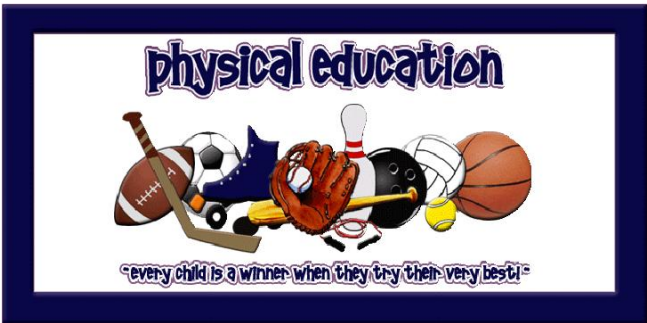


Byker Primary School PE Curriculum



PE Curriculum Statement

Physical Education at Byker Primary School is valued for its unique contribution to developing children's physical, social, interpersonal and emotional skills. It provides opportunities for children to be creative and competitive while learning to work with and respect others.

At Byker Primary School children learn how to plan, perform and evaluate actions, often in pairs and small groups, helping them to develop the quality and effectiveness of their work. The children across our school develop confidence and competence in performing different skills and build a resilience to overcome challenges as they arise. A positive attitude towards active lifestyles is promoted and we aim to introduce children to lifelong physical activity. This is provided by the children having access to a wide range of sporting extra-curricular clubs which accommodate a wide variety of interests before, during and after school.

Children in all year groups work with our PE Teacher and sports coaches to enhance their skills across the PE curriculum for at least 2 hours per week. In the Foundation Stage children are encouraged to access a wide range of physical activity provision throughout the indoor and outdoor classroom as well as taking part in set PE sessions. Physical Development is one of the areas in the Early Years Foundation Stage where children learn to explore, experiment and refine their social, gross and fine motor skills. In Key Stage 1 children build on their early experiences and move into paired and group activities. They begin to play different games, explore and link actions, improve coordination and balance. They begin to express ideas and feelings about their own performances. In Key Stage 2 Children build on their previous experiences through a broader PE curriculum. They learn specific skills and refine and improve existing ones. The children develop confidence to evaluate their own and other performances and reflect on how they can improve. They learn to work as a team in pairs and small groups as well as taking part in competitive experiences so that they develop a greater awareness of the importance for their actions as well as winning.

P.E. Assessments

We carry regular P.E. assessments out throughout the school year so we can monitor the progress of our pupils and ensure they meet the required attainment targets. Our sports partnership, Newcastle PE & Sport Service carry out an external P.E. assessment in our school for KS1 and KS2. Once assessments have been completed data is collected and passed on to us. We then highlight children that require additional support and put them in booster clubs and P.E intervention groups to get them up to the required levels. We also carry out a range of internal P.E assessments on a regular basis. We carry out an individual assessment where pupils are assessed against the learning outcomes. This assessment is carried out at the start and end of each term. This is then shared with pupils so they can see their progression throughout the term. We also carry out a class assessment on a regular basis which is also based on 'I Can' statements which is graded as follows; green, orange and red. The 'I Can Levels' of assessments used in Physical Education at Byker Primary school helps the children to understand what level they are at, what level they should be striving to achieve, and what is required to achieve target levels. This assessment also allows our P.E Teacher / sports coaches to understand what level the class is working at and what they need to devote additional or less time on during their lessons.

Newcastle PE & Sport Services

P.E. Assessment

Social Statements

Year

		Emerging	Developing	Advanced

- EMERGING**

 - Make Eye Contact
 - Listen carefully to others
 - Take turns
 - Share equipment
 - Tell others my ideas
 - Play fairly
 - Acknowledge winning & losing
 - Encourage and praise others
 - Be patient with others
 - Tell others why they are good
 - Cooperate with others
 - Help & support others

- DEVELOPING**

 - Direct and organise others
 - Take on different roles
 - Receive & give feedback
 - Negotiate & collaborate
 - Work effectively with others in a competition as part of a team
 - Make a recognised positive contribution to the group
 - Involve others
 - Question others appropriately
 - Lead & motivate small groups
 - Give sensitive feedback

Individual P.E. assessment

Assessment Task	Learning Outcomes
Moving Along	<ul style="list-style-type: none">• I can move with control and coordination• I can communicate feelings and mood through my movements• I can link movements fluently

Week 1

Emerging	Developing	Secure	Mastered

Week 6

Emerging	Developing	Secure	Mastered

Class P.E. assessment

Assessment Task	Week 1 Learning Outcomes	Week 2 Learning Outcomes
Moving Along	<ul style="list-style-type: none"><li data-bbox="533 680 938 864">• I can move with control and coordination<li data-bbox="533 878 938 1191">• I can communicate feelings and mood through my movements<li data-bbox="533 1205 855 1384">• I can link movements fluently	<ul style="list-style-type: none"><li data-bbox="963 680 1369 864">• I can move with control and coordination<li data-bbox="963 878 1369 1191">• I can communicate feelings and mood through my movements<li data-bbox="963 1205 1276 1384">• I can link movements fluently

