Somerleyton Primary School

PE and School Sport Policy

Working in partnership with Premier Education

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School Sport on a Page

At Somerleyton we understand that physical education provides pupils with opportunities to **develop life skills** as well as promoting positive attitudes towards a **healthy and active lifestyle**.

Whole School vision:
To give children opportunities to be creative, competitive and face different challenges as individuals and as part of a group/team.
To give children opportunities to think in different ways and make decisions in response to challenging activities.
To give children opportunities to learn how to reflect on their performance, plan and evaluate and to improve the quality of their work.

School intent/vision statement for PE and sport:

- Provide a curriculum that satisfies the needs of the National Curriculum.
- Ensure pupils understand that physical activity is an important part of a healthy, active lifestyle and mental wellbeing.
- Provide an environment in which pupils enjoy and are committed to PE.
- Allow pupils the opportunity to take part in a range of competitive, creative and challenge-type activities, both as individuals and as part of a team or group.
- Provide an out of school hours' program of activities which enables pupils to extend and enrich their curriculum provision.
- Establish community links and pathways for pupils to encourage life-long participation

Learning Behaviours

Learning Relationships = Bee
Working well with other people and also by ourselves.
Critical Curiosity = Cat
Asking lots of questions and looking for a challenge.
Changing and Learning = Chameleon
Having a sense of ourselves as developing learners.
Meaning Making = Spider
Making connections between things we learn.
Creativity = Pegasus
Looking at things from different angles and letting our minds "float free".
Strategic Awareness = Owl
Seeing the big picture and knowing how to plan tasks.
Resilience = Tortoise
We just keep going - even when things are tough.

PHSE and the wider curriculum
Physical education helps pupils develop **personally and socially**. They work both individually and as part of a team, developing concepts of fairness and of personal and social responsibility.
They take on different roles and responsibilities, including leadership, officiating and coaching.

Preparing children for next steps in education
Through high quality physical education pupils discover their aptitudes, abilities and preferences and make informed choices about how to get involved in lifelong physical activity.

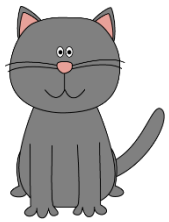
Whole School Sport Improvement Plan

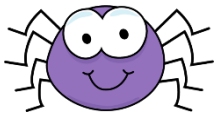
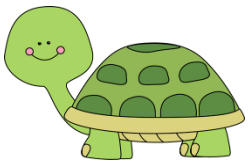
- Provide opportunities to engage more children in out of school clubs by varying the type of sport or activity on offer.
- Develop a Sport Leader role for lunch time play.
- Celebrate achievement in lessons or blocks of lessons with certificates linked to our learning behaviors.
- Give all children quality health and wellbeing lessons from reception to year six throughout the year

School Sports Premium Funding Intent

Provide opportunities for children in KS2 to watch live professional sport
Invite professional sports people into school to talk to the children about their sport.
All pupils to take part in inter school sport and fitness activities
Improve the playground by adding to the permanent equipment:

- Timing/stop watch
- Goal posts
- Other equipment for active play



National Curriculum Intent

Guidance from afPE for the progression within PE was taken into account- along with the national curriculum- when designing our PE curriculum.

Early Years

Expected

Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Children know the importance for good health of physical exercise and a healthy diet and talk about ways to keep healthy and safe. Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity.

Exceeding

Children can hop confidently and skip in time to music Children know about and can make healthy choices in relation to healthy eating and exercise. Children play group games with rules.

