



Physical Education at HPF Overview

'Celebrating and inspiring a lifelong love of learning in an ever changing world'

Rationale

Physical Education at HPF contributes to our Federation vision. Our P.E. curriculum provides a wide range of multi-sensory experiences, which engage, motivate and inspire deep learning and inspiration for **LIFE-LONG LEARNING**. At the core of our P.E. provision is the National Curriculum and the progression of key skills. This ensures that our children receive an education which challenges, engages, **INSPIRES** and is personalised for Hanham Primary Federation.

We believe that by providing a high-quality P.E. curriculum we are **INSPIRING** all pupils to succeed and excel in competitive sport and other physically-demanding activities. Our curriculum provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Through lesson time, specialist coaching and a broad range of clubs, we encourage an **INDEPENDENT** love of physical activity and a desire to become more active, taking this sense of **RESPONSIBILITY** home and into the local community.

Children at Hanham Primary Federation are given opportunities to compete in sport and other activities which builds character and helps to embed values such as resilience, **PERSEVERANCE**, fairness and **RESPECT**. Their successes and efforts are **CELEBRATED** widely throughout the federation.

Our curriculum aims to ensure that all pupils develop competence to excel in a broad range of physical activities and that they learn the importance of being physically active for sustained periods of time.

Our Physical Education curriculum fulfils a core value of the Federation by providing children with the knowledge and skills they need to lead healthy, active lives.



Physical Education at HPF Overview

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CELEBRATING – INSPIRING – LEARNING

Children are taught to celebrate and critique the work of others in order to improve their performance.

Children are shown real-life examples of athletic performance to inspire them and exemplify skills, attitudes and behaviour.

Practical activities enable children to learn from doing and develop a sense of strategy and tactical play.

Perseverance

Learners are taught that athletic performance is something that can be improved through hard work and perseverance. Resilience is explicitly taught as children learn about the mind-set and attitudes necessary for sporting success.

Respect

Learners are expected to value and respect the skills and contributions of others. They are taught the skills of giving precise, constructive feedback to help their peers improve their performance without discouragement. This is a reciprocal process.

Responsibility

Learners are frequently reminded about the value of exercise to maintaining a healthy body; they recognise their responsibility to keep healthy and are taught about how physical activity effects the body.

Enjoyment

Physical Education units are planned with pupil engagement at their core; a full range of sports and disciplines are studied so all learners can find their niche. Children enjoy the subject and are keen to display their work and share their finished products with the wider school community.

Independence

Learners discuss the work of others and form opinions as to why certain strategies are successful. However, they are given, through the subtle guidance of the teacher, freedom and autonomy to explore their own ideas and technique choices.

Our 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.

What does this look like in KS1?

As they move in KS1, children continue to develop their fundamental movement skills, become increasingly competent and confident. They access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

During pupils' Physical Education at KS1 they are 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.

What does this look like in KS2?

As they move into the Junior school, pupils 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 are given opportunities to communicate, collaborate and compete with each other.

They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

All children receive two hours of high-quality physical education experienced in a safe and supportive environment. This regularly timetables provision is enhanced by residential camps, swimming lessons, forest school and outdoor learning.

Progressive learning objectives, combined with varied teaching styles and strategies, endeavour to provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all of our pupils.

Carefully structured lessons will both provide support and challenge and an aim to achieve their personal best. Through lesson time, specialist coaching and a broad range of clubs, we encourage a love of physical activity and a desire to become more active, taking their learning home and into the local community.

In KS2, pupils' are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, cricket, football, handball, 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

- 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.

Strand	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
Year 1	<p>Games</p> <ul style="list-style-type: none"> • Throw underarm. • Roll a piece of equipment. • Move and stop safely. • Catch with both hands. • Throw and kick in different ways. <p>Athletics</p> <ul style="list-style-type: none"> • Copy actions. • Repeat actions and skills. • Move with control and care. • Talk about what they have done. • Describe what other people did. • Throw underarm. • Move and stop safely. <p>Gymnastics</p> <ul style="list-style-type: none"> • Make their body tense, relaxed, curled and stretched. • Control their body when travelling. 	<p>Games</p> <ul style="list-style-type: none"> • Throw underarm. • Roll a piece of equipment. • Move and stop safely. • Catch with both hands. • Throw and kick in different ways. <p>Tennis</p> <ul style="list-style-type: none"> • Repeat actions and skills. • Hit a ball with a bat. • Move and stop safely. • Catch with both hands <p>Target Games</p> <ul style="list-style-type: none"> • Throw underarm. • Move with control and care. • Move and stop safely. • Catch with both hands. • Throw in different ways. 	<p>Dance</p> <ul style="list-style-type: none"> • Move to music. • Copy dance moves. • Perform some dance moves. • Describe how their body feels before, during and after an activity. • Make up a short dance. • Move around the space safely.

