

PE



St Joseph's Catholic Primary School, a Voluntary Academy, Langwith Junction

PE Curriculum

<u>Nursery</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will know how to:	By the end of Pentecost 2 children will know how to:
Topic:	Introduction to School	Introduction to PE: Unit 1	Fundamentals Unit 1	Dance: Unit 1	Gymnastics: Unit 1	Ball Skills : Unit 1
Skills		<ul style="list-style-type: none"> • Move around safely in a space. • Follow instructions and stop safely. • Develop control when using equipment 	<ul style="list-style-type: none"> • Run and stop safely. • Change direction safely. • Balance whilst stationary and on the move. • Begin to explore take off and 	<ul style="list-style-type: none"> • Explore how their body moves. • Copy basic body actions and rhythms. • Explore actions in response to music and an idea. 	<ul style="list-style-type: none"> • Show contrast with their bodies including wide/narrow/straight/curved. • Explore shapes and balances in stillness using different parts of 	<ul style="list-style-type: none"> • Send an object with both hands and feet. • Catch using a variety of larger balls and beanbags . • Stop a ball using

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		<ul style="list-style-type: none"> • Play safely as a group. • Follow a path and take turns. • Work co-operatively with a partner. 	<p>landing safely whilst jumping.</p> <ul style="list-style-type: none"> • Hop on both feet. • Skip as a travelling action. 	<ul style="list-style-type: none"> • Explore pathway and the space around them in relation to others. • Perform in front of others. 	<p>their bodies.</p> <ul style="list-style-type: none"> • Explore rocking and rolling. • Jump safely. 	<p>hands and feet.</p> <ul style="list-style-type: none"> • Bounce and catch a ball.
Vocabulary	Safe, space, control, equipment.		Run, stop, space, jump, balance, skip	Move, copy, shape, space, safely, travel, sideways, forward, backwards.	Move, copy, over, shape, space, rock, safely, sideways, travel, forwards, backwards.	Run, stop, throw.

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<u>Reception</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will know how to:	By the end of Pentecost 2 children will know how to:
Topic:	Forest Schools	Forest Schools	Fundamentals Unit 2	Dance Unit 2	Gymnastics Unit 2	Ball Skills Unit 2
Skills	<ul style="list-style-type: none"> • Move around safely in a space. • Follow instructions and stop safely. • Develop control when using equipment • Play safely as a group. 	<ul style="list-style-type: none"> • Move around safely in a space. • Follow instructions and stop safely. • Develop control when using equipment • Play safely as a group. 	<ul style="list-style-type: none"> • Run and stop safely. • Change direction safely. • Balance whilst stationary and on the move. • Begin to explore take off and landing safely 	<ul style="list-style-type: none"> • Explore how their body moves. • Copy basic body actions and rhythms. • Explore actions in response to music and an idea. • Explore pathway and the 	<ul style="list-style-type: none"> • Show contrast with their bodies including wide/narrow/straight/curved. • Explore shapes and balances in stillness using different parts of their bodies. 	<ul style="list-style-type: none"> • Send an object with both hands and feet. • Catch using a variety of larger balls and beanbags. • Stop a ball using hands and feet. • Bounce and catch a ball.

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	<ul style="list-style-type: none"> • Follow a path and take turns. • Work co-operatively with a partner. 	<ul style="list-style-type: none"> • Follow a path and take turns. • Work co-operatively with a partner. 	<ul style="list-style-type: none"> whilst jumping. • Hop on both feet. • Skip as a travelling action. 	<ul style="list-style-type: none"> space around them in relation to others. • Perform in front of others. 	<ul style="list-style-type: none"> • Explore rocking and rolling. • Jump safely. 	
Vocabulary	Safe, space, control, equipment.	Safe, space, control, equipment.	Run, stop, space, jump, balance, skip	Move, copy, shape, space, safely, travel, sideways, forward, backwards.	Move, copy, over, shape, space, rock, safely, sideways, travel, forwards, backwards.	Run, stop, throw.

