

PE and Sport

Curriculum Plan

2014



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.

PE Long Term Plan - Year 1

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.

<p>Autumn 1</p> <p>Jurassic Forest</p>	<p><u>Val Saben Publications Games Unit 1 Year One</u> Focus on ball skills and games Children should learn to:</p> <ul style="list-style-type: none"> • To understand and show different ways of using a ball • To understand how to use apparatus for its intended purpose. • To observe, copy and play games as an individual and in two's • To move safely and actively about the space. <p><u>Val Saben Publications Dance Unit 1 Year One</u> Streamers, Conkers and Playing with a ball Children should learn to:</p> <ul style="list-style-type: none"> • To make rounded, wide and thin shapes with their body. • To draw rounded and spiky shapes in the air. • To move in different directions and high and low. • To travel rhythmically on feet, hopping and skipping.
<p>Autumn 2</p> <p>Welcome to Pirate Island</p>	<p><u>Val Saben Publications Games Unit 2 Year One</u> Throwing and catching/ Aiming Games</p> <ul style="list-style-type: none"> • Children should learn to throw and catch using a range of apparatus. • To understand the concept of aiming games. • To change the rules to make the game harder. • To move actively and safely about the space when using equipment. <p><u>Val Saben Publications Gym Unit D Year One</u> D- Flight, Bouncing, Jumping, Landing Children should learn to:</p> <ul style="list-style-type: none"> • To bounce, hop, spring and jump using a variety of take offs and landings. • To observe, recognise and copy different body shapes. • To link together two or more actions with control and be able to repeat them. • To describe what they see using appropriate vocabulary.
<p>Spring 1</p> <p>Amazing Animals</p>	<p><u>Val Saben Athletics Unit One Year One</u> (multiskills) Children should learn to:</p> <ul style="list-style-type: none"> • To remember and repeat a series of running throwing and jumping activities with growing control. • To familiarise themselves with equipment and use it appropriately. • To recognise how their bodies feel in different activities. • To watch, copy and describe what others have done. <p><u>Val Saben Publications Dance Unit 3 Year One</u> Fog and Sunshine, Washing Day and Handa's Surprise.</p>

	<p>Children should learn to:</p> <ul style="list-style-type: none"> • To travel smoothly by rolling and sliding. • To change and vary actions- understand and demonstrate the contrasting dynamic elements of heavy and light. • To work in pairs using simple relationships and compositional ideas. • To observe each other and themselves.
<p>Spring 2</p> <p>Growing</p>	<p><u>Val Saben Publications Games Unit 3 Year One</u> <u>Bat/ Ball skills and Games/ Skipping</u> Children should learn to:</p> <ul style="list-style-type: none"> • 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. <p><u>Val Saben Publications Gym Unit E Year One</u> <u>D- Points and Patches</u> Children should learn to:</p> <ul style="list-style-type: none"> • 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.
<p>Summer 1</p> <p>Castles</p>	<p><u>Val Saben Publications Games Unit 4 Year One</u> <u>Developing Partner work</u> Children should learn to:</p> <ul style="list-style-type: none"> • To play running games and use apparatus safely. • To use and develop their sending, receiving and travelling skills in games with a partner. • To change the rules of the game to make it more challenging. • To observe and describe another child’s activity. <p><u>Val Saben Publications Dance Unit 2 Year One</u> <u>March, March, March and Jack and the Beanstalk</u> Children should learn to:</p> <ul style="list-style-type: none"> • To select movements from those they practice to create their dance and understand the structure of their dance. • To perform simple rhythmic patterns and perform them in different formations. • To talk about how they felt after dancing. • To be able to talk about the dances and why they liked them, using a range of words.
<p>Summer 2</p> <p>Explorers</p>	<p><u>Val Saben Publications Gym Unit F/G Year One</u> <u>F-Rocking and Rolling</u> Children should learn to:</p> <ul style="list-style-type: none"> • To spin, rock , turn and roll with control, on various parts of the body. • To plan and link a series of movements together. • To work safely with an awareness of others. • To adapt work from the floor safely onto apparatus.

