



PHYSICAL EDUCATION

INTENT

At The Queenswell Federation, we want children to have a love for physical education with an understanding of the importance of living a healthy active lifestyle. We believe that being physically active has a positive effect on academic success and mental wellbeing; therefore, physical education plays a pivotal part of a child's development.

Sport can enable children to build character and to help them to embed values such as fairness and respect. We want to teach children how to cooperate, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Children are invited to attend competitive sporting events and tournaments within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and help the children to cope with both success and failure in competitive, individual and team based physical activities. They are very much enjoyed and celebrated by children of all abilities.

Throughout their primary education our pupils will be taught the importance of being physically active, and will participate in a range of activities that develop health, flexibility, strength and endurance; develop social skills by collaborating in groups and teams. Children will learn to respect and fair play, learn to be honest and how to be a successful team member through inter and intra competition.

IMPLEMENTATION

As part of the national curriculum the children at Queenswell participate in two hours physical education lessons a week. High quality lessons are taught by teachers.

Children in year 2 and 4 participate in at least one term of swimming, which is taught at our local pool.

PE Lessons involve the pupils in the continuous process of planning, performing and evaluating in all areas of physical activity.

During Key Stage 1 the children are taught fundamental skills in dance, gymnastics, athletics and games. In Key Stage 2 the children will use the skills taught in EYFS and Key stage 1 to build and further their knowledge and understanding in dance, games, gymnastics, swimming, athletics, invasion games, as well as outdoor adventurous activity through residential trips.

LINKS TO EYFS

Physical Development

Intent

It is important that children have opportunities to be active and develop coordination, through gross motor and fine motor experiences. This will enable their *all-round development*, to lead healthy, active lives. We aim to provide an environment that enables development of core strength, stability, balance, spatial awareness, coordination and agility. This in turn will have a positive impact on developing healthy bodies and social and emotional well-being. We work in partnership with parents to help promote an understanding of the importance of encouraging young children to walk rather than being pushed in buggies wherever possible.



PE Overview and Learning Questions

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	<ul style="list-style-type: none"> • children know and talk about the different factors that support overall health and wellbeing • negotiate space and obstacles safely, with consideration for themselves and others. • try to move in time with music. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group • revise and refine fundamental movement skills: rolling, running, crawling, hopping, walking, skipping, jumping, climbing and dancing Progress towards a more fluent style of moving. • 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. Listen attentively, move to and talk about music, dance and performance art, expressing their feelings and responses. 					
Year 1 Indoor PE	Gymnastics: Jumping and landing Can I jump and travel in different ways?	Gymnastics: Jumping and landing Can I make a sequence?	Gymnastics: Rocking and rolling Can I roll on different parts of my body?	Gymnastics: Rocking and rolling Can I join movements together?	Dance Streamers Can I move in different directions, high and low? Can I travel rhythmically?	Dance Rainbow Fish /Under the Sea Can I work cooperatively with a partner and with others in a group to create a dance?
Year 1 Outdoor PE	Games Ball skills and games Can I demonstrate different ways of passing a ball around my body?	Games Throwing, catching, aiming games Can I throw and catch with different equipment?	Games Ball skills and games Can I send, receive and kick and dribble a ball and practice to improve these skills?	Games Throwing, catching, aiming games Can I aim between, into or at a variety of targets?	Games Ball skills and games Can I show a degree of control when sending and receiving a range of equipment?	Games Throwing, catching, aiming games Can I play cooperatively with a partner and keep a score?
Year 2 Indoor PE	Gymnastics: High and low movements Can I transfer work safely from the floor to the apparatus?	Gymnastics: Twisting, turning, spinning Can I link together three movements showing contrasts in speed and level?	Dance The Cat Can I choose appropriate movements to convey a dance idea?	Dance Shadows Can I travel, turn, jump, gesture and show shape and stillness?	Swimming Can I swim competently, confidently and proficiently over a distance of at least 25 metres?	Swimming Can I use a range of strokes effectively such as front crawl, backstroke and breaststroke?
Year 2 Outdoor PE	Games Throwing and catching Can I throw, catch, bounce with two hands and one hand?	Games Throwing and catching Can I throw, catch, bounce while moving about the playground and aiming at a target.	Games Aiming, hitting, kicking Can I demonstrate accuracy when passing and aiming?	Games Aiming, hitting, kicking Can I demonstrate accuracy when passing and aiming?	Games Throwing and catching Can I understand strategies for making up games?	Games Aiming, hitting, kicking Can I choose appropriate equipment for games I create?
Year 3 Indoor PE	Gymnastics: Stretching & Curling Can I use shape, balance and travel to explore the floor, mats and apparatus?	Gymnastics: Stretching & Curling Can I practise an action or short sequence of movements, and improve	Dance Expression and imaginative response Can I show an imaginative response to different stimuli	Dance Expression and imaginative response Can I describe what makes a good dance phrase?	Gymnastics: Symmetry & Asymmetry Can I show control, accuracy and fluency of movement when performing actions on my own and with a partner?	Gymnastics: Symmetry & Asymmetry Can I say how to improve my performance?