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<u>Year 1</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will know how to:	By the end of Pentecost 2 children will know how to:
Topic:	Fundamentals	Ball Skills	Dance	Gymnastics	Net and Wall Games	Athletics
Skills	<ul style="list-style-type: none"> • Change direction and dodge. • Discover how the body moves at different speeds. • Move with some 	<ul style="list-style-type: none"> • Roll and throw with some accuracy towards a target. • Begin to catch with two hands. • Track a ball being 	<ul style="list-style-type: none"> • Copy, remember and repeat actions to represent a theme. • Create their own actions in relation to a theme. 	<ul style="list-style-type: none"> • Explore basic still shapes, (straight, tuck, straddle, pike) • Perform balances making their body tense, 	<ul style="list-style-type: none"> • Explore hitting a dropped ball with a racket. • Explore throwing a ball over a net to land into the court area. 	<ul style="list-style-type: none"> • Run at different speeds. • Develop balance whilst jumping and landing. • Hop, jump and leap

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	<p>control and balance.</p> <ul style="list-style-type: none"> • Explore stability and landing safely. • Show coordination when turning a rope. • Use rhythm to jump continuously in a rope. • Demonstrate control in take-off and landing 	<p>sent directly.</p> <ul style="list-style-type: none"> • Begin to dribble with hands and feet. 	<ul style="list-style-type: none"> • Show varying speeds to represent an idea. • Explore pathways within their performance • Begin to explore actions and pathways with a partner. • Begin to use counts within their performance. 	<p>stretched and curled.</p> <ul style="list-style-type: none"> • Explore barrel, straight and forward roll progression . • Explore shape jumps, including jumping off low apparatus. 	<ul style="list-style-type: none"> • Explore underarm rallying with a partner. • Use the ready position to move towards the ball. 	<p>for distance.</p> <ul style="list-style-type: none"> • Throw for distance and accuracy.
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	<p>when jumping.</p> <ul style="list-style-type: none"> • Begin to hop in different directions. 					
Vocabulary	Fast, direction, slow, safely	Hop, land, safely.	Counts, pose, slow, fast, level, balance.	Action, jump, roll, level, direction, speed, point, balance.	Defender, points, dribbling, attacker, score, partner.	Far, hop, aim, fast, slow, bend, improve, direction, travel.

<u>Year 2</u>	By the end of Advent 1 children will know how to :	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will:	By the end of Pentecost 2 children will:
	Fundamentals	Invasion Games	Dance	Gymnastics	Striking and Fielding Games	Athletics
Skills	<ul style="list-style-type: none"> • Balance when changing direction. • Clearly show different speeds when running. • Balance when performing movements • Jump for height and in 	<ul style="list-style-type: none"> • Send and receive with increased control. • Dribble with feet increasing control on the move. • Move into space away from defenders. • Stay close to other players to try and stop them 	<ul style="list-style-type: none"> • Accurately remember, repeat and link actions to express an idea. • Develop an understanding of dynamics. • Develop the use of pathways and travelling actions to include levels. 	<ul style="list-style-type: none"> • Explore using different shapes in different gymnastic balances. • Remember, repeat and link combinations of gymnastic balances. • Explore barrel, straight and forward 	<ul style="list-style-type: none"> • Strike a ball with their hand and equipment with some consistency . • Understand that there are different roles within a fielding team. • Develop coordination and 	<ul style="list-style-type: none"> • Develop the sprinting action. • Developing jumping, hopping and skipping actions. • Explore safely jumping for distance and height.

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	<p>different directions .</p> <ul style="list-style-type: none">• Hop for distance, height in different directions .• Explore single and double bounce when jumping in a rope.• Change technique for throwing for distance.	<p>getting the ball.</p> <ul style="list-style-type: none">• Move with a ball towards a goal.• Roll, throw and kick a ball to hit a target.• Consistently track and collect a ball being sent directly.	<ul style="list-style-type: none">• Explore working with a partner using unison, matching and mirroring.• Develop the use of facial expressions in their performance.	<p>roll and put into sequence work.</p> <ul style="list-style-type: none">• Explore shape jumps and take off combinations.	<p>technique when throwing over and underarm</p> <ul style="list-style-type: none">• Catch with two hands with some coordination and technique.	<ul style="list-style-type: none">• Develop overarm throwing for distance.
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Vocabular y	Dodge, jog, hurdle, speed, steady, sprint.	Received, send, teammate, chest pass, possession, goal, dodge.	Mirror, action, pathway, direction, speed, timing.	Link, pathway, sequence, tuck, straddle, speed, star, pike.	Fielder, send, teammate, runs, better, received, bowler.	Sprint, jog, distance, height, take off, landing, overarm, underarm.
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<u>Year 3</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will know how to:	By the end of Pentecost 2 children will know how to:
Topic	Invasion Games- Netball	Yoga	Dance	Gymnastics	Invasion Games- Football	Athletics/OAA
Skills	<ul style="list-style-type: none"> • Use a variety of throwing techniques in game situations. • Use space with some success in game situations. • Use simple tactics individually and with a team. 	<ul style="list-style-type: none"> • Demonstrate increased control, when in poses and explore control in paired poses. • Explore poses and movement in relation to their breath. 	<ul style="list-style-type: none"> • Create actions in response to a stimulus individually and in groups. • Copy, remember and perform a dance phrase. • Use canon, unison and formation to represent an idea. 	<ul style="list-style-type: none"> • Use matching and contrasting shapes. • Choose actions that flow well into one another. • Demonstrate increased flexibility and extension in their actions. • Explore point and patch 	<ul style="list-style-type: none"> • Dribble the ball with feet with some control. • Send and receive a ball abiding by the rules of the game. • Develop movement skills to 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Develop the sprinting technique and apply it to the relay events. • Develop technique when jumping for distance in a range of approaches and take off positions.

