

## P.E. Curriculum

<b>Key Stage 1</b>	<b>Key Stage 2</b>
<ul style="list-style-type: none"> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> <li>• Perform dances using simple movement patterns.</li> <li>• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</li> </ul>	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis and apply basic principles suitable for attacking and defending.</li> <li>• Take part in gymnastics activities.</li> <li>• Take part in athletics activities.</li> <li>• Perform dances.</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>• Swimming and water safety: take swimming instruction either in Key Stage 1 or Key Stage 2.</li> </ul>

		<b>Milestone 1</b>	<b>Milestone 2</b>	<b>Milestone 3</b>
<p>To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<p>Games</p>	<ul style="list-style-type: none"> <li>• Use the terms 'opponent' and 'team-mate'.</li> <li>• Use rolling, hitting, running, jumping, catching and kicking skills in combination.</li> <li>• Develop tactics.</li> <li>• Lead others when appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Strike a ball and field with control.</li> <li>• Choose appropriate tactics to cause problems for the opposition.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</li> <li>• Pass to team mates at appropriate times.</li> <li>• Lead others and act as a respectful team member.</li> </ul>	<ul style="list-style-type: none"> <li>• Choose and combine techniques in game situations (run, throw, catch, jump, kick, etc.)</li> <li>• Work alone, or with mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Use forehand and backhand when playing racket games.</li> <li>• Field, defend and attack tactically by anticipating direction of play.</li> <li>• Choose the most appropriate tactics for the situation.</li> </ul>

				<p>game.</p> <ul style="list-style-type: none"> <li>• Uphold the spirit of play and respect in a competitive situation</li> <li>• Lead others when called upon and act as a good model within a team.</li> </ul>
	Dance	<ul style="list-style-type: none"> <li>• Copy and remember moves and positions.</li> <li>• Move with careful control and coordination.</li> <li>• Link two or more actions to perform a sequence.</li> <li>• Choose movements to communicate a mood, feeling or idea.</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Create dances and movements that convey a definite idea.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• Compose creative and imaginative dance sequences.</li> <li>• Perform expressive and hold a precise and stable body posture.</li> <li>• Perform and create complex sequences.</li> <li>• Express an idea in an imaginative way.</li> <li>• Plan to perform with energy, slow grace or themes and maintain this throughout a piece.</li> <li>• Perform complex movements that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands)</li> </ul>
	Gymnastics	<ul style="list-style-type: none"> <li>• Copy and remember actions.</li> <li>• Move with some control and awareness of space.</li> <li>• Link two or more actions to make a sequence.</li> <li>• Show contrasts (such as small/tall, straight/curved)</li> </ul>	<ul style="list-style-type: none"> <li>• Plan, perform and repeat sequences.</li> <li>• Move in a clear, fluent and expressive manner.</li> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and</li> </ul>	<ul style="list-style-type: none"> <li>• Create complex and executed sequences include a full range of movements including <ul style="list-style-type: none"> <li>• travelling</li> <li>• balances</li> <li>• swinging</li> <li>• springing</li> </ul> </li> </ul>

		<p>and wide/narrow).</p> <ul style="list-style-type: none"> <li>• Travel by rolling forwards, backwards and sideways.</li> <li>• Hold a position whilst balancing on different points of the body.</li> <li>• Climb safely on equipment.</li> <li>• Stretch and curl to develop flexibility.</li> <li>• Jump in a variety of ways and land with increasing control and balance.</li> </ul>	<p>level during a performance.</p> <ul style="list-style-type: none"> <li>• Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</li> <li>• Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</li> <li>• Swing and hang from equipment safely (using hands).</li> </ul>	<ul style="list-style-type: none"> <li>• flight</li> <li>• vaults</li> <li>• inversions</li> <li>• rotations</li> <li>• bending, stretch twisting</li> <li>• gestures</li> <li>• linking skills.</li> </ul> <p>• Hold shapes that are strong, fluent and expressive.</p> <ul style="list-style-type: none"> <li>• Include in a sequence pieces, choosing the appropriate linking elements.</li> <li>• Vary speed, direction level and body rotation during floor performance</li> <li>• Practise and refine gymnastic techniques in performances (listed above).</li> <li>• Demonstrate good kinesthetic awareness (placement alignment of body parts is usually good in well rehearsed actions).</li> <li>• Use equipment to vault and to swing (remain upright).</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>• Swim unaided up to 25 metres.</li> <li>• Use one basic stroke, breathing correctly.</li> </ul>	<ul style="list-style-type: none"> <li>• Swim between 25 and 50 metres unaided.</li> <li>• Use more than one stroke and coordinate breathing</li> </ul>	<ul style="list-style-type: none"> <li>• Swim over 100 metres unaided.</li> <li>• Use breast stroke, crawl and back stroke</li> </ul>

