



St Mary's Church of England Junior School

Physical Education Curriculum

Intent

Our curriculum ensures that pupils:

- Develop knowledge about the choices they should make in order to lead an active and healthy lifestyle, from childhood through to adulthood.
- Develop their understanding of the links between physical health and mental wellbeing.
- Inspire children with the confidence and resilience to tackle physical challenges, understanding that strength, agility and endurance can be improved with consistent effort.
- Develop children's collaborative and leadership skills, equipping them with the ability to integrate positively in a range of situations.



At St Mary's, we encourage children to participate and embrace physical challenges, regardless of their starting points. Our Physical Education curriculum is designed so that physical education skills are linked to our school mission and values, ensuring that children develop both physical and personal skills simultaneously. Opportunities for children to witness and explore the impact of good physical health, particularly among diverse and minority groups, are identified and are also linked to school values. Children are encouraged to uncover the stories behind great sports men and women, in order to identify the personal skills that have helped them succeed. Excitement about their bodies and what they can achieve is nurtured via physical challenges so that every child views themselves as a unique individual, capable of pushing themselves to their limits and beyond.





Implementation

Teachers create meaningful learning opportunities in physical education lessons, with clear links to aspirational personalities who demonstrate drive, commitment and courage to succeed. Our whole school approach to the teaching and learning of physical education involves the following:

- Physical Education is taught in half-termly blocks throughout the year. Key physical and developmental skills are mapped, ensuring that these are revisited and honed throughout pupils' time at St Mary's.
- Cross curricular outcomes are encouraged where appropriate and all skills will be linked back to our core school values.
- As children move through the school, they acquire a progressive development of physical and social skills. This allows them to develop holistically and identify ways to improve their physical and mental wellbeing.
- Alongside learning about the physical skills necessary to participate in a variety of sports, children also learn explicitly about the importance of interpersonal skills, including but not limited to, collaboration, providing feedback and leading others positively.
- Teachers find opportunities for aspirational visitors to share their failures and successes, demonstrating to children that there are no limits on what they can personally achieve.
- Where possible, teachers will identify opportunities for children to participate in competitive sports, helping to embed values such as fairness and respect
- At the end of each topic, class teachers will assess the impact of teaching on children's personal development by using specific success criteria.

Impact

The approach to teaching Physical Education that we take at St Mary's promotes a deep understanding of the importance of active lifestyles both inside and outside of school. Children have the opportunity to acquire knowledge about the impact of sport on their bodies and minds, as well as studying key figures to identify their journeys. Development of these skills ensures that children will make choices to incorporate physical activity into their daily lives beyond their time at primary school. Engagement with the experiences of others cements the belief that they can succeed at sport and inspires them to continually challenge themselves.

Through our Physical Education modules, children develop an understanding of the impact of their choices on themselves and others, as well as how to integrate with and support others in a range of situations.

Children also learn about careers related to sport from members of the local and wider community, helping them to see the relevance of physical education in the wider world. Our topics allow them to see the possibilities of a healthy lifestyle and look for opportunities to extend their skills outside school. This engagement with physical education enables our children to develop into individuals who are prepared for both physically and mentally demanding activities in the future.



Physical Education Curriculum - Objectives covered:		<u>KS</u> <u>1</u>	<u>Y3</u>	<u>Y4</u>	<u>Y5</u>	<u>Y6</u>	<u>KS</u> <u>3</u>
KS1	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.	✓					
KS2	Use running, jumping, throwing and catching in isolation.		✓	✓	✓	✓	
	Play competitive games, modified where appropriate (for example, 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.		✓	✓	✓	✓	
KS3	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]						✓
	develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]						✓
	perform dances using advanced dance techniques within a range of dance styles and forms						✓
	take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group						✓
	analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best						✓
	take part in competitive sports and activities outside school through community links or sports clubs						✓



