



JLPS Curriculum Overview for PE

Rationale

Our school is committed to ensuring that all children participate in P.E. and sport to a high standard, in and out of school. Our most recent School Games award was the Gold Mark Award, and we aim to achieve this again this year. Through our sports curriculum, we aim to create a positive and enjoyable learning environment in which all children have the opportunity to develop to their full potential, encouraging the beginnings of a lifelong involvement in sport and physical activity. In addition, we promote health and general fitness levels in all pupils through active participation in a full and varied P.E. programme.

Activities include invasion games, gymnastics, swimming, dance, athletics, development of ball and apparatus skills and formal team games. During our dance and gymnastics lessons, the children are encouraged to use the wall climbing frames and, for the lower school children, the soft play equipment. These unique apparatuses allow the children to confidently and safely explore different movements and realise their own limitations within a safe environment. Having a tailored approach to the Physical Education element of the National Curriculum allows the children of Joy Lane to follow a deliberate pathway from the early stages of discovery right through to mastery. This, in turn, benefits the children when it comes to competing in School Games competitions, and sets them up to become healthily competitive and able young sportspeople.

Children will follow a naturally progressive programme of study which builds upon their previous knowledge and skills, enabling them to become capable and confident in their own abilities. It also allows them to appreciate and develop more unique skills such as communication, resilience, respect, tolerance and creativity. The children at Joy Lane benefit as a whole from this programme of study, which supports those who need extra support, and gifts those with more confidence the opportunity to flourish. It is an expectation that pupils have the correct and necessary sports kit for the activities and weather that they are participating in.

The school benefits from an excellent swimming pool, two large halls for indoor physical activities, a MUGA (Multi Games Arena), an extensive playing field and hard surfaced playgrounds, and climbing walls/frames, and these serve to support our excellent P.E. provision. Staff and parent helpers also further the school's curriculum with several extra-curricular activities and events. Through the curriculum and extended learning clubs, pupils are able to participate in athletics, cricket, hockey, netball, rounders, rugby, football, gymnastics, dance, swimming and tennis. This allows pupils to experience a range of physical challenges, inspiring a love of P.E.

National Curriculum

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, 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.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

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.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Reception

Area of Learning: Physical Development (PD)

Aspect: Gross Motor

Early learning Goal:

Negotiate space and obstacles safely, with considerations for themselves and others.
 Demonstrate strength, balance and coordination when playing.
 Move energetically, such as running, jumping, skipping, dancing, hopping and climbing.

A child in Reception will be learning to:

Revise and refine the fundamental movement skills they have already acquired.
 Progress towards a more fluent style of moving, with developing control and grace.
 Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
 Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
 Combine different movements with ease and fluency.
 Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
 Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.
 Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Year 1

Core Skills	Dance and Gymnastics	Throwing, Catching and Hitting	Running, Jumping and Throwing 1	Running, Jumping and Throwing 2
I can bounce and catch a ball consistently and with confidence. I can throw a ball accurately to a partner. I can work as part of a team and show good sportsmanship. I can dress/undress independently and in a reasonable amount of time.	I can copy and explore basic rolling actions with some control and co-ordination. I can compose a set of basic moves that link together with some fluidity. I can verbally improve my own and others' performance. I can dress/undress independently and am aware of the need for safe practice.	I can throw and catch a ball (of varying sizes) with some consistency and accuracy, using one or two hands. I can hit a ball (of varying sizes) with some consistency and accuracy, using different bats and parts of the body (i.e. hand or foot). I show a basic knowledge of sportsmanship and the importance of teamwork. I show a basic knowledge of what happens to my body during exercise and the benefits it might have on a healthier lifestyle.	I can develop my agility in running using the correct techniques. I can demonstrate a good technique for jumping over distance and height. I can master basic running, jumping and throwing skills. I can confidently demonstrate my skills in a competitive manner.	I can master running, jumping and throwing skills. I can develop my ability to run using the correct techniques in order to improve my speed. I can demonstrate a sound technique for jumping over distance and height. I can engage in competitive activities against myself and others.

