

Intent

PE Intent St Mary's

At St Mary's we believe that Physical Education, experienced in a safe and supportive environment, makes a unique and vital contribution to the development of a pupil's physical and emotional health and well-being. It educates pupils in the understanding of the body and how to use it with efficiency and control, and the importance of a healthy lifestyle.

OUR AIMS:

1. To develop physical and cognitive skills when planning, performing and evaluating movement in a range of contexts.
2. To promote physical activity and a healthy lifestyle.
3. To develop positive attitudes towards being active.
4. To develop creativity and ensure safe practice.
5. To enable children to set targets for themselves and compete against others, individually and as team members.
6. To develop understanding of what it takes to persevere, to experience success and to acknowledge others' success.
7. To engage in a minimum of 4 hours of physical education each week.
8. To develop the ability to take the initiative, lead activity and focus on improving aspects of their own performances.
9. To discover their own aptitudes and preferences for different activities.
10. To enable children to make informed decisions about the importance of exercise in their lives.



Topic and Skills Overview

EYFS:	Subject Rationale:	Skills:
	<p>P.E. in the Early Years falls under two areas for learning.</p> <p>The first is Physical Development: <i>Gross Motor Skills</i> and <i>Fine Motor Skills</i></p> <p>The second is Personal, Social and Emotional Development: <i>Managing Self</i></p>	<p>Early Learning Goals:</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • Use a range of small tools, including scissors, paintbrushes and cutlery. <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices
Year One:	Subject Rationale:	Skills:
<p>Autumn: <u>Movement, balance and direction</u></p>	<p>Refining balance and movement skills. Controlling movement to create different shapes. Acquiring an understanding of warm-ups and exercise. Listening and responding to instructions. Consolidating directional language and spatial awareness. Introducing small teamwork.</p>	<p>Explore space, direction, levels and speeds Experiment creating actions and performing movements with different body parts. Begin to develop balancing techniques</p>
<p><u>Gymnastics and Dance</u></p>	<p>Further develop balance, movement and coordination skills. Perform learned skills with control and coordination. Perform short, simple movement patterns. Watch others and say what they liked about a performance. Increase flexibility and stamina.</p>	<p>Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry basic apparatus such as mats and benches. To recognise like actions and link. Respond to a range of stimuli and types of music</p>
<p>Spring: <u>Throwing and catching</u></p>	<p>Develop fundamental movement skills that will assist in a variety of sports. Engage in competitive situations with some attacking and defending skills Practice accurate throwing and catching consistently.</p>	<p>Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Move towards a moving ball to return. Sending and returning a variety of balls.</p>

<u>Side throws and team games</u>	Extend agility and coordination through throwing, catching and retrieving. Participate in simple hit, catch and run games. Score points through sending balls and running	Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Link skills to perform as a team
Summer: <u>Striking and kicking</u>	Extend co-ordination for hitting. Participate in simple sending and receiving games. Score points through sending balls using hitting skills to correct areas.	To begin to engage in competitive activities To experience opportunities to improve agility, balance and coordination. Able to hit objects with hand or bat. Able to correctly kick ball to target.
<u>Sports Day Practice</u>	Engage in competitive activities against self and others. Master basic running, jumping and throwing skills.	Develop power, agility, coordination and balance over a variety of activities
Year Two	Subject Rationale:	Skills:
Autumn: <u>Movement, balance and direction</u>	Enhance movement skills. Learn more advance team work skills. Acuire a greater understanding of how to move body in certain ways.	Explore space, direction, levels and speeds Experiment creating actions and performing movements with different body parts. Continue to develop balancing techniques
<u>Gymnastics and Dance</u>	Become increasingly competent and confident in fundamental basic agility balance and coordination in relation to gymnastics and dance activity. Develop and perform simple movement patterns and sequences.	Describe and explain how performers can transition and link gymnastic elements Challenge themselves to develop strength and flexibility Describe and explain how performers can transition and link shapes and balances Perform basic actions with control and consistency at different speeds and on different levels Challenge themselves to move imaginatively responding to music Work as part of a group to create and perform short movement sequences to music.
Spring: <u>Throwing and catching</u>	Develop hand eye coordination. Participate in increasingly challenging games situations. Aim at different targets. Begin to anticipate where the ball will go. Move to catch an object.	Be able to track the path of a ball over a net and move towards it Be able to track the path of a ball over a net and move towards it
<u>Side throws and team games</u>	Continue to develop coordination using move advanced throwing. Develop spatial awareness during games	Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. Perform as a team and build spatial awareness within team games.
Summer:	Participate in modified net/wall games Combine isolated skills, e.g. moving towards a ball to make contact	To begin to engage in competitive activities