Nursery/ Reception - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Multi -skills	Moving	<ul style="list-style-type: none"> • I can move in different ways • I can move different ways into space • I can know how to skip, run and hop
Autumn	Tag games	Exploring new surroundings	<ul style="list-style-type: none"> • I can follow simple instructions • I can take a role of a tagger • I know how to run away from tagger • I know what happens when I get tagged • I know how to happen when you get tagged
Autumn	Social skills	Communication	<ul style="list-style-type: none"> • I can listen attentively in a range of situations • I can follow 3 step instructions • I can talk about my ideas
Autumn	Raising the bar	Agility	<ul style="list-style-type: none"> • I can move in different directions • I can jump in different directions • I can change to avoid obstacles • I can change speed • I can race against other children
Autumn	Team games	Exploring new surroundings	<ul style="list-style-type: none"> • I can take turns • I understand my role in a team • I can join in with team games

Autumn	Social skills	Co-operation / collaborations	<ul style="list-style-type: none"> • I can take turns • I can work sensibly alongside others • I can take account of another's ideas, needs and feelings
Spring	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can perform actions safely • I can use different gymnastics shapes • I can travel with confidence and skill around, under, over, and through balancing and climbing equipment⁴ • I can balance on different body parts • I can Jump of an object and land appropriately
Spring	Raising the bar	Balancing	<ul style="list-style-type: none"> • I can pick up a cone up from the floor standing on two feet and one foot • I can move around without falling over • I can balance on different body parts while seated and standing • I can balance equipment on different body part • I can stand momentarily on one foot when shows
Spring	Personal skills	Self - awareness / self - confidence	<ul style="list-style-type: none"> • I try new activities, and say why I like some activities more than others • I can talk about my ideas • I say when I do or don't need help
Spring	Dance	Moving	<ul style="list-style-type: none"> • I can experiment different ways of moving • I can express my feelings • I can copy and demonstrate actions

			<ul style="list-style-type: none"> • I can move showing good control • I can move using an awareness of space
Spring	Multi-skills	Ball handling	<ul style="list-style-type: none"> • I can push a ball • I can patt a ball • I can throw a ball • I can roll a ball • I can kick a ball • I can catch a ball • I can bounce a ball
Spring	Personal skills	Managing feelings and emotions	<ul style="list-style-type: none"> • I can talk about my feelings • I can talk about my own and others' behaviour, and its consequences, and know that some behaviour is unacceptable • I can adjust my behaviour to different situations
Summer	Athletics	Running	<ul style="list-style-type: none"> • I can run skilfully and negotiate space successfully, adjust speed or directions to avoid obstacles • I can run with coordination and control • I can race against other children • I can chase other children
Summer	Raising the bar	Coordination	<ul style="list-style-type: none"> • I can throw/bounce and catch • I can skip around • I can hopscotch • I can side step

			<ul style="list-style-type: none"> • I can balance equipment while walking, running , skipping
Summer	Leading a healthy lifestyle	Knowledge and understand of fitness and health	<ul style="list-style-type: none"> • I know the importance of physical exercise for good health • I talk about ways to keep healthy and safe • I manage my own basic hygiene and personal needs successfully, including getting changed for PE
Summer	Swimming (Reception only)	Water confidence	<ul style="list-style-type: none"> • I can enter and leave the water safely • I can move safely showing awareness of others around me
Summer	Athletics	Jumping	<ul style="list-style-type: none"> • I can jump over obstacle and land on two feet • I can take a run up • I can jump over a range of obstacles
Summer	Cognitive skills	Evaluation	<ul style="list-style-type: none"> • I can observe and copy others • I can say what I or others' have done well • I can say what I and others' need to improve

Nursery/ Reception - Long term

Nursery/ Reception	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 - 6 weeks	Multi Skills	Moving	Running, skipping, hopping	Gymnastics	Performing actions	Rolls, jumps, travel, balances	Athletics	Running	Technique
	Tag games	Exploring new surroundings Social skills	Following instructions Communication	Raising the bar	Balancing Personal skills	Static balances and dynamic balances Self-awareness / Self-confidence	Raising the bar Swimming	Coordination Leading a healthy lifestyle Water confidence	Hand-eye coordination and foot-eye coordination Knowledge and understanding of fitness and health Confidence
6 - 12 weeks	Raising the bar	Agility	Running, Jumping, stopping	Dance	Moving	Control, fluency, expression and dynamics	Athletics	Jumping	Technique
	Team games	Exploring new surroundings Social skills	Following instructions Co-operation / Collaboration	Multi Skills	Ball handling Personal skills	Throwing and catching Managing feelings	Free choice	Free choice Cognitive skills	Evaluation