Physical Education Progression and Coverage

Year 3	Autumn Term		Spring Term		Summer Term	
	Term 1 Value – COURAGE Joel Fearon	Term 2 Value – RESILIENCE Marcus Rashford	Term 1 Value - RAISING ASPIRATIONS Louis Antoine Smith	Term 2 Value - GOD'S LOVE Anna Pavlova	Term 1 Value - LOVE FOR LEARNING Freddie Flintoff	Term 2 Value - POSITIVE RELATIONSHIPS Tanni-Grey Thompson
	<p style="text-align: center;">Multi-skills/Health and safety</p> <p>Activity Theme: Develop a range of skills essential for physical education with a focus on developing techniques, challenging personal boundaries and working as a team. All activities highlight elements of health and safety so that pupils understand responsibility for their personal safety during PE sessions.</p> <p>Skills: Improve skills of balancing, running, hopping, skipping, jumping, dodging.</p> <p>Experience: Experience different body tensions when balanced, making transitions between movements, changes in body when changing speed, techniques to move and land safely.</p> <p>Develop: Develop personal skills of communication, turn-taking and supporting others.</p>	<p style="text-align: center;">Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Develop skills of defending, attacking, sending and receiving ball. Learn to respect team-mates, opposition and referee.</p> <p>Experience: Experience small sided and simplified versions of game, understanding the difference between evenly and unevenly matched games.</p> <p>Develop: Develop understanding of game principles and tactics and the ability to work cooperatively in a team.</p>	<p style="text-align: center;">Gymnastics</p> <p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Improve skills of rolling, jumping and balancing both individually and in combination, working alone/ with partner</p> <p>Experience: Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus</p> <p>Develop: Develop an understanding of actions ending one movement – starts next; making decisions to effect their actions. Making sequences flow smoothly.</p>	<p style="text-align: center;">Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children’s creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Improve control, balance and ability to mirror actions. Use formation, pathways and direction in a routine. Develop awareness of counting and rhythm.</p> <p>Experience: Experience responding to a range of music/stimuli, alone and with other, expressing moods and feelings.</p> <p>Develop: Develop ability to select and apply own actions to create a dance. Perform to others and provide feedback.</p>	<p style="text-align: center;">Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, Cricket, T-Ball</p> <p>Skills: Develop throwing, catching and batting skills as well as running and spatial awareness whilst fielding. Understand rules and show respect for opposition.</p> <p>Experience: Experience selecting skills, strategies and tactics to outwit the opposition.</p> <p>Develop: Develop ability to work in collaboration with others.</p>	<p style="text-align: center;">Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Develop basic running, throwing and catching techniques and use these techniques to complete set challenges.</p> <p>Experience: Experience measuring, timing and recording activities.</p> <p>Develop: Develop understanding of how to compare and improve own performance.</p>

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GS4PE	Fundamentals – Y3/4	Football Y3/4	Gymnastics Y3	Dance Y3	Rounders Y3/4	Athletics - Y3
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Year 4	Autumn Term		Spring Term		Summer Term	
	Term 1 Value – COURAGE Ian Botham	Term 2 Value – RESILIENCE Ade Adepitan	Term 1 Value – RAISING ASPIRATIONS Ben Smith (Mental Health Champion)	Term 2 Value - GOD'S LOVE Ote Mabuse	Term 1 Value - LOVE FOR LEARNING Alastair Cook	Term 2 Value - POSITIVE RELATIONSHIPS Harri Jenkins
	<p>Ball skills</p> <p>Activity Theme: Pupils will have the opportunity to apply ball skills in small group games, taking on differing roles and working both individually and collaboratively.</p> <p>Skills: Develop accuracy and consistency when throwing or tracking a ball, experience a variety of throwing techniques and select the most appropriate one, develop catching and dribbling skills.</p> <p>Experience: Experience a variety of common skills involving ball games, team work; co-operation, selecting appropriate tactics, decision making.</p> <p>Develop: Develop co-ordination, ability to persevere and challenge,</p>	<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Persevere with key skills such as defending, attacking, throwing and catching. Learn attacking skills to maintain possession. Understand the importance of fairplay and abiding rules.</p> <p>Experience: Experience small sided games, both evenly and unevenly matched.</p>	<p>Yoga</p> <p>Activity Theme: Discover yoga poses and techniques which help to connect mind and body. Physical exercise designed to develop and display strength, balance and control using carefully chosen poses.</p> <p>Skills: Improve balance, breathing, flexibility, strength and coordination. Learn to maintain a sense of focus and calm.</p> <p>Experience: Experience sharing ideas, selecting actions to create poses and flows alongside providing and receiving constructive feedback to peers.</p> <p>Develop: Develop an understanding of how mind and body are connected and</p>	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Develop control and balance to perform a variety of actions. Understand key terminology such as canon, unison, structure, space.</p> <p>Experience: Experience responding to a range of music/stimuli, using movement to explore and communicate ideas and issues.</p> <p>Develop: Develop confidence in ability to perform. Prove and receive feedback, using this to improve their work.</p>	<p>Striking and Fielding</p> <p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, Cricket, T-Ball</p> <p>Skills: Use throwing, catching and batting skills with confidence as well as running and spatial awareness whilst fielding. Play fairly and show respect for opposition.</p> <p>Experience: Experience selecting skills, strategies and tactics to outwit the opposition, including deceiving or avoiding fielders to score runs.</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Develop basic running, throwing and catching techniques and use these techniques to complete set challenges. Understand the differences between running for distance and speed, and relay techniques.</p> <p>Experience: Experience measuring, timing and recording activities.</p> <p>Develop: Develop understanding of how to compare and improve own performance. Understand how to persevere to achieve a personal best.</p>