Key Stage One

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

Key Stage Two

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Implementation

Pupil Progression plan

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
Team Games	**Fundamentals of Movement** **Theme:** Handling equipment with control **Coverage:** FOM – roll, push, throw, strike, kick, bounce	**Multi Skills** **Theme:** Multi Skills, spatial awareness. **Coverage:** Agility, Balance, Coordination. Fundamentals of Movement (FOM)	**Multi Skills** **Theme:** Working as a team **Coverage:** Consolidating fundamental movement skills (FMS) from Year 1 to include, kicking, Trapping, throwing, catching, bouncing, pushing, rolling	**Invasion Games** (Football / Hockey) **Theme:** Attacking and defending **Coverage:** Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.	**Invasion Games** (Football / Hockey) **Theme:** Making choices and decisions **Coverage:** Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4	**Invasion Games** (Tag Rugby/Basketball) **Theme:** Attacking play **Coverage:** Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4	**Invasion Games** (Tag Rugby/Basketball) **Theme**: Teamwork and tactics **Coverage:** Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4 5v5 6v6
Dance	**Fundamentals of Movement - ABC** **Theme:** Traveling and moving confidently **Coverage:** FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	**Dance** **Theme:**Short stories or story based class/ school theme **Coverage:** Shapes and Patterns, Travelling, Change of speed/rhythm/level /direction (teacher led)	**Dance** **Theme:** Linked to class/school theme **Coverage:** Shapes and rhythm. Responding to rhythm. Negotiating space.	**Dance** **Theme:** Science, linked to class/school theme **Coverage:** Create and perform a short group dance showing a range of movement patterns	**Dance** **Theme:** Linked to class/school theme **Coverage:** Perform a partner dance that includes a range of stimuli that allows performers to react to.	**Dance** **Theme:** Linked to class/school theme **Coverage:** Use a cross curricular link to the classes current topic. Perform a whole class dance with small groups each creating a part of the dance, which they teach to their peers	**Dance** **Theme:** Linked to class/school theme **Coverage:** Responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
Gymnastics	**Fundamentals of Movement** **Theme:** Combining travelling and handling equipment **Coverage:** negotiate space confidently, and improve ABC's.	**Gymnastics** **Theme:** Travelling & Balancing, Linking actions. **Coverage: (**FSS) Developing Travelling, Balancing & principles of finding space	**Gymnastics** **Theme:** Rolling and Jumping, Linking actions. **Coverage:** (FSS) Developing Rolling, Jumping skills and linking these actions	**Gymnastics** **Theme:** Shapes, jumping and landing **Coverage:** Create a sequence using gymnastic floor elements in pairs and/or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.	**Gymnastics** **Theme:**Transferring weight **Coverage:** Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.	**Gymnastics** **Theme:** Sequences, effective combinations **Coverage**:Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.	**Gymnastics** **Theme:** Sequencing, matching and mirroring **Coverage:** To create a sequence in pairs using mirror and matching elements using complex apparatus and skills.
OAA	**Fundamentals of Movement** **Theme:** Simple skills of sending/receiving **Coverage:** send/receive various equipment using feet, hands, other. Kick, throw, hit, catch, trap, roll	**Team Work** **Theme:** Send, receive and retrieve & teamwork **Coverage**: Kicking, striking, catching (using various equipment) and working in teams, co-operation.	**Team Work** **Theme:** Develop FMS. Developing simple attacking and defending skills for invasion sports (basketball, netball) **Coverage:** Working in pairs– Send, receive and score, based on a 2v1 or 2v2 scenario.	**Outdoor Adventurous Activity** **Theme:** planning/ recording in different activities and problem solving. **Coverage:** Use maps and diagrams to orientate. Plan to overcome challenges to problems as a group. Identify success.	**Outdoor Adventurous Activity** **Theme:** Responding to challenges in different environments **Coverage**: Attempt to adapt quickly to unfamiliar situations and recognise solutions. Understand what is needed in challenging situations and take a lead role in their group being successful with ideas.	**Outdoor Adventurous Activity** **Theme:** OAA in familiar/ unfamiliar environments; working Individual /small groups **Coverage:** Adapt quickly to unfamiliar situations and recognise solutions. Implement changes needed in challenging situations and take a lead role in their group being successful with ideas	**Outdoor Adventurous Activity** **Theme:** Planning, recording, navigation and evaluation in different activities, problem solving **Coverage:** Assess weakness and discuss ways of improving performance.