Year 1 - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Invasion Games	Sending a ball Moving with a ball	<ul style="list-style-type: none"> • I can move into different positions before throwing • I can throw with a suitable underarm technique • I can score accurately in a game • I can move changing speed and direction easily • I can move with a ball
Autumn	Social skills	Corporation / Collaboration	<ul style="list-style-type: none"> • I can take turns and share • I can work sensibly with others • I can show sensitivity to others' needs and feelings
Autumn	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can perform actions safely • I can use different gymnastics shapes • I can perform on different levels on floor and apparatus <p>I can perform with control and accuracy</p>
Autumn	Cognitive skills	Evaluation	<ul style="list-style-type: none"> • I can watch, describe and discuss mine and others' work. • I can explain decisions

			<ul style="list-style-type: none"> • I can begin to provide solutions
Spring	Dance	Moving	<ul style="list-style-type: none"> • I can move showing good control • I can move using an awareness of space • I understand different levels, speed and direction • I can move expressively and confidently
Spring	Social skills	communication	<ul style="list-style-type: none"> • I can make eye contact with the person speaking • I can follow an increasing number of instructions if repeated • I can express myself
Spring	Invasion Games	Receiving a ball Tactical play	<ul style="list-style-type: none"> • I can move to intercept • I can move into different positions to catch • I can change my approach in response to my opponent's actions • I can keep control of a ball
Spring	Personal skills	Managing feeling including healthy competitions	<ul style="list-style-type: none"> • I can show compassion towards others • I enjoy competing against myself • I play fairly and follow rules
Summer	Athletics	Running	<ul style="list-style-type: none"> • I can look up while running • I demonstrate a good running technique • I can run at different speeds • I can change direction while running • I can move around objects quickly

Summer	Leading a healthy lifestyle	Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • I am becoming aware of body changes during exercise • I am becoming aware of the need for safe practice • I can dress/undress independently in reasonable time • I can take part in a teacher-led warm up
Summer	Swimming	Water confidence	<ul style="list-style-type: none"> • I can enter and leave the water safely • I can move safely showing awareness of others around me • I can put my face in the water
Summer	Athletics	Throwing	<ul style="list-style-type: none"> • I can choose an appropriate throwing action for the equipment • I can choose an appropriate throwing action for distance • I can use underarm throws accurately • I can use overarm throws accurately • I can reach the target with most of my throws
Summer	Personal skills	Self - confidence / self - awareness	<ul style="list-style-type: none"> • I can practise safely and work on simple task by myself • I can express myself • I ask adults for help when appropriate

Year 1 - Long term

Year 1	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 - 6 weeks	Invasion games	Sending a ball	Passing and shooting	Dance	Moving	Control, fluency, expression and dynamics	Athletics	Running	Technique
		Moving with a ball	Dribbling					Leading a healthy active Lifestyle	Knowledge and understanding of fitness and health.
		Social Skills	Co-operation/ collaboration		Social Skills	Communication	Swimming	Water confidence	Confidence and safety
6 - 12 weeks	Gymnastics	Performing actions	Rolls, jumps, travel, balance	Invasion Games	Receiving a ball	Catching, controlling and intercepting	Athletics	Throwing	Technique
		Cognitive skills	Evaluation			Tactical play		Attacking and defending	
					Personal Skills	Managing feelings and emotions (including healthy competition)			

Year 2 - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Invasion games	Sending a ball	<ul style="list-style-type: none"> • I can move into different positions before throwing • I can throw with a suitable underarm technique • I can score accurately in a game • I can select a piece of equipment and pass using a suitable technique • I can select a ball and pass a ball using a suitable technique
Autumn	Invasion games	Receiving a ball	<ul style="list-style-type: none"> • I can move to intercept • I can move into different positions to catch • I can move to try to intercept a ball
Autumn	Social skills	Co-operation / collaboration	<ul style="list-style-type: none"> • I can show patience when taking turns and sharing • I can work sensibly in small groups • I can help and praise others
Autumn	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can perform actions safely • I can use different gymnastics shapes • I can perform on different levels on floor and

			<p>apparatus</p> <p>I can perform with control and accuracy</p>
Autumn	Swimming	Moving, strokes, breathing	<ul style="list-style-type: none"> • I can move effectively through the water with floatation aids • I can coordinate my arms and leg actions to swim through the water
Autumn	Cognitive skills	Evaluation	<ul style="list-style-type: none"> • I can begin to compare my movements and skills with those of others • I can explain and justify decisions • I can provide solutions
Spring	Gymnastics	Linking actions	<ul style="list-style-type: none"> • I can link and repeat basic actions • I can select actions to create a movement phrase (3 elements) • I can move smoothly from one action to another • I can create a sequence with a beginning, middle and end (4 elements) • I can repeat a sequence accurately • I can adapt my sequence to include apparatus
Spring	Personal skills	Self - confidence / self - awareness	<ul style="list-style-type: none"> • I try several times if at first I don't succeed • I can express myself with some confidence • I accept help from others when prompted by an adult

