



PE Curriculum



Subject Overview

The aim of PE at Princess Frederica Primary School, is to deliver a high quality physical education curriculum that will inspire all pupils to succeed and excel in competitive sport and other physical activities. To provide opportunities for pupils to become physically confident which supports their health and fitness and to compete in sport and other activities to build character and help to enhance values such as fairness and respect.

Intent

- To develop competence to excel in a broad range of physical activities.
- To be physically active for sustained periods of time
- To engage and compete in competitive sports, games and activities.
- To lead healthy and active lives.
- Develop growth mind set, communication and social skills through team and partner work.

Implementation

- Weekly PE lessons for Nursery through to Year 6 children
- Swimming lessons and life saving skills in Year 3
- Cross curricular links with other subjects. Maths—recording, measuring, timing. Geography map reading and OAA skills.
- Opportunities to compete in games, tournaments against other schools
- Pupils take part in outdoor adventurous activity (OAA) challenges, both individually and within a team. (KS2)

Impact

- Pupils can master basic movements including running, jumping, throwing and catching. Also developing their balance, agility and co-ordination. (KS1)
- Pupils can take part in team games using simple tactics for attacking and defending (KS1)
- Play competitive games, modified where appropriate (e.g football, hockey, netball) and apply basic principles for attacking and defending (KS2)
- They develop their flexibility, strength, technique, control and balance through athletics and gymnastics (KS2)
- Children are more flexible, stronger, have improved balance, have a good standard of technique in a range of areas but with a specific focus on gymnastics and athletics. (KS2)

Nursery

The end of the year, Nursery children will be able to:

- Show some basic spatial awareness.
- Basic balance, movement and agility.
- Send and receive a ball (rolling)

Main Focus for the year

This year, children will work on their physical development through the year such as how they are moving about and development of their fine motor skills as well as balance and coordination. This will be achieved both through a PE lesson with a specialist PE teacher and using the outdoor area in the Nursery and the embankment opposite the reception classroom.

In PE lessons, learning objectives set out the aim for the lesson and we use different activities for children to practise these skills. This includes use of benches, skipping ropes stretched out and other equipment to challenge children to balance, step over, turn and varying other movements. Children incorporate different approaches to these challenges and will demonstrate to others the techniques that they are using.

Physical Development and health and development outside of PE lessons

The children have access to a playground for the Nursery unit which is equipped with many activities to help with their hand/eye co-ordination, movement and social skills.

During the school year the children also have the opportunity to use the school embankment area to help enrich their knowledge of the outside world and nature.

Reception

The end of the year, children in Reception will be able to:

- Use space safely.
- Travel with increasing control and co-ordination.
- Use a range of small games equipment safely and with control.
- Recognise directions and travel with control.
- Identify and use different parts of the body.

Main Focus for the year

This year, children will be focusing on safe movement, spatial awareness, balance and agility. This will be achieved through the PE lessons through a range of different games and challenges. One example of this is use of hoops to challenge the working areas they have and the control they possess.

Physical Development and health and social outside of PE lessons

In reception the children are involved with the buddy scheme alongside the year 6 children. Throughout the school year they have many different opportunities to be with their year 6 buddy doing different activities, working with them and improving their social and well being skills.

The children have various different pieces of equipment to use in their playground to help improve their physical development and within the classroom and the school embankment area different activities and challenges to help encourage and enhance their social skills.

Year 1

By the end of Year 1 the children will be able to:

- Catch a ball from a throw or on a bounce.
- Develop accurate throwing skills.
- Understand the overarm throwing technique and when to use an underarm throw.
- Develop their receiving skills, stop, trap and catch while moving.
- Use basic hand-eye co-ordination.
- Travel in different directions, speed and levels.
- Link three basic moves together, to change level, speed and direction.
- Explore rolling movements as a way of travelling.
- Travel along, over, around and onto and off a bench.
- Develop their balance and agility.
- Know how to hold a racket/bat correctly and to strike a ball.
- Develop basic skills of skipping with a rope, showing balance and technique.

Main Focus for the year

In year 1 the children will be focusing on more structured lessons within PE. Learning personal development skills, getting changed for the PE lessons independently. Starting to learn about how the heart works and why we warm up before a lesson.

The children also have lots of opportunities to improve their physical development and skills outside of the PE lessons, with different equipment (skipping ropes, hoops etc) in the playground. Different balls to play with to help improve their sending and receiving skills.

Year 2

By the end of Year 2, the children will be able to:

- Use hand/eye co-ordination to control a ball.
- Understand techniques for dribbling and passing a ball.
- Throw over and under arm and use a bounce pass.
- Catch a ball at different heights and levels.
- Develop balances and movements and use them in a sequence.
- Link balances with travelling and moving smoothly into and out of the balance.
- Use benches and mats to develop sequences and explore balances on different levels.
- Have good basic movements as well as developed balance, agility and co-ordination.
- Know how to throw a ball underarm with accuracy.
- How to position the body to strike a ball.
- Run with agility and confidence, using a change of speed.
- Change direction while running, maintain balance.
- Use their arms when jumping and can jump with balance and fluency.
- Know how to throw objects safely and for distance.
- Develop the skills to jump over a hurdle.