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
Athletics 	**Sports Day Preparation** **Theme:** run, Jump, throw. **Coverage:** development of fundamental movement skills for run, throw, jump	**Sports Day Athletics** **Theme:**Different ways of running, jumping and throwing. **Coverage:** Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self.	**Sports Day Athletics** **Theme:** Running, jumping and throwing skills, setting personal targets **Coverage:** Developing fundamental sports skills (FSS) for athletics events. To include competition vs. others	**Athletics** **Theme:** Running, jumping and throwing skills, partner work. **Coverage:** Developing hurdle and running events with a partner. Competing in pairs in throwing and jumping events.	**Athletics** **Theme:** Running/ jumping/throwing. Time and direction. **Coverage:** Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events	**Athletics** **Theme:** Running, jumping and throwing. Personal best. **Coverage:** Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be Included.	**Athletics** **Theme:** Running, jumping and throwing. Achieving personal best. Team events. **Coverage:** Compete in a variety of athletics events for pupils to be able to achieve their personal best. Introduce competitive team events.
Striking and Fielding 	**Team Games** **Theme:** co-operating, sharing, listening, taking turns **Coverage:** A variety of fundamental movement skills introduced through team activities.	**Games** **Theme:** Striking / fielding related activities (linking skills from previous terms). **Coverage:** Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.	**Games (Striking & Fielding)** **Theme:** Striking / fielding related activities (linking skills from previous terms). **Coverage:** Developing fundamental sports skills (FSS) for cricket and playing simplified versions of the game	**Striking & Fielding Games** **Theme:** Finding and closing down space. **Coverage:** Create small-sided and modified games of cricket and rounders. Introduce basic rules of these sports	**Striking & Fielding Games - Rounder's** **Theme:** Bowling & Striking **Coverage:** Introduce basic rules of rounders and play competitive modified versions of this game. Introduce sport specific techniques for bowling and striking.	**Striking & Fielding Games – Cricket** **Theme:** Batting and fielding tactics and strategies **Coverage:** Develop rules of cricket and play competitive modified versions of this game. Introduce sport specific techniques and tactics for fielding and batting.	**Striking & Fielding – Cricket & Rounder's** **Theme:** Teamwork and tactics **Coverage:** Pupils to organise and compete in full cricket and rounder's games as well as developing skills as captains, coaches and officiators.

Curriculum Overview

Below is an overview of the curriculum delivery topics that will be delivered throughout the year. We aim to create a broad and balanced PE curriculum that also revisits the skills developed at different touch points throughout the year to reinforce the learning within that topic.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS 1/2	**Multi Skills**	**Gymnastics**	**Movement to music**	**Invasion games**	**Striking and fielding**	**Athletics and sports day activities**
Year 3/4	**Invasion Games**	**Gymnastics**	**Dance**	**Net/wall activities**	**Striking and fielding**	**Athletics and sports day activities**
Year 5/6	**Invasion Games**	**Gymnastics**	**Dance**	**Net/wall activities**	**Striking and fielding**	**Athletics and sports day activities**

Early Years Foundation stage overview

We recognise that PE and sport can positively impact the EYFS prime and specific area of learning and development. Whilst EYFS do not have to do PE, we value the role PE can play within their development and have implemented the below overview to achieved specific early learning goals:

PE lessons will help support/achieve the below early learning goals:

Physical development: Moving and handling: Early Learning Goal Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Physical Development: Health and Self-Care:Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Personal, Social and emotional development: Self- Confidence and self-awareness: Early Learning Goal Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

Expressive arts and design: being imaginative Early Learning Goal Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.

Key Stage 1 overview

Year One Autumn Term		Spring Term		Summer Term	
1	2	1	2	1	2
Multi Skills **Activity Theme:** Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner • **Experience:** Experience a variety of games equipment; practicing with a partner; competition, simple rules • **Develop:** Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	**Gymnastics** **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. • **Skills:** Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts). • **Experience:** Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts - shape/levels/direction, improving actions, making up a sequence. • **Develop:** Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus	**Movement To Music** **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. • **Skills:** Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension • **Experience:** Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures **Develop:** Develop making dances with clear beginning/middle/end; responding to rhythm, music, coordination and control	**Invasion Games** **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 • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner • **E** • **xperience:** Experience a variety of games equipment; practicing with a partner; competition, simple rules • **Develop:** Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	**Striking and Fielding** **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, Softball. • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner • **Experience:** Experience a variety of games equipment; practicing with a partner; competition, simple rules • **Develop:** Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	**Athletics/sports day activities** **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. • **Skills:** Skills of running, throwing, jumping, direction, control, accuracy • **Experience:** Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development • **Develop:** Develop an understanding of safe practice linked to the activities