		<ul style="list-style-type: none"> <li>• Control leg movements.</li> </ul>	<p>as appropriate for the stroke being used.</p> <ul style="list-style-type: none"> <li>• Coordinate leg and arm movements.</li> <li>• Swim at the surface and below the water.</li> </ul>	<p>ensuring that breathing is correct so as not to interrupt the pattern of swimming.</p> <ul style="list-style-type: none"> <li>• Swim fluently with controlled strokes.</li> <li>• Turn efficiently at the end of a length.</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>• Athletic activities are combined with games in Years 1 and 2.</li> </ul>	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres.</li> <li>• Run over a longer distance, conserving energy in order to sustain performance.</li> <li>• Use a range of throwing techniques (such as under arm, over arm).</li> <li>• Throw with accuracy to hit a target or cover a distance.</li> <li>• Jump in a number of ways, using a run up where appropriate.</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul>	<ul style="list-style-type: none"> <li>• Combine sprinting with low hurdles over 60 metres.</li> <li>• Choose the best place for running over a variety of distances.</li> <li>• Throw accurately and refine performance by analysing technique and body shape.</li> <li>• Show control in take-off and landings when jumping.</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>
	Outdoor and adventurous activities	<ul style="list-style-type: none"> <li>• Not applicable.</li> </ul>	<ul style="list-style-type: none"> <li>• Arrive properly equipped for outdoor and adventurous activity.</li> <li>• Understand the need to show accomplishment in managing risks.</li> <li>• Show an ability to both lead and form part of a team.</li> </ul>	<ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and contribute to the success of the team.</li> </ul>

			<ul style="list-style-type: none"> <li>• Support others and seek support if required when the situation dictates.</li> <li>• Show resilience when plans do not work and initiative to try new ways of working.</li> <li>• Use maps, compasses and digital devices to orientate themselves.</li> <li>• Remain aware of changing conditions and change plans if necessary.</li> </ul>	<p>commitment and res a team.</p> <ul style="list-style-type: none"> <li>• Empathise with oth and offer support wit being asked. Seek su from the team and th experts if in any dou</li> <li>• Remain positive ev the most challenging circumstances, rallyin others if need be.</li> <li>• Use a range of dev order to orientate themselves</li> <li>• Quickly assess chai conditions and adapt to ensure safety com first.</li> </ul>
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The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.

- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in

extra-curricular sport.

- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

## Support

<p><b>P4</b></p> <ul style="list-style-type: none"><li>• Perform single actions.</li><li>• Respond to simple commands.</li><li>• Recognise familiar pieces of equipment.</li><li>• Show awareness of cause and effect.</li></ul>	<p><b>P5</b></p> <ul style="list-style-type: none"><li>• Link two actions in a sequence.</li><li>• Follow simple instructions with the support of symbols or other prompts.</li><li>• Explore a variety of movements and show some awareness of space.</li><li>• Understand basic concepts.</li><li>• Take turns with a partner or in a small group.</li><li>• Recognise and collect, on request, familiar pieces of equipment.</li></ul>	<p><b>P6</b></p> <ul style="list-style-type: none"><li>• Work in pairs and in small groups cooperatively (with support to follow instructions and keep on task).</li><li>• Move in a variety of ways.</li><li>• With support, link movements in a simple sequence.</li><li>• Recognise small and large apparatus and use it with some basic control.</li><li>• Throw and kick a ball, but lack direction.</li></ul>	<p><b>P7</b></p> <ul style="list-style-type: none"><li>• Show expression through repetitive and simple sequences and movement patterns.</li><li>• Develop control and coordination skills.</li><li>• Listen to instructions and stop and start with some accuracy.</li><li>• Work closely in pairs, trios or small groups.</li><li>• Share and take turns.</li><li>• Show awareness of the changes that happen to the body during physical activity.</li></ul>	<p><b>P8</b></p> <ul style="list-style-type: none"><li>• Move with some control and coordination.</li><li>• Follow and imitate sequences and patterns.</li><li>• Use small and large apparatus safely.</li><li>• Show awareness of space, self and others.</li><li>• Play simple games with support to keep score and follow game rules.</li><li>• Recognise changes that happen to the body during physical activity</li></ul>
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# Challenge

## Years 7, 8 and 9

<p><b>Physical education opportunities</b></p> <ul style="list-style-type: none"><li>• Play competitive sports such as football, netball, rounders, cricket, hockey, basketball, badminton, tennis and rugby, athletics and gymnastics.</li><li>• Perform dances using advanced movement patterns.</li><li>• Take part in outdoor and adventurous activities which present mental and physical challenges and be encouraged to work in a team.</li></ul>	<p><b>Developing practical skills</b></p> <ul style="list-style-type: none"><li>• Develop techniques and improve performances.</li><li>• Compare performances with previous ones to achieve a personal best.</li><li>• Become more competent, confident and expert in techniques.</li><li>• Understand what makes a performance effective and apply these principles to own and others' work.</li></ul>	<p><b>Being physically active</b></p> <ul style="list-style-type: none"><li>• Take part in competitive sports and activities outside school through community links or sports club</li><li>• Develop the confidence and interest to get involved in exercise and sports and activities out of school and in later life.</li></ul>
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