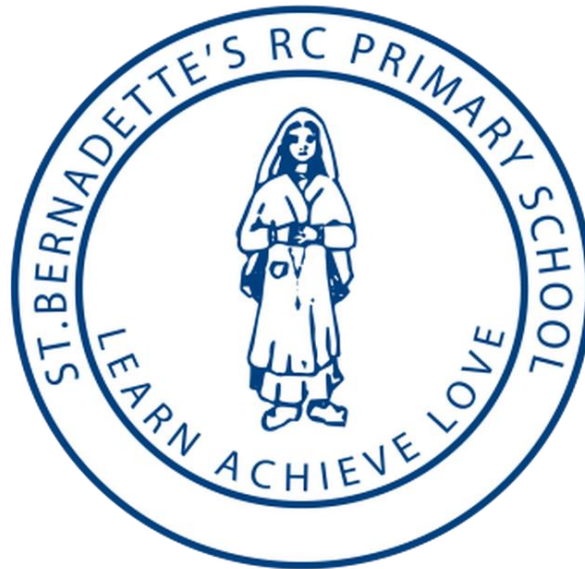


ST BERNADETTE'S RC PRIMARY SCHOOL



PE CURRICULUM



Intent

At St. Bernadette's, we believe that Physical Education (PE) is a vital part of our foundation curriculum. Our curriculum is accessible, inclusive, and encompasses a wide range of activities and sports. It aligns with The National Curriculum, utilizing the KeyPE scheme, which covers Running, Jumping, Throwing and Catching, Competitive games, Agility, Balance and Coordination, Team Games, Dance and Movement.

PE is delivered by a specialist teacher, with support from class teachers and higher-level teaching assistants (HLTAs), from EYFS to Year 6. This taught PE is part of a broader offering that includes health and well-being support, clubs, sports events, and community health initiatives.

Our aims include:

- Ensuring children are physically active and develop positive attitudes toward physical activity and healthy lifestyles.
- Enabling each child to achieve through physical activity and fostering positive attitudes.
- Teaching safety and the principles of safe practice.
- Developing self-worth and appreciation for the abilities of others.
- Promoting fair play and positive sporting behaviour.
- Improving observational skills and performance assessment.
- Providing equal access to PE for all children and ensuring facilities are available to both genders.
- Supporting children with special needs in PE.
- Teaching appropriate conduct in competitions and respect for authority.
- Encouraging social skills through cooperation, collaboration, and teamwork.

Working as Athletes in EYFS:

In our experiential EYFS curriculum, children develop fundamental movement skills that prepare them for Key Stage 1 PE outcomes. They enhance their agility, balance, and coordination while learning basic movements like running, jumping, throwing, and catching.



Working as Athletes in EYFS

- ✓ 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.

EYFS

NURSERY AND RECEPTION

Autumn 1 - ABC	Autumn 2 –	Spring 1 – Gymnastics	Spring 2 –	Summer 1 – Sending and receiving	Summer 2 -
<ul style="list-style-type: none"> Combine movements with ease and fluency Explore, use and refine a variety of ways to travel through equipment Work kindly and effectively in small groups Complete simple movement patterns with and without equipment Travel with awareness of others 		<ul style="list-style-type: none"> Perform a variety of rolls and rocks Climb safely under, over or through a variety of apparatus Perform a variety of ways to travel both with and without apparatus/equipment Hold a variety of balances using different body parts Work individually and in pairs when following instructions Make good decisions when using apparatus/equipment 		<ul style="list-style-type: none"> Send and receive a large ball Send and receive a variety of equipment Send to a target Receive a rolling object Start to recognise speed/force/power Begin to make their own decisions of when/how to send Enjoy working in small groups 	