Spring	Dance	Linking actions	<ul style="list-style-type: none"> • I can remember, repeat and link movement phrases • I can create sequences with a clear start, middle and end • I can link movements fluently
Spring	Social skills	Communication	<ul style="list-style-type: none"> • I can respond appropriately to what others are saying • I can follow an increasing number of instructions • I can express myself with some confidence
Summer	Invasion games	Moving with a ball	<ul style="list-style-type: none"> • I can move changing speed and direction easily • I can move with a ball • I can move with a ball showing consistency, control and speed
Summer	Invasion games	Tactical play	<ul style="list-style-type: none"> • I can change my approach in response to my opponent's actions • I can keep control of a ball • I can keep possession and control of the ball
Summer	Personal skills	Managing and feelings and emotions (including healthy competition)	<ul style="list-style-type: none"> • I am beginning to empathise and support others • I enjoy competing against others, one at a time • I congratulate others when they win
Summer	Athletics	Throwing	<ul style="list-style-type: none"> • I can choose an appropriate throwing action for the equipment • I can choose an appropriate throwing action for distance • I can use underarm throws accurately

			<ul style="list-style-type: none"> • I can use overarm throws accurately • I can reach the target with most of my throws
Summer	Leading a healthy lifestyle	Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • I understand and can describe in simple terms what is happening to the body • I can demonstrate safe practice within PE lessons • I understand why I change for PE. • I understand the need for a warm up and cool down.

Year 2 - Long term

Year 2	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 - 6 weeks	Invasion games	Sending a ball	Passing and shooting	Gymnastics	Linking actions	Creating and repeating movement phrases and sequences	Invasion Games	Moving with a ball	Dribbling
		Receiving a ball	Catching, controlling and intercepting		Personal Skills	Self-confidence / Self Awareness		Tactical play	Attacking and defending
		Social Skills	Co-operation/ collaboration					Personal Skills	Managing feelings and emotions (including healthy competition)
6 - 12 weeks	Gymnastics	Performing actions	Rolls, jumps , travel, balance	Dance	Linking movements	Creating and performing	Athletics	Throwing	Technique
		Cognitive skills	Evaluation		Social Skills	Communication		Leading a healthy active Lifestyle	Knowledge and understanding of fitness and health.
	Swimming	Water confidence	Confidence and safety						

Year 3 - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Invasion Games	Sending a ball	<ul style="list-style-type: none"> • I can select a piece of equipment and pass using a suitable technique • I can select a ball and pass a ball using a suitable technique • I can pass a ball using a range of techniques showing consistency, control and speed
Autumn	Invasion Games	Receiving a ball	<ul style="list-style-type: none"> • I can move into different positions to catch • I can move to try to intercept a ball • I can select a ball and move into different positions to receive it
Autumn	Social Skills	Co-operation / collaboration	<ul style="list-style-type: none"> • I can take on simple roles and responsibilities • I can discuss with others in a small group • I can encourage and support others
Autumn	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can use different gymnastics shapes • I can perform a range of gymnastic actions • I can perform with control and accuracy • I can perform balances on small body parts • I can perform at different levels, speeds and

			<p>directions</p> <ul style="list-style-type: none"> • I vary how I use the apparatus (along, over, onto, off)
Autumn	Gymnastics	Linking actions	<ul style="list-style-type: none"> • I can move smoothly from one action to another • I can create a sequence with a beginning, middle and end (4 elements) • I can repeat a sequence accurately • I can adapt my sequence to include apparatus
Autumn	Personal skills	Self - confidence / self-awareness	<ul style="list-style-type: none"> • I have begun to challenge myself • I can show and tell others my ideas confidently • I ask and accept help from peers when appropriate
Spring	Dance	Moving	<ul style="list-style-type: none"> • I can move with control and coordination • I can communicate feelings and mood through my movements • I can move showing good body control and fluency • I use different levels and speed • I can perform expressively
Spring	Dance	Linking movements	<ul style="list-style-type: none"> • I can link movements fluently • I can compose dance phrases with understanding
Spring	Social Skills	Communication	<ul style="list-style-type: none"> • I can use language for different purposes • I can remember instructions from previous lessons • I can show and tell others my ideas confidently

Spring	Swimming	Moving through the water	<ul style="list-style-type: none"> • I can push and glide through the water • I can swim three different strokes or actions • I can control my breathing when swimming.
Spring	Nett & Wall	Sending	<ul style="list-style-type: none"> • I can select a piece of equipment and hit using a suitable technique • I can use forehand, backhand and overhead shots • I can select appropriate shots to hit the target
Spring	Nett & Wall	Tactical play	<ul style="list-style-type: none"> • I can keep control of a ball/ shuttle • I start to choose and use some tactics effectively • I use tactics to outwit opponents • I defend my court area to stop my opponents scoring • I use appropriate attacking and defending positions
Spring	Personal skills	Managing feelings and emotions including healthy competition	<ul style="list-style-type: none"> • I can empathise and support others • I enjoy competing against others at the same time • I am getting better at coping with winning and losing
Summer	Athletics	Running	<ul style="list-style-type: none"> • I can look up while running • I demonstrate a good running technique • I can run at different speeds • I can change direction while running • I can move around objects quickly

