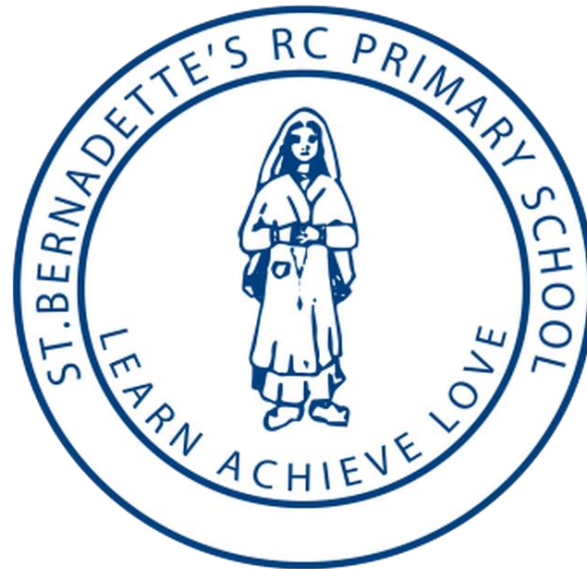


ST BERNADETTE'S RC PRIMARY SCHOOL



PE CURRICULUM





St Bernadette's RC Primary School PE Curriculum



Intent

At St Bernadette's we believe Physical Education (PE) is an essential and valuable part of our foundation curriculum. Curriculum PE is accessible, inclusive and covers a wide breadth of activities and sports

Our curriculum at St Bernadette's has been developed to ensure there is a full coverage of The National Curriculum and our key curriculum vehicle is Get Set PE, a new and exciting scheme which covers the areas of; Fundamental movement, Games, Gymnastics, Dance, Athletics, Swimming, Health & Fitness and Outdoor and Adventurous Activity.

PE is taught through aspects of specialist teaching, with a subject specialist teacher playing a role in promoting this subject, via delivery or coaching of others. From here class teachers and higher level teaching assistants (HLTAs) are empowered and confident to further delivery of the PE curriculum from EYFS up to Year 6.

Taught PE is only seen as one element of our wider offer which includes, supporting health and mental well-being, clubs and activities, sports events, inclusion, enrichment and community health.

In delivering this wide and expansive offer our aim is to:

- ✓ To ensure that children are physically active and that they develop positive and enjoyable attitudes to physical activity and healthy life styles;
- ✓ To enable each child to experience a sense of achievement through physical activity and to develop positive attitudes towards them;
- ✓ To ensure that children develop a knowledge of safety and appreciation of the principles of safe practice;
- ✓ To develop in all children a sense of self-worth and an appreciation of the differing abilities of others;
- ✓ To promote a sense of fair play based on rules and the conventions of activities, thus developing positive sporting behaviour;
- ✓ To improve observational skills and the ability to assess the effectiveness of performance;
- ✓ To ensure that all children have equal access to all areas of Physical Education and that all space, facilities and equipment in the school be available to both boys and girls;
- ✓ To identify children with special needs and to provide the support necessary to meet these needs in Physical Education;
- ✓ To know how to conduct themselves in sporting competitions and accept authority;
- ✓ To encourage pupils to develop social skills in activities involving co-operation and collaboration, responsibility, personal commitment, loyalty and teamwork



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PE Curriculum



Through an experiential and physical EYFS curriculum, focusing on physical early learning goals, young children should be forming the basic skills which prepare them for National Curriculum Key Stage 1 PE outcomes. They should develop fundamental movement skills, have opportunities to extend their agility, balance and coordination, both individually and with others and they should be aiming to develop basic movements including running, jumping, throwing and catching.

Working as Athletes in EYFS

NURSERY

Autumn 1

DANCE

- Children explore space and how to use space safely
- Explore traveling actions, shapes and balances
- Copy actions
- Repeat actions
- to use counting to help them keep in time with the music
- Perform to others.

