PE and Sport

Curriculum Plan



SOUTHRIDGE FIRST SCHOOL - Physical Education Long Term Plan

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

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.

Subject content for 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..

Subject content for 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, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis, 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

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- . swim competently, confidently and proficiently over a distance of at least 25 metres
- . use a range of strokes effectively such as front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations.

Attainment targets:

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

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 To learn and refine a range of running which includes varying pathways and speeds. 		Master basic movements including running, jumping, throwing and catching.
 To learn and refine a range of running which includes varying pathways and speeds. 		Pupils will begin to link running and jumping.

	<u>Va</u> Topic: Gymnastics 2 Develop balance, agility and coordination.
	 To perform a variety of basic gymnastics actions showing control To introduce turn, twist, spin, rock and roll and link these into movement patterns
	To perform longer movement phrases and link with confidence
	To perform longer movement privates and link with confidence
	Topic: run, jump, throw 2
	Master basic movements including running, jumping, throwing and catching.
Spring 2	Increase stamina and core strength needed to undertake athletics activities
	Take part in a broad range of opportunities to extend strength, balance, agility and coordination
	Cooperate with others to carry out more complex physical activities I Saben Publications Games Unit 3 Year One Bat/ Ball skills and Games/ Skipping
	Children should learn to:
	 To steer and send a ball safely in different directions using a bat. To skip with a rope.
	To change the rules of a game to make it better or more challenging.
	To understand the importance of "rules" when playing with a bat.
	Val Saben Publications Gym Unit E Year One D- Points and Patches
	Children should learn to:
	 To travel confidently and competently on different parts of the body including hands. To hold still balances on large or small body parts.
	To link two balances together.
	To adapt floorwork safely onto apparatus. Tario Condense de la formation
	Topic: Send and return 1
	Master basic movements including running, jumping, throwing and catching.
	Able to send an object with increased confidence using hand or bat.
	Move towards a moving ball to return. Sonding and returning a variety of balls.
Summer 1	Sending and returning a variety of balls.
	Topic: hit, catch, run 1.
	Participate in team games, developing simple tactics for attacking and defending.
	Able to hit objects with hand or bat.
	Track and retrieve a rolling ball.
	Throw and catch a variety of balls and objects.
	Topic: Send and return 2
Summer 2	Master basic movements including running, jumping, throwing and catching.
	Develop sending skills with a variety of balls
	 Track, intercept and stop a variety of objects such as balls and beanbags Select and apply skills to beat opposition

Topic: hit, catch, run 2 Participate in team games, developing simple tactics for attacking and defending. Increase stamina and core strength needed to undertake athletics activities Take part in a broad range of opportunities to extend strength, balance, agility and coordination Cooperate with others to carry out more complex physical activities

PE Long Term Plan - Year 2

This is a flexible long term plan. Units in P.E. can be taught in any term depending on festivals, competitions, visiting coaches and instructors

Autumn 1

<u>P.E. Hub Attack, Defend, Shoot. Unit 1 Year Two</u>
Participate in team games, developing simple tactics for attacking and defending.

Send a ball using feet and can receive a ball using feet.

	Refine ways to control bodies and a range of equipment.
	Recall and link combinations of skills, e.g. dribbling and passing.
	P.E. Hub Dance Unit 1 Year Two Perform dances using simple movement patterns.
	Describe and explain how performers can transition and link shapes and balances
	Perform basic actions with control and consistency at different speeds and on different levels
	Challenge themselves to move imaginatively responding to music
	Work as part of a group to create and perform short movement sequences to music
	P.E. Hub. Attack, Defend, Shoot Unit 2 Year Two Participate in team games, developing simple tactics for attacking and defending.
	To select and apply a small range of simple tactics
	Recognise good quality in self and others
	To work with others to build basic attacking play
Autumn 2	P.E. Hub Dance Unit 2 Year Two Perform dances using simple movement patterns. Perform using more sophisticated formations as well as an individual Explore relationships through different dance formations Explain the importance of emotion and feeling in dance Use the stimuli to copy, repeat and create dance actions and motifs
	P.E. Hub Gymnastics Unit One Year Two
	Develop balance, agility and co-ordination and begin to apply these in a range of activities.
	Describe and explain how performers can transition and link gymnastic elements
Spring 1	Perform with control and consistency basic actions at different speeds and on different levels Obstitute as the control and consistency basic actions at different speeds and on different levels.
	 Challenge themselves to develop strength and flexibility Create and perform a simple sequence that is judged using simple gymnastic scoring
	P.E. Hub. Hit, Catch, Run Unit 1 Year Two
	Master basic movements including running, jumping, throwing and catching.