<u>Striking and kicking</u>	Compete against self and others to score points Develop eye to hand coordination for hitting. Participate in striking and fielding game situations.	To experience opportunities to improve agility, balance and coordination. Able to hit objects with hand or bat. Able to correctly kick ball to target.
<u>Sports Day Practice</u>	Engage in competitive activities against self and others. Master basic running, jumping and throwing skills. Participate in competitions for running, jumping and throwing	Develop power, agility, coordination and balance over a variety of activities
Year 3	Subject Rationale:	Skills:
Autumn: <u>Athletics introduction</u> <u>Health and fitness learning</u>	Utilise understanding of movement to master basic athletics skills including running, jumping and throwing. Develop the link between healthy living, healthy participation and fitness.	Perform a range of movements such as running, jumping and throwing confidently Identify major muscle groups and know link between healthy living and fitness Understand the rules for each athletic event.
<u>Gymnastics and dance</u>	Develop and perform simple routines to an audience Devise simple sequences using compositional ideas Work as a team to create a routine from skills learnt	Practise different sections of a dance aiming to put together a performance Perform using facial expressions Perform with a prop Modify actions independently using different pathways, directions and shapes Consolidate and improve the quality of movements and gymnastics actions Relate strength and flexibility to the actions and movements they are performing To use basic compositional ideas to improve sequence work—unison.
Spring: <u>Basketball and handball</u>	Play in competitive games developing basic tactics Master basic movements including change of speed, throwing and catching Work collaboratively to use basic tactics for attack	To identify and adhere to rules of the games Confidently demonstrate key movements of the game To develop understanding of passes and game rules Build spatial awareness, learn to play offensive and defensive and begin team tactics
<u>Touch Rugby</u>	Play in competitive games developing simple tactics Master basic movements including hitting, returning, moving to return Work collaboratively to use basic tactics	Handle a rugby ball with confidence Evade attackers using footwork and body control Link skills to perform as a team in attack Use basic game principles of tag rugby and play within simpler rules

<p>Summer: <u>Striking Games</u></p>	<p>Play in competitive games developing simple tactics. Master basic movements including running, throwing, catching and striking Work collaboratively to use basic tactics for batting and fielding</p>	<p>To identify and adhere to rules of the games Confidently demonstrate key movements of the game To develop understanding of passes and game rules Build spatial awareness, learn to play offensive and defensive and begin team tactics</p>
<p><u>Sports Day Practice</u></p>	<p>Engage in competitive activities against self and others. Master basic running, jumping and throwing skills. Participate in competitions for running, jumping and throwing</p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>
<p>Year Four</p>	<p>Subject Rationale</p>	<p>Skills:</p>
<p>Autumn: <u>Athletics introduction</u> <u>Health and fitness learning</u> <u>Advanced techniques</u></p>	<p>Develop strength and stamina through sustained periods of vigorous activity Practice and implement runs, leaps, jumps and locomotion in more complex sequences Utilise understanding of movement to master basic athletics skills including running, jumping and throwing. Develop the link between healthy living, healthy participation and fitness.</p>	<p>Perform a range of movements such as running, jumping and throwing confidently and using correct technique Identify major muscle groups and know link between healthy living and fitness Understand the rules for each athletic event.</p>
<p><u>Gymnastics and dance</u></p>	<p>Perform routines to audiences Perform using a range of movement patterns and set phrases Work collaboratively in groups</p>	<p>Practise different sections of a dance aiming to put together a performance Perform using facial expressions Perform with a prop Modify actions independently using different pathways, directions and shapes Consolidate and improve the quality of movements and gymnastics actions Relate strength and flexibility to the actions and movements they are performing To use basic compositional ideas to improve sequence work—unison.</p>
<p>Spring: <u>Basketball and handball</u></p>	<p>Developing stamina and speed in competitive games Practice and use running and dynamic balance in games Work as a team to use basic defending and attacking tactics in games</p>	<p>To identify and adhere to rules of the games Confidently demonstrate key movements of the game To develop understanding of passes and game rules Build spatial awareness, learn to play offensive and defensive and begin team tactics</p>

