

Curriculum Overview: PE

'The only one who tells you that 'You can't win!' - is you and you don't have to listen'
Jessica Ennis

Our children live in an ever-changing, rapidly advancing world where new knowledge and new skills need to be acquired, understood and mastered at a rate previously unheard of.

We aim to enable children to learn the full range of knowledge, skills and understanding in order to appreciate their world as well as recognising and embracing their role in becoming citizens who make a positive contribution to our society; now and in the future.

Our community and it's environment help shape the way in which we structure learning opportunities. We balance the celebration of all positive aspects of our local context with the ability to look beyond the Furness Peninsula in order to understand and embrace the wider world.

We are totally committed to learning of the highest standard in academic, personal and social forms and have these aspirations for all children in our care.

Our aim is to promote a love of sport, an enjoyment of physical activity and an understanding of the importance of a healthy lifestyle for all children. We aim to build both confidence and a competency through a progressive curriculum which draws on the National Curriculum aims and subject content. Children are taught a broad range of skills which are transferrable to individual and team games. Children are taught using a range of equipment and specialist sports coaches are employed to further support our provision. All children are taught to develop their skills and how to use these in a safe and competitive way.

Throughout each year group all children have the opportunity to represent the school in sporting competitions and festivals with further opportunities provided for gifted and talented and SEND pupils. In addition to developing children's physical skills, we also focus on good sportsmanship, fair play and team work through our sporting values. These link with sporting values used in school competitions and festivals. Throughout the PE curriculum we aim to promote the importance of a healthy and active lifestyle by providing engaging activities and new opportunities for all.



Planning Progression:

Y3/Y4 Cycle A Gymnastics	<ul style="list-style-type: none"> To explain how strength and suppleness can affect performance To develop flight from feet off the floor and apparatus To land with control using different body shapes in flight To create a sequence to link a roll, balance and jump
Athletics	<ul style="list-style-type: none"> To sprint in a straight line with good technique To understand the relay and passing the baton To ensure jumps are performed with bent knees for safety To understand which technique is most effective when jumping for distance To throw a range of equipment in different ways
Games	<ul style="list-style-type: none"> To throw and catch with control To understand the terms attack and defence To be aware of space and use it to support team mates / cause problems for opponents To know and use rules fairly To play small sided games To recognise own successes
Swimming	<ul style="list-style-type: none"> To use a recognised stroke to swim at least 25m To use at least 2 different strokes effectively To float without the use of aids To leave the pool without using the steps To swim a minimum of 10m wearing everyday clothing To understand how to keep safe and avoid dangers in / around water To tread water for 3 minutes To perform a safe self-rescue in open water
Outdoor Adventurous	<ul style="list-style-type: none"> To orientate themselves with increasing confidence and accuracy around a short trail To identify symbol used on a key To associate the meaning of a key in the context of the environment To identify and use effective communication to begin working as a team To begin to complete activities in a set time To begin to offer an evaluation of personal performances and activities

Y3/Y4 Cycle B Gymnastics	<ul style="list-style-type: none"> To work in a controlled way To smoothly perform travelling movements To work with a partner to create, repeat and improve a sequence Link a roll with a travel and balance using good body control Show an awareness to improve placement and alignment of body parts
Athletics	<ul style="list-style-type: none"> To run consistently and smoothly at different speeds To understand and choose appropriate running techniques To perform a range of jumps with increased control and good technique To throw into a target area accurately and with power
Games	<ul style="list-style-type: none"> To throw and catch accurately To hit a ball accurately with control

	<ul style="list-style-type: none"> To keep possession of a ball To apply some tactics during a game To move to stop a ball/object reaching a target To recognise areas for improvement
Swimming	<ul style="list-style-type: none"> To use a recognised stroke to swim at least 25m To use at least 2 different strokes effectively To float without the use of aids To leave the pool without using the steps To swim a minimum of 10m wearing everyday clothing To understand how to keep safe and avoid dangers in / around water To tread water for 3 minutes To perform a safe self-rescue in open water
Outdoor Adventurous	<i>Alternate annual residential visit to Lakeside YMCA</i>

Y5/Y6 Cycle A Gymnastics	<ul style="list-style-type: none"> To create and perform matching/mirroring sequences varying the levels and direction To move into and out of balances in various ways To link movements using floor and apparatus Include a change in speed, direction and shape in movements Share ideas and give positive criticism / advice to self and others
Dance	<ul style="list-style-type: none"> To respond to music to express a variety of moods and feelings To recognise beginning/middle/end of a dance To combine moving, pausing and stillness to create a sequence To repeat, remember and perform simple step patterns To perform steps with increased accuracy and in time to music To begin to compare performances to help with improvements
Athletics	<ul style="list-style-type: none"> To run maintaining pace relative to distance To demonstrate stamina To show control when taking off and landing in jumps To explore different footwork patterns when jumping To throw for distance with good control and power
Games	<ul style="list-style-type: none"> To gain possession by working in a team To pass in different ways To use a number of techniques to pass/dribble/shoot To handle a ball with control and consistency To apply attacking and defending strategies To use the performances of others to help with self-improvement
Outdoor Adventurous	<ul style="list-style-type: none"> To orientate themselves with increasing confidence and accuracy around a course To design course that can be followed and offers some challenge to others To use clear communication to effectively complete a particular role within a team To complete activities as part of a team and independently To describe how their performance has improved over time To complete a course more than once- modify their skills or techniques to achieve a better result

<p>Y5/Y6 Cycle B Gymnastics</p>	<p>To combine action, balance and shapes to create 6-8 piece sequence to music To link sequences to specific timings To refine and perform complex extended sequences Demonstrate a good awareness of body placement and alignment Combine own work with that of others identifying strengths and weaknesses</p>
<p>Dance</p>	<p>To show fluency and control in chosen moves To compose own dance in a creative way To perform extended step patterns with clarity, fluency, accuracy and consistency To perform in front of an audience To choose own music and style To compare performances/rehearsals in order to demonstrate improvements</p>
<p>Athletics</p>	<p>To understand and use the correct technique for running at speed To identify and apply techniques of relay running Combine running and jumping To understand and use effective technique when jumping for distance Throw safely and with understanding</p>
<p>Games</p>	<p>To play agreed rules demonstrating the sporting values To explain rules to others To implement rules by umpiring a game To communicate a plan to a team To lead others in a game situation To play different positional roles in a game situation To follow advice from others to help demonstrate improvements</p>
<p>Outdoor Adventurous</p>	<p><i>Alternate annual residential visit to Winmarleigh Hall</i></p>