Movement To Music	Striking and Fielding	Multi Skills	Gymnastics	Invasion Games	Athletics/sports day activities
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. • **Skills:** Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, speed, tension • **Experience:** Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures • **Develop:** Develop making dances with clear beginning/middle/end; responding to rhythm, music, coordination and control	**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, Softball. • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner • **Experience:** Experience a variety of games equipment; practicing with a partner; competition, simple rules • **Develop:** Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	**Activity Theme:** Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner • **Experience:** Experience a variety of games equipment; practicing with a partner; competition, simple rules • **Develop:** Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	**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. • **Skills:** Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts). • **Experience:** Experience using floor and apparatus, safe lifting and carrying, using/finding space, using different body parts - shape/levels/direction, improving actions, making up a sequence. • **Develop:** Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus	**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 • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner • **Experience:** Experience a variety of games equipment; practicing with a partner; competition, simple rules • **Develop:** Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	**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. • **Skills:** Skills of running, throwing, jumping, direction, control, accuracy • **Experience:** Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development • **Develop:** Develop an understanding of safe practice linked to the activities

Year Two Autumn Term		Spring Term		Summer Term	
1	2	1	1	2	1
Multi skills **Activity Theme:** Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players • **Experience:** Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending • **Develop:** Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups	**Gymnastics** **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. • **Skills:** Skills of travelling, stillness, balance, turning, rolling, climbing, swinging, weight on hands, placing apparatus, jumping • **Experience:** Experience consolidating work identified in this section from Year One, adapting and improving control of actions Develop: **Develop and consolidate work identified in this section from Year One with emphasis in repeating sequences of movements, linking activities on floor/apparatus, using pupils' own choices to link skills and actions in short movement phrases**	**Movement to Music** **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. • **Skills:** Skills of travelling, jumping, turning, stillness, balance; changing shape, size, level, contrasts of speed, continuity of actions • **Experience:** Experience exploring moods and feelings, responding spontaneously; a range/variety of stimuli, performing movements/patterns some from different times and cultures • **Develop:** Develop making dances with clear beginning/middle/end; responding imaginatively to rhythm, music, co-ordination, control, rhythmic responses, poise and elevation	**Invasion Games** **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 • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players • **Experience:** Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending • **Develop:** Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball • **Skills:** Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players • **Experience:** Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending Develop: **Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups**	**Athletics/sports day activities** **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. • **Skills:** Skills of running, throwing, jumping, direction, control, accuracy and distance • **Experience:** Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill and learning development Develop: **Develop an understanding of safe practice linked to the activitie**
Movement to Music **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.	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball	**Multi skills** **Activity Theme:** Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby	**Gymnastics** **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.	**Invasion Games** **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	**Athletics/sports day activities** **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.

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Year Three Autumn Term		Spring Term		Summer Term	
1	2	1	1	2	1
Invasion Games **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 • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition • **Develop:** Develop team games, making up games, own game practices, understanding of game principles	**Gymnastics** **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. • **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner • **Experience:** Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus • **Develop:** Develop an understanding of actions ending one movement – starts next; making decisions to effect their actions	**Dance** **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. • **Skills:** Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; increase range of body actions; compose, practice and perform actions with control • **Experience:** Experience responding to a range of music/stimuli, expressing moods and feelings • **Develop:** Develop making own dances with clear beginnings/middle/end. Understand the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places	**Net/wall games activities** **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 • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition • **Develop:** Develop team games, making up games, own game practices, understanding of game principles	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition • **Develop:** Develop team games, making up games, own game practices, understanding of game principles	**Athletics/sports day activities** **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. • **Skills:** Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance • **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques • **Develop:** Develop understanding of safe practice linked to activities, comparing and improvement of own performance
Dance **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.	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball	**Invasion Games** **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	**Gymnastics** **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.	**Net/wall games activities** **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	**Athletics/sports day activities** **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.