Sports to be Taught

1	2	3	4	5	6
Bouncing, throwing, catching and hitting	Dance and Gymnastics	Dance and Gymnastics	Swimming Running, Jumping and Throwing 1	Swimming Running, Jumping and Throwing 2	Swimming Sports Day Activities

Year 2

Core Skills	Dance and Gymnastics	Throwing, Catching and Hitting	Running, Jumping and Throwing 1	Running, Jumping and Throwing 2
I can bounce a ball, consistently and with confidence, without catching it in between bounces. I can throw a ball accurately to a partner over a distance greater than 3 meters. I can begin to use specific vocabulary to describe and discuss different levels of performance. I can demonstrate good sportsmanship and begin to evaluate and improve my performance.	I can copy, repeat and explore basic rolling actions with some control and co-ordination. I can compose a set of basic moves that link together with some fluidity and use the space appropriately. I can discuss differences between sequences to improve my own and others' performances. I can dress/undress independently and am aware of the need for safe practice, including warming up and down.	I can throw and catch a ball (of varying sizes) with some consistency and accuracy, using one or two hands. I can hit a ball (of varying sizes) with some consistency and accuracy, using different bats and parts of the body (i.e. hand or foot). I show a basic knowledge of sportsmanship and the importance of teamwork. I show a basic knowledge of what happens to my body during exercise and the benefits it might have on a healthier lifestyle.	I can develop my agility in running using the correct techniques. I can demonstrate a good technique for jumping over distance and height. I can master basic running, jumping and throwing skills. I can confidently demonstrate my skills in a competitive manner.	I can master running, jumping and throwing skills. I can develop my ability to run using the correct techniques in order to improve my speed. I can demonstrate a sound technique for jumping over distance and height. I can engage in competitive activities against myself and others.

Sports to be Taught

1	2	3	4	5	6
Bouncing, throwing, catching and hitting	Dance and Gymnastics	Dance and Gymnastics	Running, jumping and throwing 1	Running, jumping and throwing 2	Sports Day Activities

Year 3

Core Skills for Invasion Games	Dance and Gymnastics	Throwing, Catching and Hitting	Cricket	Athletics
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I can travel around an area showing ball control and awareness whilst successfully sending and receiving passes in different situations. I can begin to understand the meaning of attack and defence in a team game. I can describe and comment on something I have done wrong and begin to identify the strengths and weaknesses of my performance. I can successfully recognise the changes that exercise causes to my body and dress appropriately for all aspects of PE.	I can copy, remember, repeat and explore simple movements with some control and co-ordination. I can compose a set of moves that link together with some fluidity and use the space appropriately. I can discuss differences between sequences to improve my own and others' performances. I can show an awareness of the need for safe practice, including warming up and down.	I can throw and catch a ball (of varying sizes) with some consistency and accuracy, using one or two hands. I can hit a ball (of varying sizes) with some consistency and accuracy, using different bats and parts of the body (i.e. hand or foot). I show a good knowledge of sportsmanship and the importance of teamwork. I show a good knowledge of what happens to my body during exercise and the benefits it might have on a healthier lifestyle.	I can catch a wind ball with some consistency showing the correct technique. I understand some tactical aspects of cricket and apply similar rules to a modified game. I begin to identify different levels of performance and use simple vocabulary when evaluating performances. I can suggest appropriate warm up ideas and work in a sensible and safe manner.	I can run at an appropriate speed for the distance I am running and jump from a standing position using the correct technique. I can demonstrate a range of throwing techniques, using a variety of objects, with some accuracy. I can begin to identify and explain the strengths and weaknesses of my performance. I can show that I understand that exercise is important and can suggest appropriate warm up ideas.
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Sports to be Taught

1	2	3	4	5	6
Rugby	Netball	Dance and Gym	Rounders Dodgeball	Cricket	Athletics

Year 4

Core Skills for Invasion Games	Dance and Gymnastics	Throwing, Catching and Hitting	Cricket	Athletics
I can often catch and pass the ball while under pressure. I can show tactical awareness and apply it in a game situation. I can identify strengths and weaknesses of my own and others' performances and understand the importance of good sportsmanship. I can understand and explain the importance of a warm up and suggest appropriate warm up ideas.	I can copy, remember, repeat and explore simple movements with control and co-ordination. I can compose a set of moves that link together with some fluidity and use the space appropriately, on my own and with a partner. I can discuss differences between sequences to improve my own and others' performances. I can show an awareness of the need for safe practice, including warming up and down.	I can throw and catch a ball (of varying sizes) with consistency and accuracy, using one and two hands. I can hit a ball (of varying sizes) with consistency and accuracy, using different bats and parts of the body (i.e. hand or foot). I show sound knowledge of sportsmanship and explain the importance of teamwork. I show sound knowledge of what happens to my body during exercise and describe the benefits it has towards a healthier lifestyle.	I can catch a wind ball with some consistency showing the correct technique. I understand basic tactical aspects of cricket and apply similar rules to a modified game. I begin to identify different levels of performance and use basic but specific vocabulary when evaluating performances. I can suggest appropriate warm up ideas and work in a sensible and safe manner.	I can demonstrate a crouched running start, with teaching, and demonstrate how using my arms can positively impact my running speed. I can demonstrate accuracy and technique in a range of throwing and jumping events. I can start to identify and explain good athletic techniques using the correct vocabulary. I can explain the importance of a warm up and cool down.