Spring 1

GYMNASTICS

- Explore basic movements
- Create shapes, balances, jumps and rolls
- Begin to understand using levels and directions when travelling and balancing

Summer 1

BALL SKILLS

- Develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball.
- Develop their fine and gross motor skills through a range of game play with balls
- Develop decision making
Work independently and with a partner

RECEPTION

Autumn 1

DANCE

- Children explore space and how to use space safely.
- They explore travelling movements, shapes and balances.
- Remember actions to use counting to help them keep in time with the music
- Provide simple feedback

Spring 1

GYMNASTICS

- Explore basic movements, creating shapes and balances, jumps and rolls.
- Show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus
Copy, create, remember and repeat short sequences.

Summer 1

BALL SKILLS

- Develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball.
- Develop fine motor skills through using a variety of equipment
- Work independently and with a partner
- Use simple tactics



St Bernadette's RC Primary School

PE Curriculum



Working as Athletes in KEY STAGE 1 YEAR A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
DANCE <ul style="list-style-type: none"> Travelling Movement skills Balancing Copy and repeat actions Explore levels, shapes, directions and speeds Give feedback using dance terminology 	FITNESS <ul style="list-style-type: none"> Develop agility, balance, co-ordination, speed and stamina Complete challenges Develop teamwork skills <p>Work for longer periods of time</p>	GYMNASTICS <ul style="list-style-type: none"> Jumping, rolling balancing and travelling. Learn to work safely with and around others and whilst using apparatus. Explore and develop gymnastics actions Understand the use of levels, directions and shapes when travelling and balancing Provide feedback to their peers 	TARGET GAMES <ul style="list-style-type: none"> Aim using both underarm and overarm actions Learn how to score points and play to the rules Throw, roll and strike towards a target Work individually, in pairs and small groups and begin to self-manage their own activities 	BALL SKILLS <ul style="list-style-type: none"> Throwing and catching a ball Rolling a ball Hit a target <p>Work independently and collaboratively with peers</p>	ATHLETICS <ul style="list-style-type: none"> Running at different speeds, changing direction, jumping and throwing Perform skills and measure performance Identify areas of strength as well as areas to develop <p>Work collaboratively and independently</p>
FUNDAMENTAL SKILLS <ul style="list-style-type: none"> Explore the following skills in isolation as well as combination: balancing, running, jumping, hopping, skipping Identify areas of strengths as well as areas for improvement Work collaboratively <p>Share ideas and take turns</p>		SENDING & RECEIVING <ul style="list-style-type: none"> Develop throwing and catching Apply their skills individually and within a group Use equipment to send and receive a ball <p>Apply their skills to different situations</p>		INVASION GAMES <ul style="list-style-type: none"> Send, receive and dribble a ball. Develop their understanding of attacking and defending Dribble with both feet and hands Opportunity to play uneven and even sided games. Learn how to score points in these types of games and how to play to the rules 	



St Bernadette's RC Primary School
PE Curriculum



Working as Athletes in KEY STAGE 1 YEAR B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
GYMNASTIC <ul style="list-style-type: none"> Jumping, rolling, balancing and travelling Create movement phrases and build short sequences Travel individually and in combination to create short sequences and movement phrases Use space safely and effectively Recognise elements of high quality performance 	NET & WALL <ul style="list-style-type: none"> Learn the importance of the ready position, defending their space and sending the ball away from an opponent Develop throwing, catching and racket skills Learn to track and hit a ball Play against an opponent and over a net Demonstrate good sportsmanship and play with honesty 	DANCE <ul style="list-style-type: none"> Move to express, create a character or feeling Build on their understanding of dynamics and expression Explore timing Observe and give feedback 	STRIKING & FIELDING <ul style="list-style-type: none"> Throwing and catching, stop, retrieve and strike a ball Track and retrieve a ball Pupils learn how to score points and play to the rules. Use skills, strategies and tactics to outwit the opposition Learn how to score points 	BALL SKILLS <ul style="list-style-type: none"> Dribbling with both hands and feet Kicking a ball Work both individually, in pairs and small groups 	ATHLETICS <ul style="list-style-type: none"> Running at different speeds, changing direction, jumping and throwing Compete to improve on their own score and against others Work collaboratively and independently
FITNESS <ul style="list-style-type: none"> Develop agility, balance, co-ordination, speed and stamina Develop perseverance and show determination to work for longer periods of time Develop understanding of the benefits of exercise and a healthy lifestyle on their physical body, mood and overall health 		SENDING & RECEIVING <ul style="list-style-type: none"> Develop rolling, kicking and stopping a ball Work with different sized balls Work collaboratively with others Understand importance of keeping each other safe 		TEAM BUILDING <ul style="list-style-type: none"> Develop communication and problem solving skills Work individually, in pairs and in small groups, learning to take turns Work collaboratively and lead each other Discuss, plan and reflect on ideas and strategies Lead a partner whilst considering safety 	



