

## **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.

**At St Mary's, our curriculum is underpinned by the principles of Catholic Social Teaching (CST), ensuring that pupils develop a deep understanding of their role in promoting justice, dignity, and care for others in their community and the wider world. Across all subjects, meaningful links are made to CST values, helping pupils reflect on how their learning contributes to the Common Good, Solidarity, and Stewardship of Creation.**

## 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><b>CST Links – Participation, Sharing Fairly, Human Dignity, The Common Good, Solidarity, Being Peacemakers.</b></p>	<p><b>Early Learning Goals:</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> <li>• Use a range of small tools, including scissors, paintbrushes and cutlery.</li> </ul> <ul style="list-style-type: none"> <li>• Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>• Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>• Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</li> </ul>
Year One:	Subject Rationale:	Skills:
<p><b>Autumn</b> Athletics</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><b>CST Links - Participation</b></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>Hand and feet ball skills</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. Extend co-ordination for hitting. Participate in simple sending and receiving games. Score points through sending balls using hitting skills to correct areas.</p> <p><b>CST Links – The Common Good</b></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. 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.</p>
<p><b>Spring</b></p>	<p>Further develop balance, movement and coordination skills. Perform learned skills with control and coordination.</p>	<p>Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions.</p>

Gymnastics	<p>Perform short, simple movement patterns.          Watch others and say what they liked about a performance.          Increase flexibility and stamina.</p> <p><b>CST Links – Sharing Fairly</b></p>	<p>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>
Games for Understanding	<p>Extend co-ordination for hitting.          Participate in simple sending and receiving games.          Score points through sending balls using hitting skills to correct areas.</p> <p><b>CST Links - Subsidiarity</b></p>	<p>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.</p>
<b>Summer</b> Dance	<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><b>CST Links – Human Dignity</b></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>
Sports Day Practice	<p>Engage in competitive activities against self and others.          Master basic running, jumping and throwing skills.</p> <p><b>CST Links - Solidarity</b></p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>
Games for Understanding	<p>Extend co-ordination for hitting.          Participate in simple sending and receiving games.          Score points through sending balls using hitting skills to correct areas.</p> <p><b>CST Links – Being Peacemakers</b></p>	<p>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.</p>
<b>Year Two</b>	<b>Subject Rationale:</b>	<b>Skills:</b>
<b>Autumn</b> Athletics	<p>Enhance movement skills.          Learn more advance teamwork skills.          Acquire a greater understanding of how to move body in certain ways.</p> <p><b>CST Links - Participation</b></p>	<p>Explore space, direction, levels and speeds          Experiment creating actions and performing movements with different body parts.          Continue to develop balancing techniques</p>
Hand and feet ball skills	<p>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.          Participate in modified net/wall games          Combine isolated skills, e.g. moving towards a ball to make contact          Compete against self and others to score points          Develop eye to hand coordination for hitting.          Participate in striking and fielding game situations.</p>	<p>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          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.</p>

	<b>CST Links – The Common Good</b>	
<b>Spring</b> Gymnastics	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.  <b>CST Links – Sharing Fairly</b>	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
Games for Understanding	Continue to develop coordination using move advanced throwing, kicking and other movements. Develop spatial awareness during games <b>CST Links - Subsidiarity</b>	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.
<b>Summer</b> Dance	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.  <b>CST Links – Human Dignity</b>	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.
Sports Day Practice	Engage in competitive activities against self and others. Master basic running, jumping and throwing skills. Participate in competitions for running, jumping and throwing <b>CST Links - Solidarity</b>	Develop power, agility, coordination and balance over a variety of activities
Games for Understanding	Continue to develop coordination using move advanced throwing, kicking and other movements. Develop spatial awareness during games <b>CST Links – Being Peacemakers</b>	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.
<b>Year 3</b>	<b>Subject Rationale:</b>	<b>Skills:</b>
<b>Autumn</b> Athletics	Utilise understanding of movement to master basic athletics skills including running, jumping and throwing. Develop the link between healthy living, healthy participation and fitness.  <b>CST Links - Participation</b>	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.

<p>Invasion Games</p>	<p>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  Play in competitive games developing simple tactics  Master basic movements including hitting, returning, moving to return  Work collaboratively to use basic tactics</p> <p><b>CST Links – The Common Good</b></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  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>
<p><b>Spring</b> Gymnastics</p>	<p>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</p> <p><b>CST Links – Sharing Fairly</b></p>	<p>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>Net/Wall Games</p>	<p>Play in competitive games developing basic tactics  Master basic movements including change of speed, reaction time.  Work collaboratively to use basic tactics for attack  Master basic movements including hitting, returning, moving to return  Work collaboratively to use basic tactics</p> <p><b>CST Links - Subsidiarity</b></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  Use basic skills of tennis and badminton</p>
<p>Swimming</p>	<p>Develop confidence in and around water, build up swimming endurance and strength, participate, develop swimming movements skills.</p>	<p>Swim increasing distances.  Gain confidence in and around the water  Understand water safety skills  Develop swimming techniques for one or more strokes</p>
<p><b>Summer</b> Dance</p>	<p>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</p> <p><b>CST Links – Human Dignity</b></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</p>