KEY STAGE 1 YEAR A

Autumn 1 – ABC	Autumn 2 – SAQ	Spring 1 – Gymnastics	Spring 2 – Dance	Summer 1 – Football	Summer 2 – Athletics
<ul style="list-style-type: none"> • Demonstrate body control while moving and travel with awareness of their surroundings and other people. • Show coordination and balance in both small and large movements and exhibit control and balance while navigating through various equipment. • apply agility, balance, and coordination both individually and in group activities. • Master fundamental movements, such as running and jumping, and encourage their peers to persist in their efforts. • Display determination over extended periods and share their ideas with others in their group. 	<ul style="list-style-type: none"> • Children use the balls of their feet to navigate through equipment and maintain good balance during ladder drills. • Keep their eyes forward while using various equipment and demonstrate proper body mechanics both with and without equipment. • Execute smooth movements while interacting with the equipment and work on improving their spatial awareness. 	<ul style="list-style-type: none"> • Children move confidently and safely around others and various apparatus and equipment. • Apply balance, agility, and coordination while performing gymnastic skills. • Execute a variety of gymnastic skills, including the demonstrate simple movement patterns and a variety of rolls. • Children perform simple sequences both individually and with a partner • They know, apply, and understand the key skills that contribute to a successful performance. 	<ul style="list-style-type: none"> • Children can move their bodies in response to a rhythm and match their actions to movements using their own imagination. • Smoothly transition from one dance movement to another and remember simple dance steps, performing them in a controlled manner. 	<ul style="list-style-type: none"> • Children use both feet when dribbling and employ different parts of the foot to control the ball. • Demonstrate awareness while in possession of the ball and can change speed while maintaining control. • Recognize space on the pitch and are able to change direction with the ball effectively. 	<ul style="list-style-type: none"> • Understand running speeds depending on distance and equipment • Throw with coordination force, distance, control and accuracy Select appropriate speed when travelling at a variety of distances • Apply effective use of balance, agility and coordination when competing against others • Know, apply and understand key skills of a good performance



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<p>Awareness</p> <ul style="list-style-type: none"> Children exhibit good awareness of their peers in both small and large areas, prioritizing safety. Effectively use changes in speed and direction and demonstrate quick decision-making and good timing when traveling past others and using equipment. Travel with awareness while maintaining control of the equipment and show good awareness when competing against others. they know, apply, and understand the key skills that contribute to a successful performance. 		<p>Attack and Defend</p> <ul style="list-style-type: none"> Apply simple attacking and defending techniques Quick changes of direction changes and speeds awareness Participate in team games, which develop simple tactics for attacking and defending Compete against others as individuals and in small teams Maintain control and balance Begin to contribute to discussions and suggest some tactics to improve Begin to play with confidence 		<p>Basketball</p> <ul style="list-style-type: none"> Push the ball when bouncing Keep control when the ball is bouncing low and high Show awareness when in control of the ball Change speed with control of the ball Recognise space on the pitch Pass and receive over short distances 	
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KEY STAGE 1 YEAR B					
Autumn 1 – Sending and receiving	Autumn 2 – SAQ	Spring 1 – Gymnastics	Spring 2 – Basketball	Summer 1 – Competitive	Summer 2 – Athletics
<p>Throw to a target Throw a wide range of equipment at different targets Use a variety of equipment to send and receive to a partner Demonstrate and understand receiving techniques Demonstrate and understand sending techniques Know and understand how to use equipment safely and with control Master throwing and catching techniques Know, apply and understand key skills of a good performance</p>	<ul style="list-style-type: none"> • Use balls of feet to complete equipment • Use good balance through ladder drills • Look forward when using equipment • Use good body mechanics with and without equipment • Smooth action through equipment • Improve spatial awareness 	<ul style="list-style-type: none"> • Move confidently and safely around others and apparatus/equipment. • Apply balance agility and coordination whilst performing gymnastic skills. • Performed a variety of gymnastic skills: Pencil roll, Star shape, Tuck, Straddle, Pike, Front and back support, Jumps Perform simple movement patterns. • 	<ul style="list-style-type: none"> • Use both hands when dribbling • Keep control when bouncing the ball at different heights • Show awareness when in control of the ball • Change speed with control of the ball • Recognise space on the pitch • Change direction with the ball 	<ul style="list-style-type: none"> • Defend an area when faced with an opponent • Attack an area when faced with an opponent • Compete against yourself and/or others Apply ABC skills where appropriate • Compete against others using a variety of equipment • Start to develop a knowledge of a variety of skills • Develop competence to excel in a broad range of physical activities • Know, apply and understand key skills of a good performance • Begin to play with confidence and a freedom to take risks 	<ul style="list-style-type: none"> • Develop awareness of speed and distance • Run at different speeds and durations • Awareness of distance when throwing objects • Travel with coordination and control • Throw with an appropriate force • Throw a range of equipment at different targets • Master basic movements, including running, jumping, throwing and catching • Develop balance, agility and coordination and begin to apply these in a range of activities