Working as Athletes in LOWER KEY STAGE 2 YEAR A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
TAG RUGBY <ul style="list-style-type: none"> Attacking skills Develop strategies and social skills to self-manage games Use skills, strategies and tactics to outwit the opposition Evaluate their own and others' performances, suggesting improvements 	DANCE <ul style="list-style-type: none"> Gain inspiration from a range of stimuli, working individually, in pairs and small groups Develop the use of counting and rhythm Use canon and unison Provide feedback and utilise feedback to improve their own work 	DODGEBALL <ul style="list-style-type: none"> Throw, dodge and catch a ball Apply simple tactics to the game to outwit their opponent Evaluate and improve on their own and others performances 	GYMNASTICS <ul style="list-style-type: none"> Develop sequence work, collaborating with others to use matching and contrasting actions and shapes Linking sequences smoothly with actions that flow. Give feedback to peer performances 	ATHLETICS <ul style="list-style-type: none"> Develop running, jumping and throwing Set challenges for distance and time Think about how to achieve their greatest possible speed, distance or accuracy Work collaboratively to record results 	BALL SKILLS <ul style="list-style-type: none"> Develop accuracy and consistency when tracking a ball Develop catching with one and two hands Apply skills to group games work both individually and with others
	FITNESS <ul style="list-style-type: none"> Learn different components of fitness; speed, stamina, strength, coordination, balance and agility Opportunities to work at their maximum and improve their fitness levels Recognise areas for improvement Work with safety and control 		TENNIS <ul style="list-style-type: none"> Learn the ready position, racket control and hitting a ball Learn forehand and backhand ground strokes Learn how to score points Use skills, strategies and tactics to outwit the opposition 		ROUNDERS <ul style="list-style-type: none"> Learn how to score points by striking a ball into space and running around cones or bases Learn how to play in different fielding roles Develop their throwing, catching and batting skills Use skills, strategies and tactics to outwit the opposition.



Working as Athletes in LOWER KEY STAGE 2 YEAR B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
HOCKEY <ul style="list-style-type: none"> • Demonstrate possession of the ball • Send, receive and dribble a ball • Begin to think about defending and winning the ball • Understand the importance of playing fairly and keeping to the rules • Play even and un-even sided games 	DANCE <ul style="list-style-type: none"> • Use movement to explore and communicate ideas and issues, and their own feelings and thoughts. • Use formation and levels in their dances • Provide feedback using key terminology. • Share ideas within a group 	BASKETBALL <ul style="list-style-type: none"> • Defend, attack, throw, catch and dribble a ball • Use attacking skills to maintain possession of the ball • Play fairly and stick to the rules 	GYMNASTICS <ul style="list-style-type: none"> • Use rolling, jumping and balancing individually and in combination • Develop linking sequences • Demonstrate control in their behaviour to create a safe environment • Give feedback with terminology 	ATHLETICS <ul style="list-style-type: none"> • Develop basic running, jumping and throwing techniques. • Think about how to achieve their greatest possible speed, distance or accuracy • Pupils are also given opportunities to measure, time and record scores. 	BALL SKILLS <ul style="list-style-type: none"> • Use a variety of throwing techniques and will learn to select the appropriate throw for the situation. • Dribble with feet and hands. • Apply skills to group games • Work both individually and with others
	FUNDAMENTAL SKILLS <ul style="list-style-type: none"> • Demonstrate balancing, running, jumping, hopping and skipping. • Change direction • Explore how the body moves at different speeds • Accelerate and decelerate • Work independently and with others to identify areas of strength and areas for development 		HANDBALL <ul style="list-style-type: none"> • Demonstrate throwing, catching, dribbling, shooting • Principles of defending and attacking • Use attacking skills to maintain possession in game situations 		OAA <ul style="list-style-type: none"> • Work as a pair and small group • Plan, solve, reflect and improve on strategies • Orientate a map, identify key symbols and follow routes • Be inclusive of others and work collaboratively to overcome challenges