Sports to be Taught

1	2	3	4	5	6
Rugby	Netball	Dance and Gym	Rounders Dodgeball	Cricket	Athletics

Year 5

Core Skills for Invasion Games	Dance and Gymnastics	Throwing, Catching and Hitting	Cricket	Athletics
I can catch and pass the ball under pressure in a practice situation. I can play a recognised version of a game showing tactical awareness while demonstrating an ability to attack and defend confidently. I can use the correct terminology to help my peers improve their skills whilst showing good sportsmanship. I can describe the importance of exercise for a healthy lifestyle and show an understanding of the benefits of exercise.	I can link ideas, skills and techniques with control, fluency and precision when performing a variety of movements. I can show my understanding of composition by performing more complex sequences, on my own and with a partner. I can analyse and comment on my own and others' techniques using basic technical vocabulary. I can understand and explain the need for safe practice, including warming up and down.	I can throw and catch a ball (of varying sizes) with consistency and accuracy, using one and two hands. I can hit a ball (of varying sizes) with consistency and accuracy, using different bats and parts of the body (i.e. hand or foot). I show sound knowledge of sportsmanship and explain the importance of teamwork. I show sound knowledge of what happens to my body during exercise and describe the benefits it has towards a healthier lifestyle.	I can catch a wind ball consistently showing the correct technique. I understand an array of tactical aspects of cricket and apply similar rules to a modified game. I identify different levels of performance and use specific vocabulary when evaluating performances. I can suggest appropriate warm up ideas and work in a sensible and safe manner.	I can demonstrate a crouched running start, with teaching, and demonstrate clearly how using my arms can positively impact my running speed. I can demonstrate consistent accuracy and technique in a range of throwing and jumping events. I can identify and explain sound athletic techniques using the correct vocabulary. I can describe the effect of exercise on the body understanding fatigue and recovery.

Sports to be Taught

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Rugby	Netball	Dance and Gym	Rounders Dodgeball	Cricket	Athletics
Year 6					
Core Skills for Invasion Games	Dance and Gymnastics	Throwing, Catching and Hitting	Cricket	Athletics	
<p>I can consistently pass and catch the ball, under pressure, in a game situation.</p> <p>I can show tactical awareness while passing and tackling confidently in a game situation.</p> <p>I can use technical vocabulary to identify strengths and weaknesses in a team performance.</p> <p>I can plan an effective warm up and explain its importance to a small group of peers.</p>	<p>I can link ideas, skills and techniques with control, fluency and precision when performing a variety of movements.</p> <p>I can show my understanding of composition by performing more complex sequences, on my own and with a partner.</p> <p>I can analyse and comment on my own and others' techniques using basic technical vocabulary.</p> <p>I can understand and explain the need for safe practice, including warming up and down.</p>	<p>I can throw and catch a ball (of varying sizes) with consistency and accuracy, using one and two hands.</p> <p>I can hit a ball (of varying sizes) with consistency and accuracy, using different bats and parts of the body (i.e. hand or foot).</p> <p>I show a secure knowledge of sportsmanship and explain the importance of teamwork.</p> <p>I show a secure knowledge of what happens to the body during exercise and explain the benefits that regular exercise has when working towards a healthier lifestyle.</p>	<p>I can catch a wind ball consistently showing the correct technique.</p> <p>I understand all tactical aspects of cricket and apply similar rules to a modified game.</p> <p>I identify different levels of performance and use specific vocabulary when evaluating performances.</p> <p>I can suggest appropriate warm up ideas and work in a sensible and safe manner.</p>	<p>I can demonstrate a crouched running start and explain to a small group how using my arms can positively impact my running speed.</p> <p>I can demonstrate consistent accuracy and technique in a range of competitive throwing and jumping events.</p> <p>I can identify and explain sound athletic techniques using the correct vocabulary to help improve my partners' performance.</p> <p>I can describe the effect of exercise on the body understanding fatigue and recovery and plan an effective warm up and cool down.</p>	
Sports to be Taught					
1	2	3	4	5	6
Rugby	Netball	Dance and Gym	Rounders Dodgeball	Cricket	Athletics