G- Wide Narrow Curled

Children will learn to:

- To travel, balance and jump confidently showing a variety of body shapes.
- To understand and demonstrate contrasts in level and shape.
- To observe, copy and describe what others are doing.
- To select and link together three different movements.

Val Saben Athletics Unit Two

Children will learn to:

- To remember, repeat and link combinations of actions.
- To choose equipment suitable for the task.
- To describe what their bodies feel like during different activities.
- To watch, copy and describe what others have done.

PE Long Term Plan - Year 2

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<p>Autumn 1</p> <p>Beside the Seaside</p>	<p><u>Val Saben Publications Games Unit 1 Year Two</u> Throwing and catching games/ Inventing Games Children should learn to:</p> <ul style="list-style-type: none"> • To throw, catch and bounce in different ways when standing still or on the move. • To choose and apply skills to make up games. • To develop simple strategies for extending their skills. • To describe their game and teach it to their partner. <p><u>Val Saben Publications Dance Unit 2 Year Two</u> The Cat, Balloons and Reach for the Stars Children should learn to:</p> <ul style="list-style-type: none"> • To use different levels, directions and speeds. • To touch, feel, listen to different stimuli in order to share language, ideas, images and initial movement responses. • To improvise an idea- display an immediate response. • To choose appropriate movements to convey a dance idea.
<p>Autumn 2</p> <p>Fireworks</p>	<p><u>Val Saben Publications Games Unit 2 Year Two</u> Making up games with a partner/ Aiming, hitting and kicking Children will learn to:</p> <ul style="list-style-type: none"> • To remember, repeat and link combinations of skills in a game. • To improve the co-ordination, control and consistency of their actions. • To use and vary simple tactics. • To observe, play and improve another person's game. <p><u>Val Saben Publications Dance Unit 3 Year Two</u> Friends, Bubbles and Shadows Children should learn to:</p> <ul style="list-style-type: none"> • To understand and perform simple basic travelling skills on feet. • To use change of direction • To work co-operatively in pairs to create a dance. • To understand and show the difference between "sad and happy" movements. • To recognise that dance is active and that changes occur in their bodies.

<p>Spring 1</p> <p>Living on an Island</p>	<p><u>Val Saben Athletics Unit one Year Two (Multi skills)</u> Children should learn to:</p> <ul style="list-style-type: none"> • To use their bodies and a variety of equipment with greater control and co-ordination. • To choose skills suitable for the challenges. • To describe what their bodies feel like during different activities. • To watch and describe what others have done. <p><u>Val Saben Publications Gym Unit H/K Year Two</u> H- Parts High and Parts Low Children should learn to :</p> <ul style="list-style-type: none"> • To travel and balance confidently showing different parts of the body high or low. • To demonstrate being close to or far away from the floor and apparatus and show contrasts in shape and speed. • To link three movements together smoothly in a planned sequence. • To adapt and transfer work safely from the floor to apparatus. <p>K- Linking Movements Together Children should learn to :</p> <ul style="list-style-type: none"> • To understand how different movements can be linked together smoothly. • To plan sequences or patterns of three or more movements which they can remember and repeat. • To recognise and use change in level, speed and direction. • To compose and perform a simple sequence with a partner.
<p>Spring 2</p> <p>Local Heroes</p>	<p><u>Val Saben Publications Games Unit 3 Year Two</u> Dribbling, Kicking and Hitting. Children should learn to:</p> <ul style="list-style-type: none"> • To develop new skills relevant to specific games. • To know and apply basic tactics and strategies for attacking play. • To work co-operatively with another person in a team. • To observe and select information to evaluate their own and other' work. <p><u>Val Saben Publications Gym Unit I/K Year Two</u> I - Pathways, straight, zigzag, curving Children should learn to ;</p> <ul style="list-style-type: none"> • To travel confidently and competently in different ways and on different body parts. • To understand and create different pathways and move in different directions. • To link together three different movements showing contrasts in speed and level. • To perform a limited range of skills with a partner. <p>K- Linking Movements Together Children should learn to :</p> <ul style="list-style-type: none"> • To understand how different movements can be linked together smoothly. • To plan sequences or patterns of three or more movements which they can remember and repeat. • To recognise and use change in level, speed and direction. • To compose and perform a simple sequence with a partner.