<u>Touch Rugby</u>	Play in competitive games developing stamina and endurance Practice and use running, sprinting and dynamic balance in games Work collaboratively to use basic tactics and strategies for batting and fielding	To consistently perform basic tag rugby skills Implement rules and develop tactics in competitive situations To increase speed and build endurance during gameplay
Summer: <u>Striking Games</u>	Play in competitive games developing stamina and endurance Practice and use running, sprinting and dynamic balance in games Work collaboratively to use basic tactics and strategies for batting and fielding	To identify and adhere to rules of the games Confidently demonstrate key movements of the game To develop understanding of passes and game rules Build spatial awareness, learn to play offensive and defensive and begin team tactics
<u>Sports Day Practice</u>	Engage in competitive activities against self and others. Master basic running, jumping and throwing skills. Participate in competitions for running, jumping and throwing	Develop power, agility, coordination and balance over a variety of activities
Year Five	Subject Rationale	Skills
Autumn: <u>Athletics and fitness</u>	Develop strength and stamina through sustained periods of vigorous activity Practice and implement runs, leaps, jumps and locomotion in more complex sequences Utilise understanding of movement to master basic athletics skills including running, jumping and throwing. Develop the link between healthy living, healthy participation and fitness.	Perform a range of technical movements used in athletics events Identify major muscle groups and know link between healthy living and fitness Understand the rules for each athletic event.
<u>Gymnastics and dance (aerobics)</u>	Perform routines to audiences Perform in a variety of dance styles Work collaboratively in groups Develop flexibility, balance, strength and control Compare performance with previous performances Utilise movements from dance, gymnastics and aerobics	Create longer and more complex sequences and adapt performances Take the lead in a group when preparing a sequence Develop symmetry individually, as a pair and in a small group Compare performances and judge strengths and areas for improvement Perform different styles of dance fluently and clearly Refine & improve dances adapting them to include the use of space rhythm & expression Worked collaboratively in groups to compose simple dances Recognise and comment on dances suggesting ideas for improvement
Spring: <u>Basketball and handball</u>	Able to recognise where improvements could be made in their work Develop, select and combine more complex skills in competitive environments Play in games developing strength and technique	Apply new shots into game situations Play with others to score and defend points in competitive games Link together a range of skills and use in combination Collaborate with a team to choose, use and adapt rules in games