<p>Year 2</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> • Make their body tense, relaxed, curled and stretched. • Control their body when travelling. • Copy actions. • Repeat actions and skills. • Move with control and care. • Talk about what they have done. • Describe what other people did. <p>Multi-skills</p> <ul style="list-style-type: none"> • Copy actions. • Repeat actions and skills. • Move with control and care. • Talk about what they have done. • Describe what other people did. • Co-ordinate and control my body. • Choose and use simple tactics. • Move and stop safely. 	<p>Tennis</p> <ul style="list-style-type: none"> • Repeat actions and skills. • Hit a ball with a bat. • Move and stop safely. • Catch with both hands. <p>Outdoor Games</p> <ul style="list-style-type: none"> • Move with control and care. • Move and stop safely. • Catch with both hands. • Throw in different ways. <p>Athletics</p> <ul style="list-style-type: none"> • Developing running, jumping and throwing skills. • Developing technique. • Improving accuracy. 	<p>Dance</p> <ul style="list-style-type: none"> • Move to music. • Copy dance moves. • Perform some dance moves. • Make up a short dance. • Move around the space safely.
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Strand	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	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
Year 3	<p><u>Net games</u> Move around the court individually or as a team</p> <p><u>Invasion games</u> Move around the area in different ways Catch and throw in isolation</p> <p><u>Athletics</u> Show a good technique when running and begin to understand the different techniques for short and long distance</p> <p><u>Striking and Fielding</u> Children will be able to demonstrate a range of catching and throwing techniques. Children to have developed confidence to go towards the ball to stop it.</p> <p>To be able to strike the ball with a cricket bat using a good controlled technique.</p> <p>To be able to bowl the ball at a target</p>	<p><u>Net games</u> Be able to play a range of shots. Demonstrate understanding of very basic rules to play the game competitively</p> <p><u>Invasion games</u> Understand sporting values and how they relate to competition</p>	<p><u>Net games</u> Move into position with control and balance to be able to strike the ball</p> <p><u>Invasion games</u> Be able to stop safely and in control</p> <p><u>Athletics</u> Show coordination to land safely on jumps</p> <p><u>Gymnastics</u> Can perform some basic rolls Demo the 5 basic shapes</p>	<p><u>Gymnastics</u> Travel creatively in a number of ways Explore jumping and landing off different low apparatus</p> <p><u>Dance</u> Understand what a stimulus is and how it helps to create a dance. Show an understanding of the meaning of canon and unison. Be able to clearly start and finish a dance routine. Show good teamwork skills</p>		<p><u>Net games</u> Begin to understand why you use certain techniques/ shots at certain times during games/matches</p> <p><u>Invasion games</u> Show awareness of their safety and others within the game or practice</p> <p><u>Gymnastics</u> Be able to explain how to safely use apparatus</p> <p><u>Dance</u> Be able to improvise creatively and freely Explain what characteristics you are trying to show</p>	