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	ability to take on new and differing roles.	Develop: Develop skills and tactics to outwit the opposition as well as evaluating their own performances and identifying areas for improvement.	how yoga contributes to overall well-being.		Develop: Show the ability to work in collaboration with others.	
GS4PE	Ball skills Y3/4	Basketball Y3/4	Yoga Y3/4	Dance Y4	Cricket Y3/4	Athletics Y4

Year 5	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	Value – COURAGE	Value – RESILIENCE	Value - RAISING ASPIRATIONS	Value - GOD'S LOVE	Value - LOVE FOR LEARNING	Value - POSITIVE RELATIONSHIPS
	Jade Clarke	Amelia Earheart	Olga Korbut	Anton DuBeke	Andy Murray	Derek Redmond

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	Invasion Games	Orienteering/Teamwork	Gymnastics	Dance	Net/wall games activities	Athletics/sports day activities
	<p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Develop defending and attacking play, and use a range of passes to keep possession. Learn basic rule such as footwork, contact, obstruction.</p> <p>Experience: Experience working collaboratively in small even-sided games to use skills, strategies and tactics to outwit an opposition.</p> <p>Develop: Develop control and fluency when passing a ball. Be able to self-manage games, showing an awareness of fair play and rules.</p>	<p>Activity Theme: Collaborative and individual activities which are designed to hone children’s problem-solving and team-working skills.</p> <p>Inclusivity is encouraged by allowing children to share ideas and form solutions.</p> <p>Opportunities are provided to lead small groups.</p> <p>Skills: Improve mental and physical stamina, alongside teamwork and communication skills.</p> <p>Experience: Experience planning and decision making in order to overcome barriers or obstacles. Learn to navigate using simple maps.</p> <p>Develop: Develop ability to make own decisions and to have trust in self and others. Increase confidence to tackle new or challenging activities.</p>	<p>Activity Theme: Physical exercise designed to develop and display strength, balance and agility through using own body weight style exercises. Equipment and apparatus can be used to challenge children with creativity, flexibility, technique, control and balance.</p> <p>Skills: Master skills of rolling, jumping, balancing and learn wider range of actions, including inverted movements. Explore partner relationships such as matching and mirroring.</p> <p>Experience: Experience the opportunity to give and receive feedback in order to make improvements to routines, focusing on correct techniques.</p> <p>Develop: Develop confidence in performance by considering the quality and control of their actions.</p>	<p>Activity Theme: Physical exercise designed to challenge the children’s creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Perform a variety of actions. Develop understanding of terminology such as formation, dynamics, emotion, transitions.</p> <p>Experience: Experience using movement to explore and communicate own feelings and thoughts.</p> <p>Develop: Develop awareness of cultural and historical dance. Respect towards others and their safety. Use feedback to improve performances.</p>	<p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Learn techniques such as forehand, backhand, underarm and volley. Show understanding of rules and play fairly.</p> <p>Experience: Experience playing against an opponent, using a set area.</p> <p>Develop: Develop understanding of strategies and techniques.</p>	<p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Use different styles of running, jumping and catching to complete set challenges. Understand the differences between running for distance and speed, and relay techniques.</p> <p>Experience: Experience measuring, timing and recording activities as well as leading and officiating over activities.</p> <p>Develop: Develop understanding of how to compare and improve own performance. Understand how to persevere to achieve a personal best. Observe and provide feedback.</p>
GS4PE	Netball Y5/6	OAA Y5/6	Gymnastics Y5	Dance Y5	Tennis Y5	Athletics Y5