<p>Summer 1</p> <p>Take a Trip Around the World</p>	<p><u>Val Saben Publications Games Unit 4 Year Two</u> <u>Group Games and Inventing Rules</u> Children should learn to;</p> <ul style="list-style-type: none"> • To develop and extend their sending and receiving skills. • To know rules for a game. • To develop simple group tactics. • To move actively and safely about the space and in teams. <p><u>Val Saben Publications Dance Unit4 Year Two</u> <u>Copy cat, Elsdon Circle Dance and Circassion Circle</u> Children should learn to :</p> <ul style="list-style-type: none"> • To copy and perform simple movements/ rhythmic patterns. • To understand that dance plays an important part in different cultures. • To recognise that dances have changed throughout history. • To understand that dances are active and changes will occur in their bodies. • To change and vary their actions. <p><u>Swimming</u> Working with North Tyneside swimming coaches developing swimming technique and competency in the water.</p>
<p>Summer 2</p> <p>Wheels, Wings and other Things</p>	<p><u>Val Saben Publications Gym Unit J/K Year Two</u> <u>J- Spinning , Turning, Twisting</u> Children should learn to:</p> <ul style="list-style-type: none"> • To turn, spin and twist on different body parts, showing control and co-ordination. • To understand that one part of the body must be “fixed” to create a twist. • To link together three movements showing contrasts in speed and level. • To use their understanding of turning, spinning and turning to adapt work safely from the floor to the apparatus. <p><u>K – Linking Movements Together</u> Children should learn to :</p> <ul style="list-style-type: none"> • To understand how different movements can be linked together smoothly. • To plan sequences or patterns of three or more movements which they can remember and repeat. • To recognise and use change in level, speed and direction. • To compose and perform a simple sequence with a partner. <p><u>Val Saben Athletics Unit Two Year Two</u> Children should learn to:</p> <ul style="list-style-type: none"> • To remember, repeat and link combinations of actions with greater control and co-ordination. • To choose equipment to help them meet the challenges set. • To describe what their bodies feel like during exercise. • To watch and describe what others have done. <p><u>Swimming</u> Working with North Tyneside swimming coaches developing swimming technique and competency in the water.</p>

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

<p>Autumn 1</p> <p>How did life change for children in World War Two?</p>	<p><u>Val Saben Publications Invasion Games Unit 1 Year Three</u> Ball Skills-Invasion Focus Children should learn to:</p> <ul style="list-style-type: none"> • To consolidate and improve the quality of their skills. • To improve their ability to select and apply simple tactics. • To work co-operatively in small groups • To recognise how a small game activity can be improved. <p><u>Val Saben Publications Dance Unit 1 Year Three</u> Who am I? and The Language of dance Children should learn to:</p> <ul style="list-style-type: none"> • Improvise freely • Develop different ways of travelling, jumping, turning and create dance phrases. • Perform the basic actions and dances clearly and fluently. • Work with a partner • Observe themselves and others dancing. <p><u>Swimming</u> Working with North Tyneside swimming coaches developing swimming technique and competency in the water.</p>
<p>Autumn 2</p> <p>Where are we in the World?</p>	<p><u>Val Saben Publications Creative Games Unit 2 Year Three</u> Creative Games Making Children should learn to:</p> <ul style="list-style-type: none"> • To make up and play small sided games • To select and use appropriate skills. • To describe and evaluate the effectiveness of performance. • To work co-operatively with others. <p><u>Val Saben Publications Gym Unit L/M</u> L Stretching, Curling and Arching Children should learn to:</p> <ul style="list-style-type: none"> • To travel and jump fluently and hold balanced positions demonstrating a variety of stretched and curled shapes. • To receive and transfer body weight safely in different situations and create a sequence with a partner • To identify how the overall performance of a sequence can be improved • To adapt and transfer skills safely onto more complex apparatus at every stage of learning. <p>M- Symmetry and Asymmetry</p>