			<ul style="list-style-type: none"> • I can pass a baton • I can choose and sustain an appropriate running pace
Summer	Athletics	Throwing	<ul style="list-style-type: none"> • I can choose an appropriate throwing action for the equipment • I can choose an appropriate throwing action for distance • I can use underarm throws accurately • I can use overarm throws accurately • I can reach the target with most of my throws
Summer	Leading a healthy lifestyle	Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • I recognise changes in body temperature, heart rate and breathing • I can work in a responsible and safe manner • I dress appropriately for all aspects of PE • I can suggest appropriate warm up ideas
Summer	OAA	Cognitive abilities	<ul style="list-style-type: none"> • I listen to and follow instructions • I plan a route that takes into account possible dangers • I can draw a plan that marks my route • I apply rules successfully • I discuss the best way to solve the problem as a team • I can read a map, plan a route and mark it on a map • I can devise solutions to a set task

<p>Summer</p>	<p>OAA</p>	<p>Physical/ social abilities</p>	<ul style="list-style-type: none"> • I move safely over, around and under apparatus • I can carry objects with agility and balance • I can help others • I can take into account others physical strengths and abilities • I can suggest ways to improve plans and strategies
<p>Summer</p>	<p>Cognitive skills</p>	<p>Evaluation</p>	<ul style="list-style-type: none"> • I can compare my movements and skills with those of others • I can describe and comment on my own performance and that of others • I can make simple suggestions to improve the quality of mine and others' performance

Year 3 - Long term

Year 3	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 - 6 weeks	Invasion games	Sending a ball	Passing and shooting	Dance	Moving	Control, fluency, expression and dynamics	Athletics	Running	Technique
		Receiving a ball	Catching, throwing and intercepting		Linking actions	Creating and performing		Throwing	Technique
		Social Skills	Co-operation/ collaboration	Swimming	Moving through the water	Technique		Leading a healthy active Lifestyle	Knowledge and understanding of fitness and health.
6 - 12 weeks	Gymnastics	Performing actions	Rolls, jumps, travels, balances	Nett & Wall	Sending	Hitting / aiming	OAA	Cognitive abilities	Plan
		Linking actions	Creating and repeating movement phrases and sequences		Tactical play	Attacking and defending		Physical/ social abilities	Do
		Personal Skills	Self-confidence / Self Awareness		Personal Skills	Managing feelings and emotions (including healthy competition)		Cognitive skills	Evaluation

Year 4 - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Invasion Games	Moving with a ball	<ul style="list-style-type: none"> • I can move with a ball • I can move with a ball showing consistency, control and speed • I can dribble a ball
Autumn	Invasion Games	Tactical play	<ul style="list-style-type: none"> • I can keep control of a ball • I can keep possession and control of the ball • I can apply principles of team play to keep possession of the ball
Autumn	Water survival	Treading water, floating, conserving energy	<ul style="list-style-type: none"> • I can use strokes that conserve my energy • I can stay still in the water by floating • I can stay still in the water by treading water • I can tread water effectively
Autumn	Cognitive skills	Evaluation	<ul style="list-style-type: none"> • I can recognise mine and others' strengths and weaknesses • I can change tactics, rules or tasks to make activities more challenging, fun or to help me or others' improve

Autumn	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can perform balances on small body parts • I can perform at different levels, speeds and directions • I vary how I use the apparatus (along, over, onto, off) • I can perform a variety of actions on floor, mat and apparatus • I use mirroring and matching • I perform with control and accuracy • I show fluency and clarity of movement
Autumn	Gymnastics	Linking actions	<ul style="list-style-type: none"> • I can devise a sequence with a beginning, middle and end (six actions) • I can include different levels, speeds and directions in my sequences • I devise a sequence with a partner on a clear theme (six actions/ 3 themes - Leading and Following, Meeting and Parting, Side by Side) • I can change direction and level • I maintain quality when performing with a partner
Autumn	Personal skills	Self-confidence / self-awareness	<ul style="list-style-type: none"> • I cope well and react positively when things become difficult • I can take on various roles and responsibilities • I recognise my strengths and weaknesses and accept suggestions to improve

Spring	Dance	Moving	<ul style="list-style-type: none"> • I can move with control and coordination • I can communicate feelings and mood through my movements • I can move showing good body control and fluency • I use different levels and speed • I can perform expressively
Spring	Dance	Linking movements	<ul style="list-style-type: none"> • I can link movements fluently • I can compose dance phrases with understanding
Spring	Social skills	Communication	<ul style="list-style-type: none"> • I can take turns in a group or class discussion • I can follow increasingly complex instructions • I can take on various roles and responsibilities
Spring	Striking & Fielding	Pacing / timing	<ul style="list-style-type: none"> • I can respond to the way the ball is bowled • I track and catch the ball effectively • I can move fluently between bases
Spring	Social skills	Co-operation / collaboration	<ul style="list-style-type: none"> • I can take on a variety of roles and responsibilities • I can debate different thoughts and opinions in a group • I can give and receive helpful feedback to others
Spring	Athletics	Throwing	<ul style="list-style-type: none"> • I use an appropriate technique for sling throws • I use an appropriate technique for push throws • I use an appropriate technique for pull throws • I aim accurately at a target • I can reach a target using all three throws