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Awareness		Attack and defend		Striking and fielding	
<ul style="list-style-type: none"> • Show awareness of space and other children • Use equipment safely • Travel with awareness whilst maintaining control of a ball/equipment • Travel with a ball/equipment showing changes of speed and direction • Master basic movements, including running and jumping 		<ul style="list-style-type: none"> • Children to use good awareness of other children in small and large areas with safety • Effective use of change of speed and direction • Demonstrate quick decisions and good use of timing when travelling past others and when using equipment • Travel with good awareness whilst maintaining good control of equipment • Show good awareness when competing against others • Know, apply and understand key skills of a good performance 		<ul style="list-style-type: none"> • Apply receiving techniques (getting on line with the ball). • Demonstrate quick decisions when striking and fielding. • Send and receive with some accuracy. Strike a ball off a tee and a drop feed. • Explain and demonstrate the importance of weight when sending and receiving. • Know, apply and understand key skills of a good performance. 	



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LOWER KEY STAGE 2

Working as ? in Lower Key Stage 2

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LOWER KEY STAGE 2 YEAR A

Autumn 1 – Basketball	Autumn 2 - ABC	Spring 1 – Dance	Spring 2 – Gymnastics	Summer 1 – Attacking and defending	Summer 2 - Football
<ul style="list-style-type: none"> Bounce the ball with good control Show awareness when dribbling with the ball Change direction and speed with good control of the ball Use communication effectively when defending and attacking Use both hands effectively when dribbling Attack quickly when in possession of the ball 	<ul style="list-style-type: none"> Travel with awareness of others when travelling at speed in different spaces. Negotiate space within a game to make quick decisions. Know and explain when to speed up and when to slow down Recognise when to use effective changes of speed and direction when competing in a game Demonstrate control, coordination, agility and balance when travelling through equipment Apply basic principles suitable 	<ul style="list-style-type: none"> Complete dance moves to a count of 8 Create own dance sequence using appropriate actions Perform basic dance actions with control and fluency Chose appropriate movements for dance 	<ul style="list-style-type: none"> Move confidently and safely Apply balance agility and coordination whilst performing gymnastic skills. Compare performances with previous ones and demonstrate improvements to achieve personal best. Link actions to create sequences of movements. Know, apply and understand key skills of a good performance. Explore apparatus, demonstrate control, balance and co-ordination. Perform a forward roll from a high start position. 	<ul style="list-style-type: none"> Take up appropriate fielding position in relation to other children and the batter. Affect others with good communication and organisation skills when taking up fielding positions in relation to the batter. Strike a ball from a bobble feed (ball bouncing towards batter) Bowl to a target only allowing one bounce Describe batting techniques. Describe techniques for accurate bowling Adapt ideas for striking and fielding strategies. 	<ul style="list-style-type: none"> Show awareness when in possession of the ball Select correct part of the feet when shooting and passing Show and describe good play when attacking Use communication when defending and attacking Recognise and exploit space with and without the ball Attack defenders when presented with 1v1s