St Bernadette's RC Primary School
PE Curriculum



Working as Athletes in UPPER KEY STAGE 2 YEAR A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
TAG RUGBY <ul style="list-style-type: none"> Defending, attacking, throwing, catching, running and dodging Learn how to tag, how to track and slow down an opponent, working as a defensive unit Use skills, strategies and tactics to outwit the opposition Evaluate their own and others' performances 	DANCE <ul style="list-style-type: none"> Use movement to explore and communicate ideas and issues, and their own feelings and thoughts Formations, timing, dynamics Show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups Provide feedback using the correct dance terminology 	DODGEBALL <ul style="list-style-type: none"> Throwing, dodging and catching Play games independently and are taught the importance of being honest whilst playing to the rules Learn officiating skills when refereeing games 	GYMNASTICS <ul style="list-style-type: none"> Learn inverted movements including cartwheels and handstands Use variations in level, direction and pathway Use formations to improve the aesthetics of their performances Develop performance skills considering 	ATHLETICS <ul style="list-style-type: none"> Running, jumping and throwing Think about how to achieve their greatest possible speed, height Learn how to persevere to achieve their personal best. Identify areas of strength as well as areas to develop 	BALL SKILLS
	FITNESS <ul style="list-style-type: none"> Learn different components of fitness including speed, stamina, strength, coordination, balance and agility Have opportunities to work at their maximum and improve their fitness levels Recognise areas in which they make the most improvement using the scores they have collected 		BASKETBALL <ul style="list-style-type: none"> Defending, attacking, throwing, catching, dribbling and shooting Use attacking skills to maintain possession as well as defending skills to gain possession Use skills, strategies and tactics to outwit the opposition 		OAA <ul style="list-style-type: none"> Work individually, collaboratively in pairs and groups to solve problems Create strategies and plans to produce the best solution to a challenge Lead groups Learn to orientate and navigate maps



Working as Athletes in UPPER KEY STAGE 2 YEAR B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
HOCKEY <ul style="list-style-type: none"> Improve their defending and attacking skills Show control and fluency in dribbling, sending and receiving a ball Use tactics and collaborate with others to outwit their opposition Comment on their own and other's performances 	DANCE <ul style="list-style-type: none"> Think about how to use movement to convey ideas, emotions, feelings and characters Create and perform their work 	HANDBALL <ul style="list-style-type: none"> Throwing, catching, dribbling, intercepting and shooting Develop defending principles such as gaining possession of the ball, denying space and stopping goals Understanding of the rules and the importance of fair play and honesty whilst self-managing matches 	GYMNASTICS <ul style="list-style-type: none"> Combine and link actions, how to relate to a partner and apparatus, when developing sequences Build trust when working collaboratively in larger groups Develop performance skills considering the quality and control of their actions 	ATHLETICS <ul style="list-style-type: none"> Running, jumping and throwing Think about how to achieve distance and accuracy Have opportunities to lead when officiating as well as observe and provide feedback to others 	BALL SKILLS
	YOGA <ul style="list-style-type: none"> Mindfulness and body awareness Learn yoga poses and techniques that will help them to connect their mind and body Build strength, flexibility and balance Work collaboratively with others 		NETBALL <ul style="list-style-type: none"> Use a range of different passes to keep possession and attack towards a goal Use skills, strategies and tactics to outwit the opposition Show fluency and control when passing, receiving and shooting a ball Learn key rules of the game such as footwork, held ball, contact and obstruction. 		ROUNDERS <ul style="list-style-type: none"> Develop the quality and consistency of their fielding skills Throwing underarm and overarm, catching and retrieving a ball Play the different roles of bowler, backstop, fielder and batter Use skills, strategies and tactics to outwit the opposition