		Relate strength and flexibility to the actions and movements they are performing To use basic compositional ideas to improve sequence work—unison.
Sports Day Practice	Engage in competitive activities against self and others. Master basic running, jumping and throwing skills. Participate in competitions for running, jumping and throwing  <b>CST Links - Solidarity</b>	Develop power, agility, coordination and balance over a variety of activities
Swimming	Develop confidence in and around water, build up swimming endurance and strength, participate, develop swimming movements skills.  <b>CST Links – Participation</b>	Swim increasing distances. Gain confidence in and around the water Understand water safety skills Develop swimming techniques for one or more strokes
Striking and Fielding Games	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  <b>CST Links – Being Peacemakers</b>	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
<b>Year Four</b>	<b>Subject Rationale</b>	<b>Skills:</b>
<b>Autumn Athletics</b>	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.  <b>CST Links - Participation</b>	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.
Invasion Games	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  <b>CST Links – The Common Good</b>	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
Swimming	Develop confidence in and around water, build up swimming endurance and strength, participate, develop swimming movements skills.  <b>CST Links – Participation</b>	Swim increasing distances. Gain confidence in and around the water Understand water safety skills Develop swimming techniques for one or more strokes

<p><b>Spring</b> Gymnastics</p>	<p>Perform routines to audiences Perform using a range of movement patterns and set phrases Work collaboratively in groups</p> <p><b>CST Links – Sharing Fairly</b></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>Net/Wall Games</p>	<p>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</p> <p><b>CST Links - Subsidiarity</b></p>	<p>To consistently perform basic skills Implement rules and develop tactics in competitive situations To increase speed and build endurance during gameplay</p>
<p><b>Summer</b> Dance</p>	<p>Perform routines to audiences Perform using a range of movement patterns and set phrases Work collaboratively in groups</p> <p><b>CST Links – Human Dignity</b></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>Sports Day Practice</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><b>CST Links - Solidarity</b></p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>
<p>Striking and Fielding Games</p>	<p>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</p> <p><b>CST Links – Being Peacemakers</b></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>

Year Five	Subject Rationale	Skills
<b>Autumn</b> Athletics	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.  <b>CST Links - Participation</b>	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.
Invasion Games	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  <b>CST Links – The Common Good</b>	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 Recognise how some aspects of fitness apply to games, e.g. power, flexibility and cardiovascular endurance To play effectively in a variety of positions and formations on the pitch Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed
<b>Spring</b> Gymnastics	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  <b>CST Links – Sharing Fairly</b>	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
Net/Wall Games	Play competitively against others and work together with others Work hard to challenge self to improve the consistency of shots including newly learnt shots Implement basic tactics in gameplay	To combine skills and merge into one movement To be able to select and implement appropriate skills in a game situation To begin to play effectively when attacking and defending

	<p><b>CST Links - Subsidiarity</b></p> <p>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</p> <p><b>CST Links – Human Dignity</b></p>	<p>To increase the power of passes so the ball can be moved quickly over greater distance</p> <p>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 &amp; improve dances adapting them to include the use of space rhythm &amp; expression Worked collaboratively in groups to compose simple dances Recognise and comment on dances suggesting ideas for improvement</p>
Sports Day Practice	<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><b>CST Links - Solidarity</b></p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>
Striking and Fielding Games	<p>Play in competitive games developing power, flexibility and cardiovascular endurance Able to recognise where improvements could be made in their work. Select and combine more complex skills in game situations</p> <p><b>CST Links – Being Peacemakers</b></p>	<p>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 Recognise how some aspects of fitness apply to games, e.g. power, flexibility and cardiovascular endurance To play effectively in a variety of positions and formations on the pitch Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed</p>
<b>Topics</b>	<b>Year Six</b>	<b>Skills</b>
Autumn Athletics	<p>Develop strength and stamina through sustained periods of vigorous activity Demonstrate complete understanding of athletic techniques and work towards peak performance. Develop the link between healthy living, healthy participation and fitness.</p>	<p>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.</p>

	<b>CST Links - Participation</b>	
Invasion Games	<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><b>CST Links – The Common Good</b></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>
<b>Spring</b> Gymnastics	<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><b>CST Links – Sharing Fairly</b></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 &amp; groups Talk about different styles of dance with understanding, using appropriate language &amp; terminology</p>
Net/Wall Games	<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><b>CST Links - Subsidiarity</b></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>
<b>Summer</b> Dance	<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</p>

	<p><b>CST Links – Human Dignity</b></p>	<p>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 &amp; groups          Talk about different styles of dance with understanding, using appropriate language &amp; terminology</p>
Sports Day Practice	<p>Play in competitive games developing fluency in skills and techniques          Work in collaboration to play using different tactics          Compare the team's performance against others          Continue to develop spatial awareness in team games          Master offensive and defensive play</p> <p><b>CST Links - Solidarity</b></p>	<p>Develop power, agility, coordination and balance over a variety of activities</p>
Striking and Fielding Games	<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><b>CST Links – Being Peacemakers</b></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>