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	<ul style="list-style-type: none"> for attacking and defending. Link hopping jumping and running together when travelling through a variety of equipment. Compare own performances with previous ones and identify areas for improvement 		<ul style="list-style-type: none"> Combine movements, actions and balances individually or collaboratively to create a routine. 	<ul style="list-style-type: none"> Play with confidence and a freedom to take risks. 	
	<p>SAQ</p> <ul style="list-style-type: none"> Complete equipment with good body motion and posture Select correct part of the feet to travel on Recognise space when travelling Time runs to arrive at empty equipment Good flow of speed throughout equipment Ability to change direction and speed 		<p>Striking and Fielding</p> <ul style="list-style-type: none"> Take up appropriate fielding position in relation to other children and the batter. Affect others with good communication and organisation skills when taking up fielding positions in relation to the batter. Strike a ball from a bobble feed (ball 		<p>Athletics</p> <ul style="list-style-type: none"> Develop an awareness of time, speed and distance. Select appropriate speed when travelling at a variety of distances. Apply running techniques to improve performance. Apply throwing techniques to improve performance. Throw with coordination force, distance,



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			<p>bouncing towards batter)</p> <ul style="list-style-type: none"> • Bowl to a target only allowing one bounce Describe batting techniques. • Describe techniques for accurate bowling • Adapt ideas for striking and fielding strategies. • Play with confidence and a freedom to take risks. 		<p>control and accuracy. Take off, jump and land using one foot, two feet and alternate feet, demonstrating control and balance.</p> <ul style="list-style-type: none"> • Know, identify and apply running and jumping techniques, in combination, when attacking hurdles. • Develop an understanding of how to improve and evaluate own/others performance. • Compete in a relay race and be able to describe and explain techniques for a good changeover.
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LOWER KEY STAGE 2 YEAR B					
Autumn 1 – SAQ	Autumn 2 – Sending and receiving	Spring 1 – Attacking and defending	Spring 2 – Gymnastics	Summer 1 – Basketball	Summer 2 – Competitive
<ul style="list-style-type: none"> Show good body mechanics when traveling through equipment Apply technical information to movement with and without equipment Change direction at speed with good balance Bend knees to gain a good start and change of direction Complete equipment with a smooth body motion 	<ul style="list-style-type: none"> Use a variety of equipment to send and receive to a partner with consistency and over a variety of distances. Master throwing and catching techniques. Know, apply and understand key skills of a good performance when maintaining possession. Receive from a variety of heights, speeds, distances and angles. Maintain control when travelling with equipment during a game. Identify space when sending and receiving. Make good decisions of how to maintain possession through use of space. Explain and apply a variety of receiving techniques. Effective communication/signals to help maintain possession. Recognise when to travel or when to pass. 	<ul style="list-style-type: none"> Tag games Games that include guards or defenders Games that race against the clock, for example, encourages quick play Ball games that recognise space, distance and awareness of others Opportunity to compete against others as a team and as an individual Games that allow children to compete 1 V 1 or 2 v 2 Repeat games changing the equipment (basketball-Hockey) 	<ul style="list-style-type: none"> Move confidently and safely around others and apparatus/equipment. Apply balance agility and coordination whilst performing gymnastic skills. Evaluate own and other performances and make suggestions for improvements. Link actions to create sequences of movements, including: Roles, cartwheels, variety of jumps, balances, different heights and ways of travelling. Show a good understanding of how to improve and evaluate own performance/s. Make good decisions when exploring apparatus, demonstrate control, balance and coordination. 	<ul style="list-style-type: none"> Show awareness when in possession of the ball Bounce the ball at correct height when dribbling Receive away from opposition players Use communication effectively when defending and attacking Play quickly when in possession of the ball Attack defenders when presented with 1v1s 	<ul style="list-style-type: none"> As a team defend a goal when faced with opponents As a team attack a goal when faced with opponents Compete against yourself and/or others using a variety of equipment across several different sports. Start to develop a knowledge of a variety of skills and how to improve performances Develop competence to excel in a broad range of physical activities Start to create ideas for simple strategies and tactics Compare own performances with previous ones and identify areas for improvement Play with confidence and a freedom to take risks.