	To developing hitting skills with a variety of bats
	Practice feeding/bowling skills
	Hit and run to score points in games
	P.E. Hub Gymnastic Unit 2 Year Two Develop balance, agility and co-ordination and begin to apply these in a range of activities.
	Be able to track the path of a ball over a net and move towards it
	Begin to hit and return a ball using a variety of hand and racquet with some consistency
	Play modified net/wall games throwing, catching and sending over a net
Spring 2	Thay mounted her wan games throwing, catering and schaing over a net
	P.E. Hub. Send and Return Unit 1 Year Two Master basic movements including running, jumping, throwing and catching.
	Participate in team games. Develop simple tactics for attacking and defending.
	Be able to track the path of a ball over a net and move towards it
	Begin to hit and return a ball using a variety of hand and racquet with some consistency
	Play modified net/wall games throwing, catching and sending over a net
	Swimming
	Working with North Tyneside swimming coaches developing swimming technique and competency in the water.
	P.E. Hub. Run, Jump. Throw Unit 1 Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination.
Summer 1	waster basic movements including running, jumping, throwing and catching as well as developing balance, againy and co-ordination.
	Develop power, agility, coordination and balance over a variety of activities
	Can throw and handle a variety of objects including quoits, beanbags, balls, hoops
	Can negotiate obstacles showing increased control of body and limbs
	P.E. Hub. Run, Jump, Throw Unit 2 Year Two Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination.
Summer 2	
	Improve running and jumping movements, work for sustained periods of time
	Reflect on activities and make connections between a healthy active lifestyle
	Experience and improve on jumping for distance and height

Swimming
Working with North Tyneside swimming coaches developing swimming technique and competency in the water.

PE Long Term Plan - Year 3

This is a flexible long term plan. Units in P.E. can be taught in any term depending on festivals, competitions, visiting coaches and instructors

	Imposion Compa Football
	Invasion Games- Football
	Ball Skills-Invasion Focus
	-Consolidate and improve the quality of their skills.
Autumn 1	-Improve their ability to select and apply simple tactics.
	-Work co-operatively in small groups
	Recognise how a small game activity can be improved.
	Football festival
	Outline Land and England and
	Swimming- Local pool instructor lead.
	Marking with Newth Transide actions in another developing action in the water
	Working with North Tyneside swimming coaches developing swimming technique and competency in the water.
	Gym Unit- Year 3 PE hub unit 1
	Devise simple sequences using compositional ideas
	Master basic movements including leaping, jumping, balancing and stretching
	Work collaboratively to adapt, change and improve individual sequence
Autumn 2	Madification for the second and the second and the second and the second advances of the second and the second
	Modify actions independently using different pathways, directions and shapes Consolidate and improve quality of movements and gymnastics actions
	Relate strength and flexibility to the actions and movements they are performing
	To use basic compositional ideas to improve sequence work—unison
	Swimming
	Working with North Tyneside swimming coaches developing swimming technique and competency in the water.
	Dance (Unit 1 Y3)- P.E Hub
	Story as a stimulus- Matilida
	Develop and perform simple routines Perform to an audience
	Practise different sections of a dance aiming to put together a performance
	Perform using facial expressions
Spring 1	Perform with a prop
Spinig i	
	Not Well Compa (Unit 2 V2) DE Unit
	Net Wall Games- (Unit 3 Y3)- PE Hub Focus net wall and court games
	Play in competitive games developing simple tactics
	Master basic movements including hitting, returning, moving to return
	Work collaboratively to use basic tactics
	To identify and describe some rules of net, wall and court games.
	To serve to begin a game
	To explore forehand hitting
	Gymnastics (Unit 2 Year 3) P.E Hub
Spring 2	Perform with control and confidence a range of basic actions
Opining 2	Develop a broader range of new actions Work individually to improve a sequence
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	Identify similarities and differences in sequences
	Develop body management over a range of floor exercises
	Attempt to bring explosive moves into floor work through jumps and leaps
	Show increasing flexibility in shapes and balances