Spring	Athletics	Jumping	<ul style="list-style-type: none"> • I can jump with control, co-ordination and balance • I can bend my knees when jumping • I can swing my arms to propel me forward or upwards • I can use a suitable run up <ul style="list-style-type: none"> • I show consistency in my jumping
Spring	Leading a healthy lifestyle	Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • I can explain how my body temperature, heart and breathing rate changes when I exercise • I recognise aspects of safe and unsafe practice • I can demonstrate activities for specific aspects of warm up - stretching, joint mobility, raising heart and breathing rates
Spring /Summer	Swimming	Moving, strokes, breathing	<ul style="list-style-type: none"> • I can push and glide through the water • I can swim three different strokes or actions • I can control my breathing when swimming
Summer	OAA	Plan	<ul style="list-style-type: none"> • I apply rules successfully • I discuss the best way to solve the problem as a team • I can read a map, plan a route and mark it on a map • I can devise solutions to a set task
Summer	OAA	Do	<ul style="list-style-type: none"> • I move safely over, around and under apparatus • I can carry objects with agility and balance • I can help others • I can take into account others physical strengths and abilities

Summer	Personal skills	Managing feelings and emotions (including healthy competition)	<ul style="list-style-type: none">• I can empathise and support others• I enjoy competing with others in a shared space• I can win and lose gracefully
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Year 4 - Long term

Year 4	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 - 6 weeks	Invasion Games	Moving with a ball Tactical play Cognitive skills	Dribbling Attacking and defending Evaluation	Dance	Moving Linking movements Social Skills	Control, fluency, expression and dynamics Creating and Performing Communication	Athletics	Throwing Jumping Leading a healthy lifestyle	Technique Technique Knowledge and understanding of fitness and health
	Swimming	Treading water, floating, conserving energy	Technique	Swimming	Treading water, floating, conserving energy	Technique	Swimming	Treading water, floating, conserving energy	Technique
6 - 12 weeks	Gymnastics	Performing actions Linking actions Personal Skills	Rolls, jumps, travel, balances Creating and repeating movement phrases and sequences Self-confidence / Self-awareness	Striking & Fielding	Moving Social Skills	Pacing/ timing Co-operation/ collaboration	OAA	Plan Do Personal Skills	Cognitive abilities Physical/ social abilities Managing feelings and emotions (including healthy competition)
	Swimming	Moving, strokes, breathing	Technique	Swimming	Moving, strokes, breathing	Technique	Swimming	Moving, strokes, breathing	Technique

Year 5 - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Athletics	Running	<ul style="list-style-type: none">• I demonstrate a good running technique• I can pass a baton• I can choose and sustain an appropriate running pace• I run with increasing control and co-ordination
Autumn	Athletics	Jumping	<ul style="list-style-type: none">• I can jump with control, co-ordination and balance• I can bend my knees when jumping• I can swing my arms to propel me forward or upwards• I can use a suitable run up<ul style="list-style-type: none">• I show consistency in my jumping
Autumn	Swimming	Moving through the water / water survival	<ul style="list-style-type: none">• I can push and glide through the water• I can swim three different strokes or actions• I can control my breathing when swimming• I can swim confidently on the surface and under the water• I can swim for sustained periods of time

			<ul style="list-style-type: none"> • I can swim with a ball • I can use strokes that conserve my energy • I can stay still in the water by floating • I can stay still in the water by treading water • I can tread water effectively
Autumn	Cognitive skills	Evaluation	<ul style="list-style-type: none"> • I can use feedback to modify my and others' performance • I can set myself and others' appropriate targets
Autumn	Invasion Games	Sending a ball	<ul style="list-style-type: none"> • I can pass a ball using a range of techniques showing consistency, control and speed • I can pass, control, dribble and shoot effectively
Autumn	Invasion Games	Receiving a ball	<ul style="list-style-type: none"> • I can select a ball and move into different positions to receive it • I can move and receive a ball effectively
Autumn	Social skills	Co-operation / collaboration	<ul style="list-style-type: none"> • I can take on more demanding roles and responsibilities • I can negotiate with others in a group • I can give and receive sensitive feedback
Spring	Dance	Moving	<ul style="list-style-type: none"> • I can move showing good body control and fluency • I use different levels and speed • I can perform expressively
Spring	Dance	Linking movements	<ul style="list-style-type: none"> • I can compose dance phrases with understanding • I can compose, develop and adapt dance phrases • I can use compositional ideas to create dances