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			<ul style="list-style-type: none"> Perform a forward roll from a high start position finishing in a high finish. 		
	<p>Dance</p> <ul style="list-style-type: none"> Perform basic dance actions with control and fluency Choose appropriate movements for actions Complete dance sequence using appropriate actions Remember simple dance steps and perform in a controlled manner Perform a short sequence using different body shapes and movements 		<p>Striking and fielding</p> <ul style="list-style-type: none"> Apply a variety of strategies when fielding (Identifying batters' weaknesses) Apply a variety of strategies when batting (Identifying fielders' weaknesses) Take up appropriate fielding position in relation to other children and the batter. Affect others with good communication and organisation skills when taking up fielding positions in relation to the batter. Strike a ball consistently from a bowler's delivery (one bounce). Can throw accurately over different distances. Describe and explain batting techniques. Identify and apply correct footwork and 		<p>Athletics</p> <ul style="list-style-type: none"> Select appropriate speed when travelling at a variety of distances Apply running techniques to improve performance Apply throwing techniques to improve performance Throw with coordination force, distance, control and accuracy Take off, jump and land demonstrating control and balance Compete against others in a variety of events/games Demonstrate resilience when participating in activities. Compare own performances with previous ones



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			<p>body position when attacking a moving ball.</p> <ul style="list-style-type: none">• Know when and how to take risks when batting		
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UPPER KEY STAGE 2

Working as Athletes in Upper Key Stage 2

INSERT KEY SKILLS HERE

UPPER KEY STAGE 2 YEAR A

Autumn 1 – Netball	Autumn 2 - ABC	Spring 1 – Attacking and defending	Spring 2 – Gymnastics	Summer 1 – Striking and fielding	Summer 2 – Football
<ul style="list-style-type: none"> Develop receiving skills within the rules of the game Select the correct pass when under small pressure from opposition Pass and move to keep possession Play forward passes to travel towards the opposition goal with speed Develop skills and tactics during small-sided games Show and describe how to find space away from an opposition 	<ul style="list-style-type: none"> Travel with awareness of others when travelling at speed and complete more complex foot patterns. Negotiate space within a game to make quick decisions. Demonstrate good awareness when travelling through equipment whilst maintaining control of a bouncing ball. Recognise when to use effective changes of speed when competing in a game. Demonstrate control, coordination, agility, balance and good body posture when travelling through equipment. 	<ul style="list-style-type: none"> Travel with control of equipment when travelling at speed or competing against others Create and apply strategies suitable for attacking and defending. Make quick decisions whilst competing against others. Defend an area 2 v 2, 3 v 3. Attack an area 2 v 2, 3 v 3. Attack with speed and control Exploit space when attacking Recognise when to tackle or when to defend a space 	<ul style="list-style-type: none"> Transition from skill to skill with good flow and balance incorporating canon. Develop more complex use of apparatus into a sequence. Master a variety of skills and include them in a routine, including: Rolls with different start and finish positions, Cartwheels, handstands, movements/transitions, leaps, jumps, twists, canon, synchronised, symmetry, taking weight on hands or different body parts, counter balance/tension in groups Work collaboratively with others to improve a performance. 	<ul style="list-style-type: none"> Show good awareness of bowling and fielding strategies when striking a ball (shot selection, areas to exploit) Set up appropriate fielding positions as a team and as an individual. React to situations presented by batting children (left/right hand batters previous shot selections/batting form) Identify, explain and suggests ways to improve a variety of batting techniques. Perform an over arm bowl at a 	<ul style="list-style-type: none"> Use close control when dribbling tight areas Select the closest foot to the ball when dribbling and passing Pass and move to keep possession Play forward passes to travel towards the opposition goal with speed Develop skills and tactics during small-sided games Show and describe how to find space away from opposition



