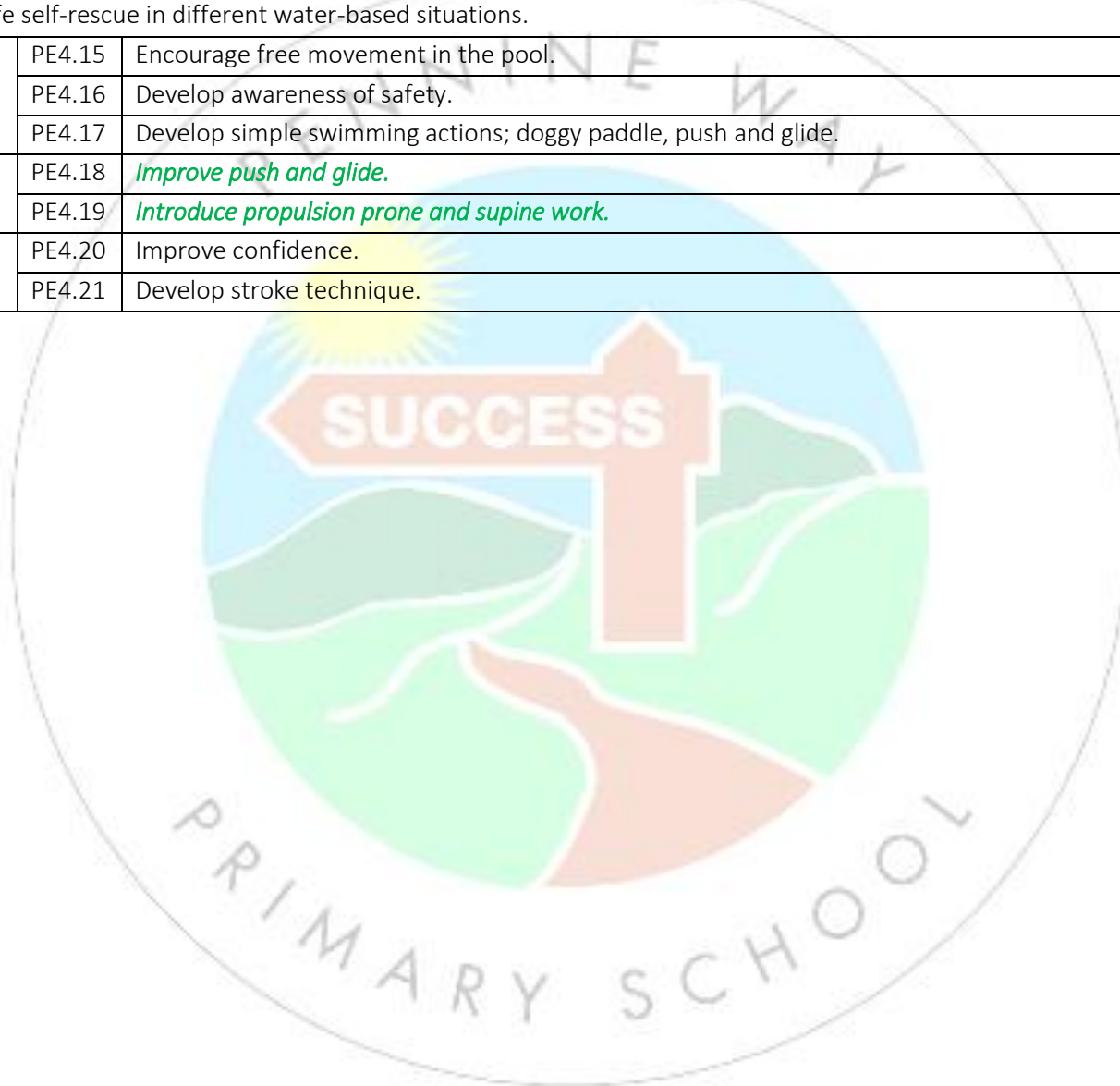
Physical Education National Curriculum Expectations Year 3				Year 3		
				Aut	Spr	Sum
Use running, jumping, throwing and catching in isolation and in combination.						
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.						
Games	<i>Play competitive games</i> , modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply <i>basic principles suitable for attacking and defending</i> .					
	PE3.1	<i>Play and participate effectively in small-sided invasion games.</i>				
	PE3.2	Develop an understanding of how to attack and defend a target in the above games.				
	PE3.3	Demonstrate the skills of <i>sending, receiving, striking, and travelling</i> with a ball and refining technique.				
Gymnastics	Develop flexibility, strength, <i>technique, control and balance</i> through gymnastics.					
	PE3.4	Perform better, an increasing number of gymnastic actions – <i>demonstrating technique, control and balance</i> .				
	PE3.5	Demonstrate the ability to <i>improve and refine the actions</i> of turning, rolling, swinging, jumping, climbing, balancing and travelling on hands and feet, <i>both on the floor and using apparatus</i> .				
	PE3.6	<i>Perform linking actions</i> for more complex sequences both on the floor and on apparatus.				
Dance	Perform dances using a range of movement patterns.					
	PE3.7	<i>Express feelings, moods and ideas in response to music</i> and create simple characters and narratives in response to a range of stimuli, through dance – as individuals.				
	PE3.8	Develop <i>actions with contrasting qualities</i> (fast/slow, gentle/strong, accelerating/decelerating).				
	PE3.9	Show improving clarity of body shape – as individuals.				
Athletics	Develop flexibility, strength, technique, control and balance through athletics.					
	PE3.10	Demonstrate increasing agility and technique in running short distances.				
	PE3.11	Understand how performance in running, jumping and <i>throwing can be refined</i> and improved.				
Outdoor and Adventurous activities	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>					
	PE3.12	<i>Participate as an individual in outdoor and adventurous activities.</i>				
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 metres.					
	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].					
	Perform safe self-rescue in different water-based situations.					
	Non	PE3.13	Encourage free movement in the pool.			

