PE Scheme of Work & Skills and Knowledge Progression

Key Stage 1 and Key Stage 2

The INTENT of our PE Curriculum

PE Statement of Intent

'Physically educated persons are those who have learned to arrange their lives in such a way that the habitual activities they freely engage in make a distinctive contribution to their wider flourishing.' James MacAllister.

The intent of our PE curriculum is to deliver high-quality lessons for 2 hours a week that inspire all pupils to succeed and excel in competitive sport and other physically demanding activities. We aim to provide opportunities for pupils to become physically confident in a way, which supports their health and fitness. We want to provide opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect. In Key Stage 1 our intent is to provide children with opportunities to 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. As well as be able to engage in competitive (both against self and against others) and co operative physical activities, in a range of increasingly challenging situations. In Key Stage 2 our intent is to allow children
to 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. We want them to enjoy communicating, collaborating and competing with each other. As well as develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Aims of PE National Curriculum

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.

National Curriculum Programmes of Study:

KS1	**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	
	KS1 Knowledge · to understand that exercise is a part of keeping healthy · to be able to use simple vocabulary linked to dance and gymnastics	

KS2	**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 · 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	
	<u>KS2 Knowledge</u> · to understand how exercise keeps us healthy and the affect it has on our bodies and key organs (lungs and heart) · to know why we have to warm up and cool down · to use vocabulary linked to dance and gymnastics to help talk about improvements - to evaluate performances of others and themselves	

Implementation: St Meryl School Scheme of Work and Planning

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	Introduction to PE: Unit 1	Fundamentals: Unit 1	Gymnastics: Unit 1	Gymnastics: Unit 2	Ball Skills: Unit 2	Games: Unit 1
	Introduction to PE: Unit 2	Fundamentals: Unit 2	Dance: Unit 1	Ball Skills: Unit 1	Dance: Unit 2	Games: Unit 2
YEAR 1	Fundamentals	Ball Skills	Invasion Games	Net and Wall Games	Striking and Fielding	Athletics
	Dance	Gymnastics	Dance	Gymnastics	Yoga	Team Building
YEAR 2	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining	Trampolining
	Fundamentals	Team Building	Ball Skills	Net and Wall Games	Striking and Fielding	Athletics
YEAR 3	Fundamentals	Tennis	Basketball	Tag Rugby	Rounders	Athletics
	Dance	Gymnastics	Trampolining	OAA	Swimming	Swimming
YEAR 4	Netball	Tag Rugby	Basketball	Tennis	Rounders	Athletics
	Trampolining	Dance	Gymnastics	OAA	Swimming	Swimming
YEAR 5	Gymnastics	Hockey	Tag Rugby	Basketball	Trampolining	Athletics
	Swimming	Swimming	Gymnastics	Dance	Tennis	Cricket
YEAR 6	Hockey	Dance	OAA	Tennis	Basketball	Trampolining

	Swimming	Swimming	Yoga	Gymnastics	Cricket	Athletics

PE Progression of Skills and Knowledge

For progression of skills and knowledge, please refer to the document here.