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	<ul style="list-style-type: none"> • Apply basic principles suitable for attacking and defending. • Compare own performances with previous ones and identify areas for improvement. • Demonstrate resilience when participating in activities. • Apply a range of skills that could offset defenders. Adapt movements in response to other children's actions, movements/locations. • Demonstrate fast reactions, control and balance and good body posture when travelling past others 	<ul style="list-style-type: none"> • Demonstrate an awareness of others and space to attack • Identify areas for improvement from your own teams performance and make suggestions for development • Demonstrate resilience when participating in activities 	<ul style="list-style-type: none"> • Reflect, suggest and demonstrate an understanding of how to improve and evaluate own/others performances. • Create, combine and perform more complex balances and movements, with fluency and control. • Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. 	<p>variety of lengths still maintaining good accuracy and speed.</p> <ul style="list-style-type: none"> • Use effective communication when batting and make quick decisions as a pair/group. • Play with confidence and a freedom to take risks. 	
	<p>SAQ</p> <ul style="list-style-type: none"> • Travel with smooth body motion • Increase foot speed through ladders and hurdles • Land on the balls of feet to change 		<p>Tactics and Strategy</p> <ul style="list-style-type: none"> • Identify explain and apply different ideas of how to improve a range of tactics and strategies that could be used in a variety of 		<p>Athletics</p> <ul style="list-style-type: none"> • Apply an awareness of time, speed and distance. • Select appropriate speed when travelling at a variety of distances.



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	<p>direction and speed</p> <ul style="list-style-type: none"> • Increase explosive speed over a short distance • Develop good body mechanics and balance • Show and describe benefits of SAQ and how it links to other sports 		<p>different sports.</p> <ul style="list-style-type: none"> • Highlight areas that could be improved in the following areas: Own performance (as an individual) • Teams performance • Opposition performance • Defend a goal as a small team, identifying and applying individual's roles and responsibilities when outnumbered. • Attack a goal as a small team, identifying and applying individual's roles and responsibilities when outnumbered. • Use effective communication during a game 		<ul style="list-style-type: none"> • Apply running techniques to improve performance. • Develop a suitable jumping technique for a vertical jump, including take off and flight. • Apply throwing techniques to improve performance. • Throw with coordination, force, distance, control and accuracy. • Take off, jump and land demonstrating control and balance from standing and a running start. • Learn how to hop, step and jump from a standing start. • Perform a triple with a
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			<p>to help maintain focus of tactics and strategies.</p> <ul style="list-style-type: none"> Effectively create and use space for self and others to outwit an opponent. 		<p>variety of foot patterns. Compete against others in a variety of events/games.</p> <ul style="list-style-type: none"> Compare their own performances with previous ones. Identify, describe, and evaluate others performance through observation. Demonstrate resilience when participating in activities. Compete in a relay race, maintaining speed throughout change over. Create and develop tactics and strategies for when competing as an individual
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					<p>and as a team whilst competing in a variety of athletic events.</p> <ul style="list-style-type: none">• Explain the importance of breathing techniques and the effect it can have on the body
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UPPER KEY STAGE 2 YEAR B					
Autumn 1 – Netball	Autumn 2 – Sending and Receiving	Spring 1 – Attack and Defend	Spring 2 – Gymnastics	Summer 1 – Striking and fielding	Summer 2 – Competitive
<ul style="list-style-type: none"> Develop receiving skills within the rules of the game Select the correct pass when under small pressure from opposition Pass and move to keep possession Play forward passes to travel towards the opposition goal with speed Develop skills and tactics during small-sided games Show and describe how to find space away from opposition 	<ul style="list-style-type: none"> Master a variety of sending and receiving techniques through a range of in game situations and scenarios. Know, apply and understand key skills when regaining possession and maintaining possession in a game situation. Maintain control when dribbling with equipment, selecting the best time to pass, and selecting the best choice of pass to make. Identify space when sending and receiving, allowing your team to create the best chances to score. Identify, explain, implement and 	<ul style="list-style-type: none"> Travel with control of a variety of equipment when travelling at speed or competing against others in pressure situations. Create and apply strategies suitable for attacking and defending, that could be used in a variety of sports. Make quick decisions that can affect play when competing against others. Defend an area 4v4, 5v5 using suitable strategies and teamwork Attack an area 4v4, 5v5 using suitable strategies and teamwork. Attack with speed and control to exploit space when attacking as a team. Recognise when to tackle or when to 	<ul style="list-style-type: none"> Transition from skill to skill with good flow, control and balance. Identify areas for improvement within your own performance. Observe/score other groups giving feedback, whilst explaining judges scoring systems for gymnastics. Link complex actions and skills to create a sequence, including: Variety of rolls, canon, synchronise actions, symmetry, different start/finish positions, counterbalance/counter tension, jumps. Work collaboratively with others to improve a performance. Include different apparatus into a sequence. Demonstrate an understanding of how to improve and evaluate own performance/s. 	<ul style="list-style-type: none"> Show good awareness of bowling and fielding strategies when striking a ball (shot selection, areas to exploit) Set up appropriate fielding positions as a team and as an individual. React to situations presented by batting children (left/right hand batters previous shot selections/batting form) Identify, explain and suggests ways to improve a variety of batting techniques. Perform an over arm bowl at a variety of lengths still maintaining good accuracy and speed. Use effective 	<ul style="list-style-type: none"> Defend as a team in a chosen sport, in modified game scenarios. Develop a number of strategies and tactics that outwit and confuse opposition during a game. Attack as a team in a chosen sport, in modified game scenarios. Create Ideas of how to counter attack/attack quickly, when faced with a team of defenders. Demonstrate resilience when participating in activities and encourage others to do the same. Play with confidence and know when/where to take risks, when