• **Skills:** Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; increase range of body actions; compose, practice and perform actions with control • **Experience:** Experience responding to a range of music/stimuli, expressing moods and feelings • **Develop:** Develop making own dances with clear beginnings/middle/end. Understand the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition • **Develop:** Develop team games, making up games, own game practices, understanding of game principles	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition **Develop:** Develop team games, making up games, own game practices, understanding of game principles	• **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner • **Experience:** Experience performing and remembering sequences, with control; responding to set tasks, short sequences, selecting apparatus • **Develop:** Develop an understanding of actions ending one movement – starts next; making decisions to effect their actions	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition **Develop:** Develop team games, making up games, own game practices, understanding of game principles	• **Skills:** Improve skills of running, throwing, jumping; refine basic technique by emphasis on accuracy, time, measurement, length, distance • **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques • **Develop:** Develop understanding of safe practice linked to activities, comparing and improvement of own performance

Year Four Autumn Term		Spring Term		Summer Term	
1	2	1	1	2	1
Invasion Games **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 **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition **Develop:** Develop team games, making up games, own game practices, understanding of game principles	**Gymnastics** **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. **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions **Experience:** Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice **Develop:** Develop an understanding of selecting more relevant actions, continuity when linking movement actions	**Dance** **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 **Skills:** Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/direction; using whole body control; explore and select actions which can be developed within chances, practiced and repeated **Experience:** Experience responding to a range of music/stimuli, expressing moods and feelings **Develop:** Develop selecting content for making dances; discussing the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places	**Net/Wall game activities** **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 **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition **Develop:** Develop team games, making up games, own game practices, understanding of game principles	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition **Develop:** Develop team games, making up games, own game practices, understanding of game principles	**Athletics/sports day activities** **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. **Skills:** Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques **Develop:** Develop understanding of safe practice linked to activities, comparing and improvement of own performance
Dance **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	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball	**Invasion Games** **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	**Gymnastics** **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.	**Net/Wall game activities** **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	**Athletics/sports day activities** **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.

• **Skills:** Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/direction; using whole body control; explore and select actions which can be developed within chances, practiced and repeated • **Experience:** Experience responding to a range of music/stimuli, expressing moods and feelings • **Develop:** Develop selecting content for making dances; discussing the different elements of dance; control, co-ordination, poise and elevation. A number of dance forms from different times, cultures and places	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition • **Develop:** Develop team games, making up games, own game practices, understanding of game principles	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition • **Develop:** Develop team games, making up games, own game practices, understanding of game principles	• **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape levels; using different combinations of floor and apparatus, working alone/ with partner. Practice, adapt and refine actions; perform with whole/part body control; explore and select actions which can be developed within sequences, practiced and repeated through gymnastic actions • **Experience:** Experience sequences which they remember and repeat, respond to a variety of tasks, longer sequences, apparatus choice • **Develop:** Develop an understanding of selecting more relevant actions, continuity when linking movement actions	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition	• **Skills:** Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance • **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment which support refining basic techniques • **Develop:** Develop understanding of safe practice linked to activities, comparing and improvement of own performance

Year Five Autumn Term		Spring Term		Summer Term	
1	2	1	1	2	1
Invasion Games **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 • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	**Gymnastics** **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. • **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions • **Experience:** Experience working within prescribed areas, considering and developing rules and scoring systems	**Dance** **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. • **Skills:** Improve skills of Travelling, jumping, turning, stillness, changing size/shape/level/ direction; using body parts/actions/variations in speed/continuity and stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions which can be developed within dances, practiced and repeated • **Experience:** Experience responding to music/stimuli, expressing moods and feelings **Develop:** Develop: Refine content for making dances; interpreting different elements of dance; control, co-	**Net/Wall game activities** **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 • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	**Athletics/sports day activities** **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. • **Skills:** Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed • **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques • **Develop:** Develop understanding of safe practice linked to activities, comparing and improving own performance
Dance **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.	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball	**Invasion Games** **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	**Net/Wall game activities** **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	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball	**Athletics/sports day activities** **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.