	Swimmers	PE3.14	<i>Develop awareness of safety.</i>			
		PE3.15	<i>Develop simple swimming actions; doggy paddle, push and glide.</i>			
	Beginners	PE3.16	Improve push and glide.			
		PE3.17	Introduce propulsion prone and supine work.			
	Improvers	PE3.18	Improve confidence.			
		PE3.19	Develop stroke technique.			



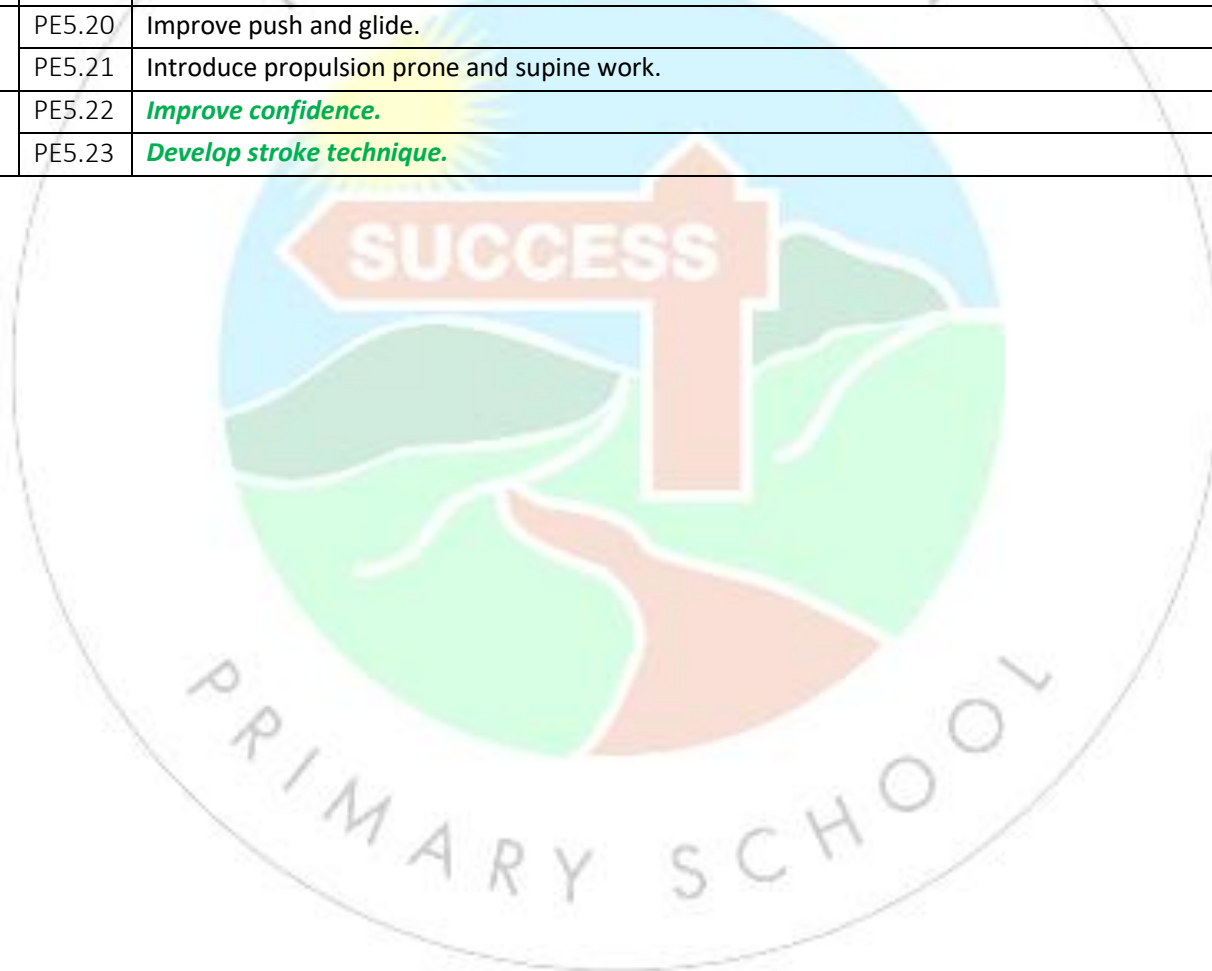
Physical Education National Curriculum Expectations Year 4		Year 4		
		Aut	Spr	Sum
Use running, jumping, throwing and catching in isolation and in combination.				
<i>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</i>				
Games	<i>Play competitive games</i> , modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and <i>apply basic principles suitable for attacking and defending.</i>			
PE4.1	<i>Play small-sided invasion games</i> (participating effectively) and improve attack and defence of a target in these games			
PE4.2	Demonstrate <i>accuracy in a variety of throwing and catching skills.</i>			
PE4.3	Develop an understanding of ‘possession’ in invasion games – when to keep and when to pass.			
PE4.4	Show an awareness of the <i>importance of rules in a game.</i>			
Gymnastics	Develop flexibility, strength, technique, control and balance through gymnastics.			
PE4.5	<i>Perform better</i> , an increasing number of gymnastic actions demonstrating flexibility, strength, technique, control and balance.			
PE4.6	Demonstrate flexibility, strength, technique, control and balance whilst performing sequences of linked actions both on the floor and on apparatus. <i>With an emphasis on changes of shape, speed and direction.</i>			
PE4.7	<i>Adapt, practise and refine</i> performances, <i>both on the floor and using apparatus.</i>			