Spring	Social skills	Communication	<ul style="list-style-type: none"> • I can debate with others • I can follow complex instructions • I can guide a small group through a task
Spring	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can perform a variety of actions on floor, mat and apparatus • I use mirroring and matching • I perform with control and accuracy • I show fluency and clarity of movement • I can perform a range of gymnastic actions safely
Spring	Gymnastics	Linking actions	<ul style="list-style-type: none"> • I devise a sequence with a partner on a clear theme (six elements/ 3 themes - Leading and Following, Meeting and Parting, Side by Side) • I can change direction and level • I maintain quality when performing with a partner
Spring	Leading a healthy lifestyle	Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • I can explain the link between heart rate and breathing rate during exercise • I can make an informed decision between taking a safe risk and unsafe practice • I can lead a small group through activities for specific aspects of warm up - stretching, joint mobility, raising heart and breathing rates

Summer	Striking and fielding	Sending	<ul style="list-style-type: none"> • I can use forehand, backhand and overhead shots • I can select appropriate shots to hit the target • I consistently get the ball/ shuttle near a target • I can play the ball away from my opponent
Summer	Striking and fielding	Moving	<ul style="list-style-type: none"> • I start to choose and use some tactics effectively • I use tactics to outwit opponents • I defend my court area to stop my opponents scoring • I use appropriate attacking and defending positions
Summer	Personal skills	Managing and feelings and emotions (including healthy competition)	<ul style="list-style-type: none"> • I involve others • I enjoy competing within different formats, e.g. round robin, ladders etc. • I show respect for others when competing
Summer	OAA	Do	<ul style="list-style-type: none"> • I move safely over, around and under apparatus • I can carry objects with agility and balance • I can help others • I can take into account others physical strengths and abilities
Summer	Plan	Review	<ul style="list-style-type: none"> • I can suggest ways to improve plans and strategies • I adapt plans to work more efficiently • I carry out peer and self-assessment fairly and confidently

Summer	Personal skills	Self-confidence / self-awareness	<ul style="list-style-type: none">• I can persevere with a task• I can guide a small group through a task• I seek advice from a variety of sources to help me to improve

Year 5 - Long term

Year 5	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 - 6 weeks	Athletics	Running	Technique	Dance	Moving	Control, fluency, expression and dynamics	Striking and Fielding	Sending	Throwing Hitting Bowling
		Jumping	Technique						
		Cognitive skills	Evaluation		Linking movements	Creating and Performing		Tactical play	Attacking and defending
	Swimming	Moving through the water	Technique		Social skills	Communication		Personal skills	Managing feelings and emotions (including healthy competition)
6 - 12 weeks	Invasion Games	Sending a ball	Passing and shooting	Gymnastics	Performing Actions	Rolls, jumps, travel, balance	OAA	Do	Physical / social abilities
		Receiving a ball	Catching, controlling and intercepting		Linking actions	Creating and repeating movement phrases and sequences		Review	Cognitive abilities
		Social skills	Co-operation/ Collaboration		Leading a healthy lifestyle	Knowledge and understanding of fitness and health		Personal skills	Self-confidence/ self - awareness

Year 6 - Medium term

<u>Term</u>	<u>Subject</u>	<u>Learning Focus</u>	<u>Learning outcomes</u>
Autumn	Invasion Games	Receiving a ball	<ul style="list-style-type: none"> • I can select a ball and move into different positions to receive it • I can move and receive a ball effectively • I can receive and move to intercept a ball showing consistency, control and speed
Autumn	Invasion Games	Tactical play	<ul style="list-style-type: none"> • I can apply principles of team play to keep possession of the ball • I can demonstrate a range of attacking skills • I can demonstrate a range of defending skills
Autumn	Social skills	Co-operation / collaboration	<ul style="list-style-type: none"> • I can take on all roles and responsibilities confidently • I can involve and motivate others in a group • I can give and receive specific critical feedback
Autumn	Gymnastics	Performing actions	<ul style="list-style-type: none"> • I can perform a range of gymnastic actions safely • I can perform a range of acrobatic balances • I perform consistently, accurately and fluently • I show good body tension and extension • I can adapt to working with a partner and

			<p>apparatus</p> <ul style="list-style-type: none"> • I can perform a wide range of actions and pair balances • I can perform a controlled and safe group balance • I perform fluently and with control and clarity
Autumn	Gymnastics	Linking actions	<ul style="list-style-type: none"> • I compose a sequence with a partner (six actions plus three basic acrobatic balances - part-weight bearing balance, counter tension, counter-balance) • I can perform changes in level, speed and direction in my sequence • I can compose a balanced sequence with a clear start, middle and end within a group of 4-6 (eight varied action plus paired balances and simple group balances) • I can perform a sequence with varying direction, level and pathways
Autumn	Leading a healthy lifestyle	Knowledge and understanding of fitness and health	<ul style="list-style-type: none"> • I can describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery • I can modify activities to ensure safety • I can describe the effects of exercise on the body showing understanding of the principles of respiration, temperature, fatigue and recovery • I can modify activities to ensure safety