		<p>Recognise how some aspects of fitness apply to games, e.g. power, flexibility and cardiovascular endurance</p> <p>To play effectively in a variety of positions and formations on the pitch</p> <p>Relate a greater number of attacking and defensive tactics to gameplay</p> <p>Become more skilful when performing movements at speed</p>
<u>Tag Rugby</u>	<p>Play competitively against others and work together with others</p> <p>Work hard to challenge self to improve the consistency of shots including newly learnt shots</p> <p>Implement basic tactics in gameplay</p>	<p>To combine basic tag rugby skills such as catching and quickly passing in one movement</p> <p>To be able to select and implement appropriate skills in a game situation</p> <p>To begin to play effectively when attacking and defending</p> <p>To increase the power of passes so the ball can be moved quickly over greater distance</p>
Summer: <u>Striking Games</u>	<p>Play in competitive games developing power, flexibility and cardiovascular endurance</p> <p>Able to recognise where improvements could be made in their work.</p> <p>Select and combine more complex skills in game situations</p>	<p>Apply new shots into game situations</p> <p>Play with others to score and defend points in competitive games</p> <p>Link together a range of skills and use in combination</p> <p>Collaborate with a team to choose, use and adapt rules in games</p> <p>Recognise how some aspects of fitness apply to games, e.g. power, flexibility and cardiovascular endurance</p> <p>To play effectively in a variety of positions and formations on the pitch</p> <p>Relate a greater number of attacking and defensive tactics to gameplay</p> <p>Become more skilful when performing movements at speed</p>
<u>Sports Day Practice</u>	<p>Engage in competitive activities against self and others.</p> <p>Master basic running, jumping and throwing skills.</p> <p>Participate in competitions for running, jumping and throwing</p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>
Topics	Year Six	Skills
Autumn: <u>Athletics and fitness</u> <u>*team selection</u>	<p>Develop strength and stamina through sustained periods of vigorous activity</p> <p>Demonstrate complete understanding of athletic techniques and work towards peak performance.</p> <p>Develop the link between healthy living, healthy participation and fitness.</p>	<p>Perform a range of technical movements used in athletics events</p> <p>Identify major muscle groups and know link between healthy living and fitness</p> <p>Understand the rules for each athletic event.</p>

<p><u>Gymnastics and dance</u></p>	<p>Work collaboratively with a partner and in small groups to perform more complex dances Compare performance with previous performances and demonstrate improvement to achieve personal best Develop flexibility, balance, strength and control in a range of dances</p>	<p>Lead group warm-up showing understanding of the need for strength and flexibility Demonstrate accuracy, consistency, and clarity of movement Work independently and in small groups to make up own sequences Arrange own apparatus to enhance work and vary compositional ideas Experience flight on and off of high apparatus Work collaboratively to include more complex compositional ideas Develop motifs and incorporate into self-composed dances as individuals, pairs & groups Talk about different styles of dance with understanding, using appropriate language & terminology</p>
<p>Spring: <u>Basketball and handball</u> <u>Netball</u></p>	<p>Play in competitive games developing fluency in skills and techniques Working as a team implementing attacking and defending tactics Compare team performances against other team performance Continue to develop spatial awareness in team games Master offensive and defensive play</p>	<p>Apply rounders rules consistently in conditioned games Play small sided games using standard court/pitch layout Use a range of tactics for attacking and defending Apply with consistency standard rules in a variety of different styles of games Attempt a small range of recognised shots in isolation and in competitive scenarios Work as a team to improve group tactics and gameplay Play within the rules using screening to break down offensive play Develop defensive skills</p>
<p><u>Tag Rugby</u></p>	<p>Play in competitive games developing fluency in skills and techniques Work in collaboration to apply defensive and attacking tactics Compare team performance against other team performances Continue to develop spatial awareness in team games Master offensive and defensive play</p>	<p>Choose and implement a range of strategies and tactics to attack and defend Combine and perform more complex skills at speed Observe, analyse and recognise good individual and team performances Suggest, plan and lead a warm-up as a small group</p>
<p>Summer: <u>Striking games</u></p>	<p>Play in competitive games developing fluency in skills and techniques Work in collaboration to apply defensive and attacking tactics Compare team performance against other team performances Continue to develop spatial awareness in team games Master offensive and defensive play</p>	<p>Apply rounders rules consistently in conditioned games Play small sided games using standard court/pitch layout Use a range of tactics for attacking and defending Apply with consistency standard rules in a variety of different styles of games Attempt a small range of recognised shots in isolation and in competitive scenarios</p>

		<p>Work as a team to improve group tactics and gameplay</p> <p>Play within the rules using screening to break down offensive play</p> <p>Develop defensive skills</p>
<p><u>Sports Day Practice</u></p>	<p>Play in competitive games developing fluency in skills and techniques</p> <p>Work in collaboration to play using different tactics</p> <p>Compare the team's performance against others</p> <p>Continue to develop spatial awareness in team games</p> <p>Master offensive and defensive play</p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>