Dance	Perform dances using a range of movement patterns.			
PE4.8	<i>Express feelings, moods and ideas in response to music</i> and create simple characters and narratives in response to a range of stimuli, through dance – <i>as individuals, and in small groups.</i>			
PE4.9	Refine and demonstrate actions with contrasting qualities (fast/slow, gentle/strong, accelerating/decelerating).			
PE4.10	Show improving clarity of body shape – as individuals, and in small groups.			
PE4.11	<i>Compose, rehearse and perform their own short dances</i> – as individuals, and in small groups.			
Athletics	Develop flexibility, strength, technique, control and balance through athletics.			
PE4.12	Demonstrate increasing agility and technique in running short distances and stamina over longer distances.			
PE4.13	Refine and demonstrate improvement in running, <i>jumping and throwing.</i>			
Outdoor and Adventurous activities	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>			
PE4.14	<i>Understand what makes a good team and participate in outdoor and adventurous activities.</i>			
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 metres.			

		Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].			
		Perform safe self-rescue in different water-based situations.			
Non Swimmers	PE4.15	Encourage free movement in the pool.			
	PE4.16	Develop awareness of safety.			
	PE4.17	Develop simple swimming actions; doggy paddle, push and glide.			
Beginners	PE4.18	<i>Improve push and glide.</i>			
	PE4.19	<i>Introduce propulsion prone and supine work.</i>			
Improvers	PE4.20	Improve confidence.			
	PE4.21	Develop stroke technique.			