	Net Wall Games- (Unit 3 Y3)- PE Hub Focus net wall and court games Play in competitive games developing simple tactics Master basic movements including hitting, returning, moving to return Work collaboratively to use basic tactics To identify and describe some rules of net, wall and court games. To serve to begin a game To explore forehand hitting
	Dance- (Unit 2 Year 3) PE Hub
Summer 1	Develop and perform simple routines Perform to an audience Building stylistic qualities of Barn Dance through repetition and applying movement to own bodies Building basic creative choreography skills in travelling, dynamics and partner work in the specific style of Barn Dance. Striking and Fielding games- (Unit 1 cricket Year 3) PE Hub
	Play in competitive games developing simple tactics. Master basic movements including running, throwing, catching and striking Work collaboratively to use basic tactics for batting and fielding To be able to adhere to some of the basic rules of cricket To develop a range of skills to use in isolation and a competitive context To use basic skills with more consistency including striking a bowled ball Cricket festival
Summer 2	Striking and Fielding games- (Unit 1 Rounders Year 3) PE Hub Rounders focus Play in competitive games developing simple tactics Master basic movements including running, throwing, catching and striking Work collaboratively to use basic tactics for batting and fielding. To be able to play simple rounders games To apply some rules to games To develop and use simple rounders skills
	Athletics- (Unit 1 Athletics Year 3) PE Hub Compete against self and others developing simple technique Master basic movements including running, throwing and jumping Work collaboratively and individually to help improve self and others Control movements and body actions in response to specific instructions Demonstrate agility and speed
	Jump for height and distance with control and balance Throw with speed and power and apply appropriate force.

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	Net Wall Games - Netball
	Net, Court, Wall Games Children will learn to:
	Introduce basic netball positions/techniques
	Acquire and apply basic shooting techniques
	Demonstrate and implement some basic netball rules
	Develop netball skill such as marking and footwork
Spring 2	Gym Unit (Gail delivery) Q-Receiving Body Weight Children should learn to: To understand how different parts are capable of transferring and receiving body weight. To move into and from a range of skills with control and accuracy. To create sequences showing contrasts in shape, speed and level.
	To move and construct their own apparatus and transfer work safely from the floor.
	R-Balance leading into change of front and direction Children will learn to:
	 To move into and from specific planned balances with an awareness of change of front. To identify and use planned variations in direction.
	To create a sequence with a partner on floor and apparatus to show changes of front and direction.
	To observe and describe the movements of others using appropriate language.
	Outdoor and Adventurous Residential Visit to the Local Authority Residential centre High Borrans.
Summer 1	Rounders Striking and Fielding Games Children should learn to: To consolidate skills and improve technique. To receive a ball from one direction and strike it into or field it from another direction. To develop simple tactics in a game activity. To understand what makes up good technique.
	<u>Athletics</u>
	Children should learn to:
	 To consolidate the quality and range of techniques they use for their particular activities. To develop their ability to use simple tactics in different situations.
	 To know and describe the short-term effects of exercise on the body.
	Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps, and throws.
	To describe and evaluate the effectiveness of performances.
Summer 2	Cricket Striking and Fielding Games Children should learn to: To consolidate skills and improve technique consistently. To receive a ball from one direction and strike it into or field it from another direction. To develop simple tactics in a game activity. To understand what makes up good technique.
	Athletics

Children should learn to:
To consolidate and improve the quality, range and consistency of the techniques they used for specific activities.
To develop their ability to choose and use simple tactics and strengths in different situations.
To describe how the body reacts to different types of activity.
 To describe and evaluate the effectiveness of performance and recognise aspects that need improving.