• **Skills:** Improve skills of Travelling, jumping, turning, stillness, changing size/shape/level/ direction; using body parts/actions/variations in speed/continuity and stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions which can be developed within dances, practiced and repeated • **Experience:** Experience responding to music/stimuli, expressing moods and feelings • **Develop:** Develop: Refine content for making dances; interpreting different elements of dance; control, co-ordination, poise, elevation; a number of dance forms, include dances from different times, places and cultures	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	• **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles	• **Skills:** Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, measurement, length, distance, speed • **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques • **Develop:** Develop understanding of safe practice linked to activities, comparing and improving own performance

Year Six Autumn Term		Spring Term		Summer Term	
1	2	1	1	2	1
Invasion Games **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 • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles	**Gymnastics** **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. • **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions • **Experience:** Experience performing and practising sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts • **Develop:** Develop selecting own ideas and relevant apparatus to develop more complex sequences	**Dance** **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. • **Skills:** Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; using complex body actions/control of body parts/stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions (include variations in speed/continuity/tension) which can be developed within dances, practices and repeated • **Experience:** Experience responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement • **Develop:** Develop use of other curriculum work to make dances; interpreting different elements of dance; control, coordination, poise, elevation; a number of dances from different times, places & cultures	**Net/Wall Game activities** **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. • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles	**Striking and Fielding** **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 – Rounder's, Cricket, T-Ball • **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space • **Experience:** Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition • **Develop:** Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles	**Athletics/sports day activities** **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. • **Skills:** Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed • **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques • **Develop:** Develop understanding of safe practice linked to activities, comparing and improving own performance

Dance	Striking and Fielding	Invasion Games	Gymnastics	Net/Wall Game activities	Athletics/sports day activities
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. **Skills:** Improve skills of travelling, jumping, turning, stillness, changing size/shape/level/ direction; using complex body actions/control of body parts/stepping patterns; compose, practise, adapt, refine actions; perform with part/whole body control; explore and select actions (include variations in speed/continuity/tension) which can be developed within dances, practices and repeated **Experience:** Experience responding to music/stimuli, expressing moods and feelings	**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 – Rounder's, Cricket, T-Ball **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space **Experience:** Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition **Develop:** Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles	**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 **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space **Experience:** Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition **Develop:** Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles	**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. **Skills:** Improve skills of rolling, jumping, swinging, balancing, taking weight on hands; changing speed, direction, shape, levels; using different combinations of floor and apparatus, working alone/with partner. Practise adapt and refine actions; perform with whole/part body control; explore and select actions that can be developed within sequences, practised and repeated through gymnastic actions **Experience:** Experience performing and practising sequences alone with others; responding to own/partner task; complex sequences, planning apparatus, layouts **Develop:** Develop selecting own ideas and relevant apparatus to develop more complex sequences	**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. **Skills:** Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space **Experience:** Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition **Develop:** Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles	**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. **Skills:** Improve skills of running, throwing, jumping, refine basic technique by emphasis on accuracy, time, power, length, distance, speed **Experience:** Experience outdoor areas, measuring and timing activities, competition, activities and equipment that support refining basic techniques **Develop:** Develop understanding of safe practice linked to activities, comparing and improving own performance

Extra-Curricular Overview

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
After School	Multi-sport				

Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
After School	To be decided	To be decided			

Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime					Multi-Sport
After School	To be decided	To be decided			

Impact and evidence

Curriculum

Objective 1 -Pupil attainment

Teachers and Premier will work collaboratively and communicate effectively from their judgements/assessments to track progress of pupils. Premier will provide judgements at the end of each topic around the below areas that also are in line with our intent policies and what we want our pupils to achieve:

- Competent learners
- Reflective learners
- Engaged learners
- Healthy and active learners

Descriptors are used consistently across the school to make judgements on the pupil's progress. This will allow teachers to manage the progress termly/yearly and make judgements on their achievements.

Objective 2 - Pupil Perception

Carry out pupil perception in Spring Term to find out how children feel about the PE curriculum set targets based on the outcomes of this survey the following year.

Example Questionnaire

	Do you enjoy P.E					
No	1	2	3	4	5	yes
	What do you think P.E. offers you, that maybe some other subjects don't?					
	Where would you rank P.E. amongst all the subjects that you are taught?					
Unimportant	1	2	3	4	5	Important
	Which areas of activity do you enjoy **most** and why?					
	Which area of activity do you like the **least** and why?					
	Do you think that boys and girls are equally catered for?					
	Yes		No		Not sure	
	Which clubs have you attended this year?					
	Multi-sport	Archery	Dance	Cricket	Other	
	What clubs would you like?					
	Do you attend any out of school clubs?					
	Yes	What is the club?				
	No					
	If there was one thing that you would change in physical education, what would it be?					

Somerleyton Primary School