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	<ul style="list-style-type: none"> • Send and receive a ball abiding by the rules of the game. • Develop movement skills to lose a defender. • Use shooting actions in a game. • Track an opponent to limit their scoring opportunities. • Develop moving with a ball towards goal with some control. 	<ul style="list-style-type: none"> • Explore arm balances with some control. • Develop their ability to stay still and keep their focus. 	<ul style="list-style-type: none"> • Use dynamics to effectively express an idea. • Use directions to transition between formations • Develop an understanding of formations. • Perform short, self-choreographed phrases showing awareness of timing using counts to keep in time with a partner and group. 	<p>balances and transition smoothly into and out of them.</p> <ul style="list-style-type: none"> • Complete balances with increasing stability, control and technique. • Demonstrate some strength and control when taking weight on different body parts for longer periods of time. • Develop the straight, 	<p>lose a defender.</p> <ul style="list-style-type: none"> • Explore shooting actions. • Track an opponent to limit their scoring opportunities. • Develop moving with a ball towards a goal with some control. 	<ul style="list-style-type: none"> • Explore the technique for a pull throw. <p><u>OAA</u></p> <ul style="list-style-type: none"> • Plan and implement strategies to solve problems. • Develop map reading skills • Follow and give instructions and are accepting of other people's ideas. • Reflect on when and why they were
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				<p>barrel and forward roll.</p> <ul style="list-style-type: none"> • Develop stepping into shape jumps with control. 		<p>successful at solving challenges.</p>
Vocabulary	<p>Track, receive, chest, shoulder, overhead, accurate</p>	<p>strength, try, link, perform, flexibility, perform, technique.</p>	<p>Flow, explore, create, perform, match, feedback, expression,</p>	<p>Flow, explore, create, matching, interesting, control, contrasting,</p>	<p>Receiver, footwork, rebound, tracking, interception, mark, travelling, playing area</p>	<p><u>Athletics</u> Speed, power, strength, accurately, higher, pace, control, faster, further,</p> <p><u>OAA</u> Rules, route, trust, navigate, grid, discuss, plan.</p>

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<u>Year 4</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will:	By the end of Pentecost 1 children will:	By the end of Pentecost 2 children will:
Topic	Invasion Games- Hockey	Dance	Gymnastics	Swimming/Paralympic Sports	Striking and Fielding- Cricket	Athletics/OAA
Skills	<ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game. Develop control whilst dribbling under pressure. 	<ul style="list-style-type: none"> Respond imaginatively to a range of stimuli related to character and narrative. Change dynamics confidently within a performance to express changes to character. 	<ul style="list-style-type: none"> Develop the range of shapes they use in their sequence. Develop strength in bridge and shoulder stand. Develop control and fluency in 	<p><u>Swimming</u></p> <ul style="list-style-type: none"> Explore the technique for specific strokes including head above water breast stroke, backstroke and front crawl. Demonstrate improved breathing technique in front crawl. Be comfortable with some 	<ul style="list-style-type: none"> Develop batting technique consistent with the rules of the game. Develop bowling skills with some consistency, abiding by the rules of the game. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Develop an understanding of speed and pace in relation to distance. Develop power and speed in sprinting technique. Develop technique for jumping for distance.