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	<p>suggest improvements on different sending and receiving techniques in a variety of sports.</p>	<p>defend a space, whilst setting traps for opposition.</p> <ul style="list-style-type: none"> Demonstrate an awareness of others and how to create a counterattack 	<ul style="list-style-type: none"> Use strength and flexibility to improve the quality of actions. Suggest to others, different ways to improve performances. 	<p>communication when batting and make quick decisions as a pair/group. Play with confidence and a freedom to take risks.</p>	<p>trying to win a game.</p> <ul style="list-style-type: none"> Compete within the rules, showing fair play and honesty, when playing independently and as a small team
	<p>SAQ</p> <ul style="list-style-type: none"> Travel with smooth body motion Increase foot speed through ladders and hurdles Land on the balls of feet to change direction and speed Increase explosive speed over a short distance Develop good body mechanics and balance Show and describe benefits of SAQ and how it links to other sports 		<p>Rugby</p> <ul style="list-style-type: none"> Encourage changes of direction and speed when attacking 1v1 Improve decision making to know when to pass and when to run with the ball Play quick passes to keep possession Encourage creative play during game situations to exploit space 		<p>Athletic</p> <ul style="list-style-type: none"> Apply an awareness of time, speed and distance. Select appropriate speed when travelling at a variety of distances. Accelerate from a start position. Run over hurdles with fluency and consistency with a concise and consistent stride pattern. Apply, refine and identify correct



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			<ul style="list-style-type: none"> • Develop skills and tactics during small-sided games • Variety of games to develop passing and receiving techniques 		<p>throwing techniques for distance and accuracy.</p> <ul style="list-style-type: none"> • Throw with coordination, force, distance, control and accuracy. • Take off, jump and land demonstrating control and balance. Compete against others in a variety of events/games. Learn how to hop, step and jump from a running start. • Develop an understanding, through working with others, of how to improve and evaluate own/others performances. • Demonstrate resilience when participating in activities. • Compete in a relay race, maintaining speed, endurance, and fluent changeovers.
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					<ul style="list-style-type: none">• Create and develop tactics and strategies for when competing as an individual and as a team when competing in a variety of athletic events.• Apply throwing techniques to develop power and accuracy.
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