

Programme of Study for Physical Education

We base our programme of study on the National Curriculum.

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities, as well as giving opportunities for children to develop resilience, self-belief and teamwork. It should provide opportunities for pupils to become physically confident in a way, which supports their physical fitness and mental health.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

At Gresham Village School and Nursery, we believe that we can achieve these aims by:

- providing an Early Years provision that enables all children to grow physically irrespective of their background, gender or ethnicity
- delivering a broad PE curriculum with a focus on a range of different sports and activities
- providing opportunities for children to engage in inter-school events and competitions
- using the expertise of external sports and coaches
- providing a range of extra-curricular clubs and activities throughout the year
- valuing our advocacy of sport and physical activity across the curriculum and through PSHE lessons and assemblies

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

Children are taught to swim from Year 3. In particular, they are taught to:

- 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.

Skills Progression

Aspect of learning	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Acquire and develop skills- gymnastics and dance	<p>Explore different gymnastic actions and still shapes.</p> <p>Move confidently and safely in their own and general space, using change of speed and direction.</p> <p>Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision.</p>	<p>Develop a range of actions, body shapes and balances when performing a sequence.</p> <p>Perform moves and actions accurately and consistently.</p> <p>Link movements to perform a sequence.</p>	<p>Combine and perform gymnastic actions, shape and balances precisely, fluently and effectively across the activity areas.</p>
Acquire and develop skills- games and athletics	<p>Improve coordination and control for a range of sporting skills eg throwing, running, skipping, hitting, catching, dodging.</p> <p>Use a range of sports equipment safely eg balls, bats, skipping ropes.</p> <p>Remember, repeat and link combinations of skills eg in a relay or dodgeball game.</p>	<p>Consolidate and improve skills and techniques in a range of different games and athletics eg forehand shots in tennis, passing a rugby ball while running, throwing a javelin etc.</p>	<p>Develop a broad range of techniques and skills for attacking and defending.</p> <p>Choose, combine and perform skills consistently, fluently and effectively in athletics and invasion, striking and net games.</p>
Select and apply skills and compositional	<p>Copy or create and link movement phrases with beginnings, middles and ends.</p>	<p>Select appropriate actions and use simple compositional ideas to create a sequence.</p>	<p>Develop own gymnastic sequences by understanding, choosing and applying a range of compositional principles.</p>

ideas- gymnastics and dance	<p>Perform movement phrases using a range of body actions and body parts.</p> <p>Choose, use and vary simple compositional ideas in performed sequences.</p>	<p>Create gymnastic sequences that meet a theme or set of conditions.</p> <p>Use compositional devices when creating sequences, such as changes in speed, level and direction.</p>	
Select and apply skills and tactics- athletics and games	<p>Choose, use and vary simple tactics in a variety of sports.</p>	<p>Devise and use rules in a range of striking, field and net games.</p> <p>Use and adapt tactics in small scale games.</p>	<p>Understand, choose and apply a range of tactics and strategies for defence and attack.</p> <p>Use tactics and strategies consistently in small scale and full rules games.</p>
Knowledge and understanding of fitness and health	<p>Know how to carry and place equipment safely.</p> <p>Recognise how the body feels when still and when exercising and during different types of activity.</p> <p>Understand that being active is good for your mind and body.</p>	<p>Recognise and describe the short-term effects of exercise on the body during different activities.</p> <p>Know the importance of suppleness, stamina and strength in different sports, gym and dance.</p> <p>Describe how the body reacts during different types of activity and how this affects the way a person performs in sports.</p>	<p>Understand why exercise is good for health, fitness and wellbeing and how to become healthier themselves.</p> <p>Carry out warm ups safely and effectively.</p> <p>Understand the basic principles of warming up and understand why it is important for a good quality performance.</p>
Evaluating and improving performance	<p>Watch, copy and describe what others are doing.</p> <p>Recognise good quality in performance.</p> <p>Improve own performance using information gained by watching, listening and investigating.</p>	<p>Describe and evaluate the effectiveness and quality of a performance.</p> <p>Describe own and others' work, making simple judgments about the quality of performances and suggest ways they could be improved.</p>	<p>Evaluate their own and others' work and suggest ways of making improvements.</p> <p>Take action to improve performance based on evaluation and suggestions.</p>

Curriculum Map

Reception	Autumn		Spring		Summer	
	Introduction to PE unit 2	Dance unit 2	Fundamentals 2	Gymnastics unit 2	Games 2	Ball skills 2

Year 1	Autumn			Spring			Summer		
Dance	World		Contemporary linked to cross-curricular topic	Ballet		Contemporary linked to cross-curricular topic			
PE and games							Tag rugby		Striking and fielding
	Fitness	Ball skills	Yoga	Fundamentals	Sending and receiving	Team building	Target games	Gymnastics	Athletics

Year 2	Autumn			Spring			Summer		
Dance	World- African		Contemporary linked to cross-curricular topic	Ballet		Contemporary linked to cross-curricular topic			
PE and games							Tag rugby		Striking and fielding
	Net and wall games	Ball skills	Fitness	Tri-golf	Invasion (football)	Team building	Fundamentals	Gymnastics	Athletics

Year 3	Autumn		Spring		Summer	
Dance and gymnastics	Contemporary	World- Bollywood		Ballet	Gymnastics	
PE and games		Fitness	Netball		Tennis	Athletics
	Rugby		Outdoor adventurous activities	Hockey		Cricket
Swimming and water safety					Swimming- beginners	

Year 4	Autumn		Spring		Summer	
Dance and gymnastics	Street		Physical theatre	Ballet		Gymnastics
PE and games	Netball	Fitness		Football	Tennis	
		Rugby	Hockey		Cricket	Athletics
Swimming and water safety			Swimming- beginners			

Upper KS2 Cycle 1	Autumn		Spring		Summer	
Dance and gymnastics		Street	Musical Theatre		Gymnastics	Gymnastics (badges)
PE and games	Hockey		Netball	Tennis		Athletics
	Rugby	Fitness		Outdoor adventurous activities	Cricket	
Swimming and water safety			Swimming- beginners		Swimming- distance and water safety	

Upper KS2 Cycle 2	Autumn		Spring		Summer	
Dance and gymnastics		Contemporary	Ballet		Gymnastics	Gymnastics (badges)
PE and games	Fitness		Netball	Tennis		Athletics
	Rugby	Hockey		Football	Cricket	
Swimming and water safety			Swimming- beginners		Swimming- distance and water safety	