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	<ul style="list-style-type: none"> • Develop decision making around when to pass and when to shoot. • Develop depending one on one and know when to win the ball. • Move into space to help their team keep possession and score goals. 	<ul style="list-style-type: none"> • Confidently use changes in level, direction and pathway. • Use actions and reaction to express an idea. • Perform complex dances that communicate narrative and character well, performing clearly and fluently. 	<p>individual and partner balances.</p> <ul style="list-style-type: none"> • Develop the straight, barrel, forward, straddle roll performing these with increased control. • Develop control in performing and landing rotation jumps. 	<p>personal survival techniques including survival strokes including treading water and sculling.</p> <p><u>Paralympic Sports</u></p> <ul style="list-style-type: none"> • Use their senses to support their game play. • Roll a Boccia ball using correct technique. • Describe how the body reacts at different times and how this affects performance. • Explain why exercise is good for your health. 	<ul style="list-style-type: none"> • Use overarm and underarm throwing with increased consistency in game situations. • Begin to catch with one and two hands with some consistency in game situations. 	<ul style="list-style-type: none"> • Explore power and technique when throwing for distance in a pull throw and heave throw. <p><u>OAA</u></p> <ul style="list-style-type: none"> • Plan independently and in small groups, implementing a strategy with increased success. • Identify key symbols on a map and use a key to
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				<ul style="list-style-type: none"> • Know some reasons for warming up and cooling down. 		<p>help navigate around a grid.</p> <ul style="list-style-type: none"> • Confidently communicate ideas and listen to others. • With increased accuracy, critically reflect on when and why they were successful at solving challenges.
Vocabulary	Outwit, opposition, court, field, opponent,	Represent, reaction, dynamics, unison, control	Technique, quality, apparatus, perform,	Stroke, huddle, alternate, survival, buoyancy, treading water.	Stance, retrieve, opposition, stumped, two-handed pick	Power, stamina, appreciate, perseverance, determination,

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	<i>pitch, contact.</i>		<i>extension, inverted.</i>	<i>Boccia, Paralympic, disabled, goalball.</i>	<i>up, technique, short barrier.</i>	<i>accuracy, personal best.</i>
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<u>Year 5</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will know how to:	By the end of Pentecost 2 children will know how to:
Topic	Invasion Games- Basketball	Dance	Gymnastics	Invasion Games- Handball	Net/Wall Games- Tennis	Athletics/OAA
Skills	<ul style="list-style-type: none"> • Develop control when sending and receiving under pressure. • Select and apply a variety of dribbling techniques 	<ul style="list-style-type: none"> • Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. • Confidently use 	<ul style="list-style-type: none"> • Explore symmetrical and asymmetrical balances. • Develop control and fluency in straight, barrel, forward straddle and 	<ul style="list-style-type: none"> • Demonstrate clear technique when sending a ball under pressure. • Demonstrate good technique when catching a ball under pressure. 	<ul style="list-style-type: none"> • Develop the range of shots used in the games they play. • Develop their range of serving techniques appropriate to the game they 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Apply fluency and coordination when running for speed in relay changeovers. • Effectively apply speeds appropriate for the event.

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	<p>to game situations.</p> <ul style="list-style-type: none"> • Create tactics with others and applying them to game situations. • Track and mark with a variety of techniques and increased success. • Move to create space for themselves and 	<p>dynamics to express different dance styles.</p> <ul style="list-style-type: none"> • Use direction and patterning to express different dance styles. • Confidently use formations, canons, and unison to express a dance idea. • Perform dances expressively, 	<p>backwards roll.</p> <ul style="list-style-type: none"> • Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. • Explore the progressions of a cartwheel. • Select a range of jumps to include in sequence work. 	<ul style="list-style-type: none"> • Use a variety of throwing techniques with some control. • Demonstrate a range of techniques when tracking and collecting a ball. • Explore creating tactics with others and applying them to game situations • Select and apply a 	<p>are playing.</p> <ul style="list-style-type: none"> • Use a variety of shots to keep a continuous rally. • Demonstrate effective footwork patterns to move around the court. 	<ul style="list-style-type: none"> • Develop power, control and consistency in jumping for distance. • Explore rhythm and technique in the triple jump. • Develop technique and power in javelin and shot put. <p><u>OAA</u></p> <ul style="list-style-type: none"> • Explore tactical planning within a team to overcome increasingly
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	<p>others in their team.</p>	<p>using a range of performance, skills, showing accuracy and fluency.</p>		<p>variety of dribbling techniques to game situations.</p>		<p>challenging tasks.</p> <ul style="list-style-type: none">• Develop navigational skills and map reading in increasingly challenging tasks including map orientation.• Explore a variety of communication methods with increasing success.• Reflect on when they were successful at solving challenges and alter the
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						methods in order to improve.
Vocabulary	Tactics, offside, control, foul, support, pressure, obstruction, onside.	<u>Dance</u> Formation, posture, performance, canon, relationships	<u>Gymnastics</u> Symmetrical, asymmetrical, rotation, synchronisation, aesthetics, progression, canon.	Tactics, offside, control, foul, support, pressure, obstruction, onside.	Tactics, volley, co-operatively, footwork, continuously, set, dig.	<u>Athletics</u> technique, down sweep, up sweep, flight, rhythm, stride <u>OAA</u> Tactical, collaborate, control card, collective, orienteering, navigation.