	<p>Children should learn to:</p> <ul style="list-style-type: none"> • To understand and identify symmetry and asymmetry. • To move and balance showing specific planned shapes and variations in speed and level. • To individually and in two's be able to analyse and say why they like a sequence. • To adapt and transfer learned skills onto appropriate apparatus. <p><u>Swimming</u></p> <p>Working with North Tyneside swimming coaches developing swimming technique and competency in the water.</p>
	<p><u>Val Saben Publications Dance Unit 3 Year Three</u></p> <p>The Eagle and the fish</p> <p>Children should learn to:</p> <ul style="list-style-type: none"> • Use story as a stimulus for dance. • Interpret images into appropriate movement. • Create and structure whole simple dance. <p><u>Val Saben Publications Net Wall Games Unit 3 Year Three</u></p> <p>NET/ Court/ Wall Games</p> <p>Children should learn to:</p> <p>To consolidate and improve the quality and consistency of their hitting skills.</p> <ul style="list-style-type: none"> • To develop a range of skills used. • To select and use a range of simple tactics. • To adapt, make and keep to the rules for net games. <p><u>Swimming</u></p> <p>Working with North Tyneside swimming coaches developing swimming technique and competency in the water.</p>
<p>Spring 2</p> <p>What makes the Earth Angry?</p>	<p><u>Val Saben Publications Net Wall Games 3 Year Three</u></p> <p>NET/ Court/ Wall Games</p> <p>Children should learn to:</p> <ul style="list-style-type: none"> • To consolidate and improve the quality and consistency of their hitting skills. • To develop a range of skills used. • To select and use a range of simple tactics. • To adapt, make and keep to the rules for net games. <p><u>Val Saben Publications Gym Unit N/O Year Three</u></p> <p>N-Pathways</p> <p>Children should learn to:</p> <ul style="list-style-type: none"> • To understand, identify and use flexible and direct pathways. • To travel along different pathways using appropriate movements. • To construct sequences which use planned variations in speed, level and pathways.

	<ul style="list-style-type: none"> To adapt and transfer what they have learned to appropriate apparatus. <p>O- Travelling with change of front and direction</p> <p>Children will learn to:</p> <ul style="list-style-type: none"> To understand, identify and use change of front and direction. To understand and show how to move into and from a range of travelling, jumping and turning movements with control and accuracy. To select and combine skills to create sequences showing change of front and direction. To adapt and transfer what they have learned onto apparatus. <p><u>Swimming</u></p> <p>Working with North Tyneside swimming coaches developing swimming technique and competency in the water.</p>
<p>Summer 1</p> <p>Why were the Romans so powerful and what did we learn from them?</p>	<p><u>Val Saben Publications Striking and Fielding Games Unit 4 Year Three</u></p> <p>Striking and Fielding Games</p> <p>Children should learn to:</p> <ul style="list-style-type: none"> To consistently strike a ball in a controlled manner. To field and intercept a ball and return it accurately. To select and use appropriate skills and simple tactics in a small game activity. To recognise a good performance or what needs to be improved. <p><u>Val Saben Athletics Unit One Year Three</u></p> <p>Children should learn to:</p> <ul style="list-style-type: none"> To link, remember and repeat combinations of actions with more consistency and control To understand what equipment is needed for different challenges and be able to choose appropriately. To describe how their bodies feel when doing different exercises. To understand and describe what others are doing.
<p>Summer 2</p> <p>What is life like in France?</p>	<p><u>Val Saben Publications Striking and Fielding Games Striking and Fielding Games Unit 4 Year Three</u></p> <p>Striking and Fielding Games</p> <p>Children should learn to:</p> <ul style="list-style-type: none"> To consistently strike a ball in a controlled manner. To field and intercept a ball and return it accurately. To select and use appropriate skills and simple tactics in a small game activity. To recognise a good performance or what needs to be improved. <p><u>Val Saben Athletics Unit Two Year Three</u></p> <p>Children should learn to:</p> <ul style="list-style-type: none"> To consolidate and improve the quality and range of techniques they use. To develop their ability to use simple tactics To describe how the body reacts to different types of activity and describe and evaluate the effectiveness of performances.