Towards the end of year 2, the children have an excellent opportunity to develop their independent and social skills with the school sleep over for one night. This also gives them an insight into the residential trips they experience when in KS2.

Year 3

Objectives for the year

By the end of Year 3, the children will be able to:

- Enter and exit a swimming pool using the steps.
- Developed greater water confidence when in the swimming pool.
- Swim competently, confidently and proficiently over a distance of 25metres.
- Use a range of strokes effectively.

Main Focus for the year

For the children to become water confident, competent swimmers and to learn various different swimming strokes. To improve and learn different life saving skills within a swimming pool.

The children are working in four different ability groups throughout the year and so receive excellent focused teaching from the instructors.

They progress through the groups, working their way from the small pool into the 25metre pool as their confidence, stamina and swimming abilities improve during the year.

Opportunities outside of the PE lesson and swimming

The children have access to a variety of different physical activities throughout the year within school. During break and lunchtimes they have football, cricket, four square, skipping and other playground activities to participate in. There is also a choice of different after school clubs to be a part of through the Kenzalia club.

Specialist clubs for developing talent

For the talented and outstanding children within the different fields of sport, they have the opportunity to attend clubs that focus on developing their skills with greater coaching and more in depth training. These include athletics and football, where the children have the opportunity to represent the school in tournaments and competitions throughout the borough of Brent.

Residential trip

In year 3 the children go on a 3 day residential to Celtic Harmony. The children have the opportunity to develop their independence away from home, their social skills with each other and engage in activities at the centre that focus on living in Stone Age Britain. This links with their history work in year 3.

Year 4

Objectives for the year

By the end of Year 4, the children will be able to:

- Dribble a ball, change direction and maintain control.
- Pass a ball accurately, using either hand or feet.
- Work as a team, support other team members and communicate showing good team work.
- Lean and develop the concepts of attack and defence.
- Perform symmetrical and asymmetrical balances with a partner and use them in a sequence.
- Link moves to maintain the fluency of a sequence.
- Adapt a sequence from the floor to the apparatus.
- Perform movements in cannon and unison.
- Improve hand/eye co-ordination by sending and receiving a ball with a racket.
- Use the correct technique for holding the racket (forehand)
- Develop a serve underarm and build and maintain a rally.
- Practice backhand technique.
- Select and maintain a running pace for different distances.
- Develop throwing with power and accuracy using the pull technique.
- Demonstrate good running technique when jumping over hurdles.

Main Focus for the year

In year 4 the children are back into the school PE lessons after swimming for the whole year in year 3. The children revisit the areas they covered when in KS1 in a bit more depth. Starting to focus on specific skills in games and starting to learn about types of warm ups/stretches they would do for different activities and disciplines.

Physical Development and health and development outside of PE lessons

In year 4 the children have access to a variety of activities in the playground to help with their physical development. Football, four square, skipping and the climbing apparatus.

Annual assembly on healthy lifestyle and well being with teachers and LSAs taking part in an annual 10k run in London.

Kenzalia clubs

Year 4 children have the opportunity to take part in, football club, Lego club and a Gymnastics club after school

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Residential trip

In year 4, the children have the opportunity to go on the residential trip to Gordan Brown outdoor activity centre. On the residential the children have a chance to use a lot of their teamwork/ building skills they have learnt in PE. Being involved and engaged in different challenges and experiences outside of school, developing their social and team skills. The activities range from, orienteering, obstacle course, teambuilding challenges, high and low ropes, shelter building and survival skills.

Year 5

Objectives for the year

By the end of Year 5, the children will be able to:

- Use good hand/eye co-ordination to pass and receive a ball successfully.
- Develop skills in the range of passes—chest pass, overhead pass and bounce pass and to understand which pass to use in a game situation, depending on the distance.
- Understand the importance of using space to receive a pass.
- To create space by losing their marker, dodging and using 'dummy' moves.
- Demonstrate a variety of defending and attacking skills in a game situation.
- Perform new gymnastic moves with control and accuracy
- Use the gym ropes showing good body tension and upper body strength.
- Understand counter balances and perform them with a partner.
- Perform and evaluate own and others' sequences.
- Identify and apply techniques for hitting a tennis ball.
- Use the correct technique for forehand, backhand and volley.
- Accurately play shots on the move.
- Use correct technique to run at speed.
- Sustain running at a continuous pace.
- Throw with accuracy and power, demonstrating the correct push technique.
- Identify and apply techniques of relay running.

Main Focus for the year

Key to this year, is children building on the knowledge, skills and understanding that they have built up through the previous years.