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<u>Year 6</u>	By the end of Advent 1 children will know how to:	By the end of Advent 2 children will know how to:	By the end of Lent 1 children will know how to:	By the end of Lent 2 children will know how to:	By the end of Pentecost 1 children will know how to:	By the end of Pentecost 2 children will:
Topic	Invasion Games- Tag Rugby	Health Related Fitness	Dance	Gymnastics	Striking and Fielding- Rounders	Athletics/OAA
Skills	<ul style="list-style-type: none"> • Develop making quick decisions about when, how and who to pass to. • Explore creating attacking tactics with others in response 	<ul style="list-style-type: none"> • Change direction with a fluent action and can transition smoothly between varying speeds. • Show fluency and control 	<ul style="list-style-type: none"> • Show controlled movements which express emotions and feeling. • Explore, improvise and combine movement dynamics to express ideas 	<ul style="list-style-type: none"> • Combine and perform gymnastic shapes more fluently and effectively. • Develop control in progressions of 	<ul style="list-style-type: none"> • Strike a bowled ball with increasing accuracy and consistency. • Consistently select and apply the appropriate fielding action for 	<u>Athletics</u> <ul style="list-style-type: none"> • Demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. • Develop power, control and

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	<p>to the game.</p> <ul style="list-style-type: none"> • Explore creating and applying depending tactics with others in response to the game. • Move to the correct space when transitioning from attack to defence. • Show good 	<p>when travelling, landing, stopping and changing direction.</p> <ul style="list-style-type: none"> • Can coordinate body parts with a fluent action at a speed appropriate to the challenge. • Adapt running 	<p>fluently, effectively, on their own, with a partner, or in a small group.</p> <ul style="list-style-type: none"> • Use a variety of basic compositional principles when creating their own dances. • Demonstrate a clear understanding over timing in relation to 	<p>a cartwheel and a headstand.</p> <ul style="list-style-type: none"> • Explore counterbalances and counter tension balances. • Develop fluency and consistency in the straddle, forward and 	<p>the situation.</p> <ul style="list-style-type: none"> • Consistently make good decisions on who and when to pass to in order to get batters out. • Consistently demonstrate good technique in catching skills under pressure. 	<p>technique in the triple jump.</p> <ul style="list-style-type: none"> • Develop power, control and technique when throwing discus and shot put. <p><u>OAA</u></p> <ul style="list-style-type: none"> • Pool ideas within a group, selecting and applying the best method to solve a problem.
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	<p>technique when sending a ball with increasing control, accuracy and consistency under pressure.</p> <ul style="list-style-type: none"> • Demonstrate increasing consistency in catching under pressure in a variety of game situations. 	<p>technique to meet the needs of the distance.</p> <ul style="list-style-type: none"> • Complete body weight exercises for increased repetitions with control and fluency. • Use the breath to increase their ability to move for sustained 	<p>music and other dancers throughout their performance.</p>	<p>backward roll.</p> <ul style="list-style-type: none"> • Combine and perform a range of gymnastic jumps more fluently and effectively. 		<ul style="list-style-type: none"> • Orientate a map efficiently to navigate around a course. • Inclusively communicate with others, share job roles and lead when necessary. • When increasing accuracy, reflect on when and how they were successful at solving
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	<ul style="list-style-type: none"> • Demonstrate a wider range of techniques when tracking a ball under pressure. 	periods of time.				challenges and alter their methods in order to improve.
Vocabulary	Consecutive, formation, consistently, conceding, dictate, turnover, contest, shut down.	Generate force, measure, continuous, flexibility, analyse, record.	Choreograph, phrase, contrast, structure, fluently, connect.	Formation, momentum, counter balance, fluently, counter tension, stability.	Consecutive, obstruction, consistently, continuous, co-operatively, drive hit, defensive hit.	Boundaries, location, critical thinking, symbol, co-operatively, strategy.