PE Long Term Plan - Year 4

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

<p>Autumn 1 Ancient Egypt</p>	<p><u>Val Saben Publications Invasion Games Unit 2 Year Four</u> Problem solving and Inventing Games (Invasion Focus) Children should learn to:</p> <ul style="list-style-type: none"> • To consolidate and improve their skills in creative and problem solving situation. • To adapt and transfer appropriate principles of play and tactics. • To make up rules and be prepared to modify or change them. • To cooperate and make collective decisions. <p><u>Val Saben Publications Dance Unit 1 Year Four</u> These shoes are made for walking Children should learn to:</p> <ul style="list-style-type: none"> • To respond imaginatively to a range of stimuli related to character • Use simple movement patterns to structure dance phrases. • To evaluate dance following specific criteria.
<p>Autumn 2 The Water Cycle and Rivers</p>	<p><u>Val Saben Publications Invasion Games Unit 3 Year Four</u> Invasion Games Children should learn to:</p> <ul style="list-style-type: none"> • To develop a range and consistency of their skills in the games played. • To play in small invasion games using a variety of formations. • To understand, use and adapt simple tactics. • To play to the rules. <p><u>Val Saben Publications Gym Unit S/Q</u> Q-Receiving Body Weight Children should learn to :</p> <ul style="list-style-type: none"> • 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. <p>S- Rolling Children will learn to:</p> <ul style="list-style-type: none"> • To rotate and roll on different body parts. • To rotate and roll in different directions showing different shapes, sizes and speeds. • To create a sequence with a partner on floor and apparatus using a variety of linking movements. • To observe the work of others and make judgements against given criteria.

<p>Spring 1 The Rainforest</p>	<p><u>Val Saben Publications Net Wall Games Unit 1 Year Four</u> Net, Court, Wall Games Children will learn to:</p> <ul style="list-style-type: none"> • To consolidate their striking skills and improve the control and quality. • To vary the shots and employ them appropriately. • To recognise what they do well and what needs improving. • To adapt rules of net games. <p><u>Val Saben Publications Dance Unit 4 Year Four</u> Wimbeldon/ Sports Children should learn to:</p> <ul style="list-style-type: none"> • To develop simple motifs. • To use different partner work devices. • To perform a dance with two sections A and B. • To capture the mood of a dance.
<p>Spring 2 Producers, Predators and Prey</p>	<p><u>Val Saben Publications Net Wall Games Unit 1 Year Four</u> Net, Court, Wall Games Children will learn to:</p> <ul style="list-style-type: none"> • To consolidate their striking skills and improve the control and quality. • To vary the shots and employ them appropriately. • To recognise what they do well and what needs improving. • To adapt rules of net games. <p><u>Val Saben Publications Gym Unit Q/R Year Four</u> Q-Receiving Body Weight Children should learn to :</p> <ul style="list-style-type: none"> • 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. <p>R-Balance leading into change of front and direction Children will learn to:</p> <ul style="list-style-type: none"> • 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. <p>Outdoor and Adventurous Residential Visit to the Local Authority Residential centre High Borrans.</p>

<p>Summer 1 Great Victorians</p>	<p><u>Val Saben Publications Striking and Fielding Games Unit 4</u> Striking and Fielding Games Children should learn to :</p> <ul style="list-style-type: none"> • 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. <p><u>Val Saben Athletics Unit One Year Four</u> Children should learn to:</p> <ul style="list-style-type: none"> • 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. • To describe and evaluate the effectiveness of performances.
<p>Summer 2 Why is Newcastle such a great place to live?</p>	<p><u>Val Saben Publications Striking and Fielding Games Unit 4</u> Striking and Fielding Games Children should learn to :</p> <ul style="list-style-type: none"> • 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. <p><u>Val Saben Athletics Unit Two Year Four</u> Children should learn to:</p> <ul style="list-style-type: none"> • 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.