<p>Year 4</p>	<p><u>Invasion games</u> Move around finding space individually Throw and catch with a partner/team</p> <p><u>Athletics</u> Show lane discipline when running Show developed understanding of pace</p> <p><u>Striking and Fielding</u> Decision making skills for success, appropriate throwing and catching technique used.</p> <p>Correct body position to pick up a moving ball and to fluidly change into a strong throwing position.</p> <p>Good understanding of running when hitting a ball over a distance</p> <p>Understand as a bowler how accuracy can play a key role in the game.</p>	<p><u>Net games</u> Play a range of shots with growing accuracy Work as a team in competitive adapted games</p> <p><u>Invasion games</u> Show sporting values whilst playing competitively</p>	<p><u>Invasion games</u> Develop understanding of ABC's within sport</p> <p><u>Athletics</u> Demonstrate coordination on both jumping events and throwing</p> <p><u>Gymnastics</u> Can demo different rolls safely with clear entrance and exit Show push, pull and different solo balances</p>	<p><u>Gymnastics</u> Travel creatively across apparatus Can begin to transfer gymnastics actions onto different apparatus Can create their own sequence</p> <p><u>Dance</u> Be able to perform canon and unison confidently within a small group.</p>		<p><u>Net games</u> Begin to understand why you use certain techniques/ shots at certain times during games/matches</p> <p><u>Invasion games</u> Develop awareness of safety to include feedback to others</p> <p><u>Gymnastics</u> Be able to analyse a peer's sequence and describe the changes Demonstrate and explain safety with regards to jumping and landing</p> <p><u>Dance</u> Have a greater knowledge of a social/cultural background of a traditional social</p>	
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<p>Year 5</p>	<p><u>Invasion games</u> Move in different ways and directions creating space for yourself and others within the team Participate as part of a small team by passing and receiving in number of different ways</p> <p><u>Athletics</u> Demonstrate fluid running technique in long and short distance Show clear lane discipline Show coordination in jumping</p> <p><u>Striking and Fielding</u> Children to demonstrate and have confidence to move towards a moving ball and stop it using the long barrier, one hand or 2 handed pick up and release.</p> <p>Children will understand the importance of having a good technique will increase the success rate when striking.</p> <p>Children will be able to demonstrate a sound bowling position from a stand still position</p>	<p><u>Net games</u> Play a range of shots accurately Work as a team in competitive adapted games executing simple tactics</p> <p><u>Invasion games</u> Develop understanding of attacking and defending tactics and positional play Play competitively showing the values of sport</p>	<p><u>Invasion games</u> Demonstrate ABC's within the practice and also in small sided games</p> <p><u>Gymnastics</u> Maintain shape balance and control when performing rolls In a duo show push pull and collaborative balances</p>	<p><u>Gymnastics</u> Demonstrate a growing level of control and co-ordination</p> <p><u>Dance</u> Perform on different levels/body parts and incorporate within a dance.</p>		<p><u>Net games</u> Begin to develop tactical knowledge of how to beat an opponent</p> <p><u>Invasion games</u> Demonstrate the knowledge of how to defend and attack Demonstrate a knowledge of key terminology within the game</p> <p><u>Athletics</u> Explain the technique of running and lane discipline</p> <p><u>Gymnastics</u> Be able to describe in detail the characteristics of each shape Create a solo that has fluidity and a variety of actions.</p> <p><u>Dance</u> Have an understanding of how to analyse and interpret a dance. Discuss with peers how you can portray emotion through movement in the dance</p>	
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Year 6

Invasion games

Participate fully in the game. Showing balance control and support within the team

Athletics

Demonstrate starting techniques and be able to explain the reason for using the technique
To be able to throw accurately
Show clear coordination in triple jump

Striking and Fielding

Children to understand using the correct body position when fielding a moving ball and using the correct throwing action.

Children will have the confidence to run in and bowl in target areas showing good line and length

Net games

Select and play a range of shots accurately
Work as a team in competitive adapted games executing tactics

Demonstrate knowledge of the rules of the game

Invasion games

Understand the rules and be able to officiate games
Be able to play competitively showing sporting values and the ability to show teamwork and respect to opposition

Athletics

Understand race tactics and how, why they can differ.

Striking and Fielding

To have competed in a competitive game of Kwik cricket

Invasion games

Show understanding of the way to improve flexibility, strength and technique for the sport.

Athletics

Gymnastics

Explore how you can create different floor patterns within a sequence
Sequences should involve speed, change of direction, levels, stillness and creativity

Gymnastics

Explore the use of hand held apparatus to enhance the sequence

Dance

Perform on different levels/body parts with balance and control and incorporate within a dance.
Choreograph a routine as part of a group using ideas from the whole group.
Show a clear dance motif and then express it creatively in multiple ways.

Net games

Discuss and develop tactical knowledge of how to beat an opponent, showing knowledge of opponent's strengths and weaknesses

Invasion games

Begin to support other children in their development within sport
Evaluate own performance and show understanding of the way to improve flexibility, strength and technique for the sport.

Athletics

Coach basic principles of running to peers
Explain decision making during long distance races

Gymnastics

Work in a small group to explore the use of symmetry, canon and unison, mirroring, dynamics and floor patterns.
Evaluate in detail others work and how to enhance their performance.
Have an understanding of how to analyse and interpret a dance.

						<p>Striking and Fielding</p> <p>Children will understand batting in pairs and calling correctly when running between the wickets</p> <p>Understand tactics within a game of kwik cricket – fielding positions, batting and balling order etc</p> <p>Dance</p> <p>Be able to evaluate their own and other's work and its advantages.</p> <p>Refine and improve a group routine incorporating different dance concepts</p>	
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