Autumn Term		Spring Term		Summer Term	
Term 1 Value – COURAGE Luka Modric	Term 2 Value – RESILIENCE Joe Wicks	Term 1 Value - RAISING ASPIRATIONS Dame Kelly Holmes (Mental Health Champion)	Term 2 Value - GOD'S LOVE Darcey Bussell	Term 1 Value - LOVE FOR LEARNING Misty-Mae Traynor	Term 2 Value - POSITIVE RELATIONSHIPS Jessica Ennis-Hill
<p>Invasion Games</p> <p>Activity Theme: Team based games / sports with an emphasis on working within a set area using a variety of skills such as attacking & defending, Maintaining possession, winning back possession and tactical knowledge. Key Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Improve defending and attacking play, understanding the principles of each. Develop basic goalkeeping techniques. Show respect for opposition, team-mates and referee.</p> <p>Experience: Experience small-sided games where consistency and control are the focus.</p> <p>Develop: Develop the ability to evaluate own and others' performances, and suggest improvements.</p>	<p>Fitness</p> <p>Activity Theme: Physical exercise designed to encourage children to work to their maximum performance and then challenge themselves to improve over time.</p> <p>Skills: Improve speed, stamina, strength, coordination, agility and balance. Be able to record and monitor their own fitness data.</p> <p>Experience: Experience pushing physical boundaries even when tired to increase endurance and motivate others to do the same.</p> <p>Develop: Develop the ability to evaluate their own progress and understand where improvements could be made.</p>	<p>Yoga</p> <p>Activity Theme: Discover yoga poses and techniques which help to connect mind and body. Physical exercise designed to develop and display strength, balance and control using carefully chosen poses.</p> <p>Skills: Improve balance, breathing, flexibility, strength and coordination. Learn to maintain a sense of focus and calm.</p> <p>Experience: Experience sharing ideas, selecting actions to create poses and flows alongside providing and receiving constructive feedback to peers.</p> <p>Develop: Develop an understanding of how mind and body are connected and how yoga contributes to overall well-being.</p>	<p>Dance</p> <p>Activity Theme: Physical exercise designed to challenge the children's creativity and imagination. Designed for children to develop the ability to move rhythmically to music either creating or following a sequence of steps or movement patterns.</p> <p>Skills: Work in pairs or groups to develop ideas and themes into choreography.</p> <p>Experience: Experience using movement to convey ideas, emotions, feelings and characters. Choreograph and perform dances, accepting and providing feedback.</p> <p>Develop: Develop ability to lead small groups in warm ups.</p>	<p>Net/wall games activities</p> <p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Learn techniques such as ready position, ball control and sending ball over net. Use these skills to build up continuous rallies. Abide rules to keep themselves and others safe.</p> <p>Experience: Experience playing against a team, using appropriate equipment.</p> <p>Develop: Develop coping strategies when exposed to competition and be given the opportunity to take on role of referee.</p>	<p>Athletics/sports day activities</p> <p>Activity Theme: Team and individual style events designed to test the children across a variety of running, jumping and throwing events. Strength, Technique, Control & Balance are key areas within athletics also being able to compare performances and demonstrate improvements to achieve success.</p> <p>Skills: Use different styles of running, jumping and catching to complete set challenges. Develop skills for hurdles, high jump, discus and shotput.</p> <p>Experience: Experience measuring, timing and recording activities as well as leading and officiating over activities.</p> <p>Develop: Develop understanding of how to compare and improve own performance. Understand how to persevere to achieve a personal best. Observe and provide feedback.</p>

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GS4PE	Football Y5/6	Fitness Y5/6	Yoga Y5/6	Dance Y6	Volleyball Y5/6	Athletics Y6