			<ul style="list-style-type: none"> • I can lead a large group through activities for specific aspects of warm up - stretching, joint mobility, raising heart and breathing rates
Spring	Dance	Moving	<ul style="list-style-type: none"> • I can move showing good body control and fluency • I use different levels and speed • I can perform expressively • I can use linking movements to ensure fluency • I can perform accurately • I can vary the order, timing, speed and direction of movements • I can improvise with dance movements
Spring	Dance	Linking movements	<ul style="list-style-type: none"> • I can compose dance phrases with understanding • I can compose, develop and adapt dance phrases • I can use compositional ideas to create dances
Spring	Social skills	Communication	<ul style="list-style-type: none"> • I can negotiate with others • I can follow lists of complex instructions • I can guide a large group through a task
Spring	Striking and fielding	Sending	<ul style="list-style-type: none"> • I can use different throwing techniques • I can intercept and return the ball effectively • I can track and catch the ball effectively • I can hit the ball hard • I can hit into a space • I can hit the ball with control and accuracy • I can hit responding to how the ball is bowled • I can hit the ball to avoid fielders

Spring	Striking and fielding	Tactical play	<ul style="list-style-type: none"> • I can vary my play • I can decide on the best positions for fielders • I can change tactics according to the strengths and weaknesses of my opponents • I can form a game plan
Spring	Personal skills	Managing feelings and emotions (including healthy competition)	<ul style="list-style-type: none"> • I motivate others • I enjoy competing within a number of different formats, e.g. knockouts, group-stage etc. • I always celebrate others success
Summer	Athletics	Jumping	<ul style="list-style-type: none"> • I can jump with control, co-ordination and balance • I can bend my knees when jumping • I can swing my arms to propel me forward or upwards • I can use a suitable run up • I show consistency in my jumping
Summer	Athletics	Running	<ul style="list-style-type: none"> • I demonstrate a good running technique • I can pass a baton • I can choose and sustain an appropriate running pace • I run with increasing control and co-ordination
Summer	Athletics	Throwing	<ul style="list-style-type: none"> • I use an appropriate technique for sling throws • I use an appropriate technique for push throws

			<ul style="list-style-type: none"> • I use an appropriate technique for pull throws • I aim accurately at a target • I can reach a target using all three throws • I throw with increasing control and co-ordination
Summer	Cognitive skills	Evaluation	<ul style="list-style-type: none"> • I can refine, modify and improve my and others' performance based on critical feedback and information from a variety of sources • I can revise my learning plan when necessary
Summer	OAA	Plan	<ul style="list-style-type: none"> • I apply rules successfully • I discuss the best way to solve the problem as a team • I can read a map, plan a route and mark it on a map • I can devise solutions to a set task • I plan before starting challenges • I listen, contribute and co-operate with others • I choose effective approaches to challenges • I use a map to find my way between checkpoints • I transfer ideas and skills to new challenges
Summer	OAA	Do	<ul style="list-style-type: none"> • I can take into account others physical strengths and abilities • I show control and co-ordination in my

			physical skills
Summer	OAA	Review	<ul style="list-style-type: none"> • I can suggest ways to improve plans and strategies • I adapt plans to work more efficiently • I carry out peer and self-assessment fairly and confidently
Summer	Swimming	Moving through the water	<ul style="list-style-type: none"> • I can swim confidently on the surface and under the water • I can swim for sustained periods of time • I can swim with a ball
Summer	Personal skills	Self-confidence / self-awareness	<ul style="list-style-type: none"> • I see all new challenges as opportunities to learn and develop • I can guide a large group through a task • I can accept critical feedback and make changes

Year 6 - Long term

Year 6	Autumn Term			Spring Term			Summer Term		
Duration	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus	Unit	Learning Focus	Assessment Focus
1 – 6 weeks	Invasion Games	Receiving a ball	Catching, controlling and intercepting	Dance	Moving	Control, fluency, expression and dynamics	Athletics	Jumping	Technique
		Tactical play	Attacking and Defending		Linking Movements	Creating and performing		Throwing	Technique
		Social skills	Co-operation/ Collaboration		Social skills	Communication		Running	Technique
								Cognitive skills	Evaluation
6 - 12 weeks	Gymnastics	Performing Actions	Rolls, jumps, travel, balance	Striking/ Fielding Games	Sending	Throwing Hitting Bowling	OAA	Plan	Cognitive abilities
		Linking Actions	Creating and repeating movement phrases and sequences		Tactical Play	Positing/ Game play		Do	Physical / social abilities
		Leading a healthy lifestyle	Knowledge and understanding of fitness and health		Personal skills	Managing feelings and emotions (including healthy competition)		Review	Cognitive abilities
								Personal skills	Self-confidence/ self-awareness
						Swimming	Moving through the water	Technique	