Physical Education National Curriculum Expectations Year 5		Year 5		
		Aut	Spr	Sum
Use running, jumping, throwing and catching in isolation and in combination.				
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				
Games	<i>Play competitive games</i> , modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and <i>apply basic principles suitable for attacking and defending</i> .			
	PE5.1 Demonstrate <i>increased experience and understanding of attacking & defensive strategies in a game thinking about positioning</i> .			
	PE5.2 Show individual ball control to get round a defender.			
	PE5.3 Exploit space to make opportunities to score.			
	PE5.4 Become aware of, and demonstrate, <i>effective passing</i> .			
	PE5.5 Improve variety, <i>accuracy and power of passing and shooting</i> .			
Gymnastics	Develop flexibility, strength, technique, control and balance through gymnastics.			
	PE5.6 Demonstrate longer and increasingly complex movement sequences, on the floor and using apparatus. <i>Alone and in pairs</i> . Demonstrating flexibility, strength, technique, control and balance. <i>Refine and improve</i> .			
Dance	Perform dances using a range of movement patterns.			
	PE5.7 <i>Perform</i> dances that use a range of body actions and use different body parts.			
	PE5.8 <i>Compose</i> dances that use a range of body actions and use different body parts.			
	PE5.9 Enrich their movements by varying shape, size, direction, level, speed, tension and continuity.			
	PE5.10 Respond to a range of stimuli including music.			
	PE5.11 Experience dances with clear beginnings, middles and end - <i>improvising, exploring, selecting and refining content</i> .			
	PE5.12 Describe and interpret different elements of dance.			
Athletics	Develop flexibility, strength, technique, control and balance through athletics.			
	PE5.13 Continue to improve agility and technique in running short distances and stamina over longer distances.			
	PE5.14 Continue to refine and improve performance in running, jumping and throwing.			
	PE5.15 Develop the skills of estimating, measuring, timing and recording performances.			
Outdoor and Adventurous activities	<i>Take part in outdoor and adventurous activity challenges</i> both individually and within a team.			
	PE5.16 <i>Demonstrate good teamwork whilst participating in outdoor adventurous activities</i> .			

Swimming	Swim competently, confidently and proficiently over a distance of at least 25 metres.				
	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].				
	Perform safe self-rescue in different water-based situations.				
Non Swimmers	PE5.17	Swim competently, confidently and proficiently over a distance of at least 25 metres.			
	PE5.18	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].			
	PE5.19	Perform safe self-rescue in different water-based situations.			
Beginners	PE5.20	Improve push and glide.			
	PE5.21	Introduce propulsion prone and supine work.			
Improvers	PE5.22	<i>Improve confidence.</i>			
	PE5.23	<i>Develop stroke technique.</i>			



Physical Education National Curriculum Expectations Year 6		Year 6		
		Aut	Spr	Sum
Use running, jumping, throwing and catching in isolation and in combination.				
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				
Games	<i>Play competitive games</i> , modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and <i>apply basic principles suitable for attacking and defending</i> .			
	PE6.1 Demonstrate an increased understanding of creating time by using deception.			
	PE6.2 <i>Understand support play.</i>			
	PE6.3 <i>Understand the transition for attack and defence and what to do.</i>			
	PE6.4 <i>Understand counter attack play.</i>			
Gymnastics	Develop flexibility, strength, technique, control and balance through gymnastics.			
	PE6.5 Demonstrate an ability to repeat and refine longer and increasingly complex movement sequences, on the floor and using apparatus. <i>Alone, in pairs, and small groups.</i> Demonstrating flexibility, strength, technique, control and balance.			
	PE6.6 Apply gymnastic skills by improving precision, accuracy, quality and variety of performance and <i>responding imaginatively to challenges. Children make judgements about their own and others work in order to improve.</i>			
Dance	Perform dances using a range of movement patterns.			
	PE6.7 Experience performing, composing and appreciating dance movements and dances as social activities with cultural characteristics.			
	PE6.8 Demonstrate an ability to <i>learn, practise and perform more complex dance steps</i> (e.g. folk dances) than in KS1 or lower KS2.			
	PE6.9 Demonstrate ability to learn, practise and perform figure, group and partner formations.			
	PE6.10 Compose their own dances using traditional steps and formations.			
Athletics	Develop flexibility, strength, technique, control and balance through athletics.			
	PE6.11 Continue to improve agility and technique in running short distances and stamina over longer distances.			
	PE6.12 Continue to refine and improve performance in running, jumping and throwing.			
	PE6.13 Show accuracy in the skills of estimating, measuring, timing and recording performances.			
Outdoor and Adventurous	<i>Take part in outdoor and adventurous activity challenges both individually and within a team.</i>			
	PE6.14 <i>Work as a team to plan outdoor adventurous activities</i> , and demonstrate good teamwork whilst participating in			

activities		these activities.				
Swimming	Swim competently, confidently and proficiently over a distance of at least 25 metres.					
	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].					
	Perform safe self-rescue in different water-based situations.					
	Non Swimmers	PE6.15	Swim competently, confidently and proficiently over a distance of at least 25 metres.			
		PE6.16	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].			
		PE6.17	Perform safe self-rescue in different water-based situations.			
	Beginners	PE6.18	Improve push and glide.			
		PE6.19	Introduce propulsion prone and supine work.			
	Improvers	PE6.20	<i>Improve confidence.</i>			
PE6.21		<i>Develop stroke technique.</i>				