		the quality of those actions and linking movements?	through my use of language and choice of movement?			
Year 3 Outdoor PE	Orienteering/OAA Can I understand the purpose of an activity and plan my actions so that they are successful?	Basic ball skills Can I use a range of skills to keep possession of the ball?	Invasion Games: Netball Can I weigh up the options and often make good decisions about what to do	Invasions Games: Football Can I use a range of skills to keep possession and make progress towards a goal, on my own and with others?	Net Games: Tennis Can I vary the speed and direction of the ball?	Athletics Can I run at different speeds e.g. change my pace with control?
Year 4 Indoor PE	Swimming Can I swim competently, confidently and proficiently over a distance of at least 25 metres?	Swimming Can I swim competently, confidently and proficiently over a distance of at least 25 metres?	Swimming Can I use a range of strokes effectively such as front crawl, backstroke and breaststroke?	Swimming Can I perform safe Self-rescue in different water-based situations?	Gymnastics (Rolling) Can I combine actions to make sequences with changes of speed, level and direction, and clarity of shape?	Dance Can I remember, practise and combine longer, more complex dance phrases?
Year 4 Outdoor PE	Basic ball skills/Netball Can I develop accuracy and control when aiming at a target?	Invasion Games. Football Can I play with greater speed and flow?	Invasions Games Tag Rugby Can I use a range of tactics to keep possession of the ball and get into positions to shoot or score?	Athletics Can I use my arms to increase my speed to help increase the distance of a jump?	Cricket Can I strike a ball with intent and throw it more accurately when bowling and/or fielding?	Net Games Tennis/Badminton Can I play using a racket, getting my body into good positions to hit a hand fed ball accurately?
Year 5 Indoor PE	Dance Can I explore, improvise and choose the appropriate material to create new motifs in a chosen dance style?	Dance Can I warm up and cool down independently using exercises that stretch and tone my body?	Gymnastics-(Bridges) Can I perform combinations of actions and agility that show clear differences between levels, speeds and directions?	Gymnastics (Flight) Can I accurately repeat longer sequences with more difficult actions having an emphasis on extension, clear body shape and changes in direction?	Dodgeball/ Volleyball/ Bench ball Can I master basic movements including running, jumping, throwing and catching?	Dodgeball/ Volleyball/ Bench ball Can I use running, jumping, throwing and catching in isolation and in combination?
Year 5 Outdoor PE	Ball skills/Netball Can I know to mark and defend to try and stop the opposition scoring?	Football/ Hockey Can I know the differences between attacking skills and defending skills?	Tag Rugby Can I use a variety of tactics to keep the ball, e.g. changing speed and direction? and to move it to a scoring position.	Tennis/Badminton Can I position myself well and spot the spaces in my opponent's court and try to hit the ball towards them?	Athletics Can I create a three-stride pattern over hurdle and know the hurdling technique?	Rounders/Cricket Am I familiar with and use the rules set, and can keep games going without disputes or needing the teacher?
Year 6 Indoor PE	Gymnastics (canon/ synchronisation) Can I work in a team to judge and evaluate others' performances?	Dance Can I respond to a range of stimuli, improvising freely using a range of controlled movements and patterns?	Gymnastics (Counter balance Counter tension) Can I determine judging criteria for a gymnastic performance with a team of judges and use those criteria to feedback on the performances of others?	Dance Can I select and use a range of compositional ideas to create motifs that demonstrate my ideas?	Dodgeball/ Volleyball/ Bench ball Can I develop flexibility, strength, technique, control and balance?	Dodgeball/ Volleyball/ Bench ball Can I develop simple tactics for attacking and defending?
Year 6 Outdoor PE	Ball Skills/ Netball Can I plan and use tactics with my team to be successful in a Hi-Five game?	Football Can I organise my team to think of ideas to be more successful?	Tag Rugby Can I use a variety of tactics to keep possession of a ball, (e.g. changing speed and direction) and to move it to a scoring position?	Cricket Can I choose and use batting or throwing skills to make the game hard for my opponents?	Athletics Can I measure how long or high I can jump (standing jumps, jumps with run ups and combination jumps)?	Rounders Can I keep games going without disputes, helping others to respond appropriately to decisions?