Progression is differentiated in a number of different ways including using assessment to make clear about what the next development points are within a lesson and across a unit. An example of this is children dribbling a football as standard demonstrating close control and command over their skills. Children who are comfortable with this, will be further challenged with dribbling a tennis ball. This model is incorporated with other skills including throwing and catching.

Physical Development and health and development outside of PE lessons

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Annual assembly on healthy lifestyle and well being with teachers and LSAs taking part in an annual 10k run in London

Kenzalia clubs

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Specialist clubs for developing talent

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Residential trip

Year 5 have a residential trip to Ironbridge in Shropshire. This gives them excellent opportunities to develop their subject knowledge across various curriculum subjects and also their independence. History, visiting /Blists Hill museum which is an outdoor Victorian street, shops, industries and town. PSHE, co-operation, team work, independence and personal hygiene. PE, swimming, table tennis and other sports at Cloverley Hall where they stay. Science, ingenuity (forces and pneumatics) and Hoo Farm Zoo (animals and their habitats)

Year 6

By the end of Year 6, the children will be able to:

- Use a range of different techniques for passing, controlling, dribbling and shooting in games.
- Adapt the skills to meet the needs of the situation or game.
- Play small games with fluency, control and understanding of formations and positions.
- Warm-up before a lesson/game, knowing what stretches are important, which muscles are they warming-up and the importance of why they do a warm-up at the start.
- Identify and practice gymnastic shapes and balances.
- Use and refine skills of flexibility, strength and balance.
- Develop skills for movement, including rolling and bridging.
- Use counterbalances and incorporate them into a sequence.
- Develop a personal fitness programme that is suitable for themselves. Using the knowledge and understanding of how a fitness circuit works.
- Throw and catch under pressure, using fielding skills to stop the ball effectively.
- Use correct batting technique with control and how to direct a ball.
- Show different running styles and speed, demonstrating good arm and leg technique.
- Throw with power and accuracy using different equipment.

Main Focus for the year

The children become more independent within their PE lessons. Becoming confident sports leaders and be able to set up and lead different lessons independently. Have a greater knowledge of not just physical activities but a solid theory and understanding of why they are doing the activity. Be able to identify and name specific muscles they are using and the benefits of why we warm up and stretch before any physical activity. Can identify and show a stretch for the calf muscles, quads, hamstrings etc.

Physical Development and health and development outside of PE lessons

The children have access to a variety of different physical activities throughout the year within school. During break and lunchtimes they have football, cricket, four square, skipping and other playground activities to participate in. There is also a choice of different after school clubs to be a part of through the Kenzalia club.

In year 6 the children take on a greater responsibility with the reception classes, becoming buddies and developing their social and leadership skills. For some children, they have the opportunity to be in the reception classes PE lessons and to deliver parts of the lesson to the children.

Annual assembly on healthy lifestyle and well being with teachers and LSAs taking part in an annual 10k run in London

Kenzalia clubs

Year 3 children have the opportunity to take part in...

Specialist clubs for developing talent

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Residential trip

Year 6 have their residential at Rock Summit UK in South Wales. This is an outdoor adventurous and survival centre. The children get to experience map reading in greater depth, GPS navigation, rock climbing on location outside of the centre as well as the various different levels of indoor wall climbing. Excellent team building activities and challenges, from caving to raft building. High rope walking platform and stream walking. A trip which helps children work at and overcome personal fears and improves on their social development skills.

National curriculum in England: PE

Purpose of Study KS1

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

Aims

- Master basic movements, including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. 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 range of skills, learning how to use them and link them to make actions and sequences of movement. They should enjoy communicating and competing with each other, develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Aims

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games and apply basic principles for attacking and defending.
- Develop flexibility, strength, control and balance.
- Perform dances using a range of performance patterns.
- Take part in outdoor and adventurous activities, challenging both individually and within a team.

Swimming

- Swim competently and confidently over a distance of 25 metres.
- Use a range of strokes effectively (front crawl, backstroke, breaststroke)
- Perform safe self-rescue in different water-based situations.

Assessment

- Pupils are assessed on whether they are Working Towards end of Year expectations, Working at the Expected Standard or Working at the Expected Standard in Greater Depth.
- Pupils are assessed by teachers according to the end of year expectations as set out in this document. Teacher assess all through the year and helps to form a 'teacher assessment.' There are no formal tests administered in PE.
- End of year judgements for PE are communicated in the end of year report for children in Years 1-6. A judgement is made in Nursery or Reception but the subject may be referred to in comments on end of year reports.

Helpful Web Links and local area links

Healthy eating websites:

www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/

Local PE clubs and areas:

www.brentschoolsfa.org.uk

www.1life.co.uk (Willesden-Sports-Centre)

www.queensparkharriers.org.uk/

southhampsteadcc.org.uk (South Hampstead Cricket Club)

www.parkrun.org.uk/queensparklondon-juniors

Recommended providers :

www.youthsporttrust.org

www.sportengland.org