



Curriculum – PE

National Curriculum Knowledge and Skills

Courage

Resilience

Honesty

Kindness

Matthew 7:24 - "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock"

Features

At key stage 1, the knowledge progression takes full account of the national curriculum's strands of:

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.
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At key stage 2, the knowledge progression takes full account of the national curriculum's strands of:

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

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- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Total Sports Coaching PE Yearly Overview

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year and 2 Invasion Ball Control Kicking and Dribbling	Year 1 and 2 Gymnastics Jump into the Past Jumping and landing Balance and Agility Coordination Position and direction Gym 2D and 3D (making shapes with their body)	Year 1 and 2 Net and Wall Balance and Control Applying skills to Tennis, and Pickle Ball, mini squash	Year 1 and 2 Outdoor Adventure Creative Play	Year 1 and 2 Athletics Movements Infant Agility	Year 1 and 2 Striking and Fielding Group games including Rounders and Cricket
Year 3 and 4 Invasion Dribbling to invade Dribbling movements Teamwork	Year 3 and 4 Gymnastics Jumping Splashing Rivers Perfecting Sequencing 'The Water Cycle' -Sequencing movements to represent the water cycle through	Year 3 and 4 Over the Net Applying skills to Tennis, and Pickle Ball, mini squash, badminton and volleyball	Year 3 and 4 Outdoor Adventure Decision Making Orienteering Maps, Symbols and Strategies	Year 3 and 4 Athletics Being an athlete Throwing and Rotation	Year 3 and 4 Striking and Fielding Positioning and collaboration

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	gymnastics balance and movement Symmetrical Shapes Travelling Romans What's my direction?				
Years 5 and 6 Invasion Competitive Attacking and Defending Communication Invasion in a team Tactics Invasion to score	Years 5 and 6 Gymnastics Perfecting in which quadrant Body Shape Position Gym-Travelling in WWII Viking Balance Abstract Angles Stretch, Extend and Elevate Travelling and Turning Earthquakes	Years 5 and 6 Over the Net Accuracy and Rallies Striking and Service Net Games for Points Serve, Return and Evaluate	Years 5 and 6 Outdoor Adventure Finding Success Map Designing Leadership Problem Solving	Years 5 and 6 Athletics Going for Gold Race, Walk and Long Distance Olympic Training Triple Jump Discus Sprint Gain and Maintain Fitness	Years 5 and 6 Striking and Fielding Exploring Striking and Fielding Positioning and Accepting Teamwork
Skills are dependent on specific knowledge. A skill is the capacity to perform and in order to perform a deep body of knowledge needs to be acquired and retained.					

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St Nicholas PE Experience

At St Nicholas we have Sports Leaders who help lead Sports activities to their peers and younger children during play and lunch times. A coach from TSC trains them at the start of the year. Activities include table tennis, basketball, football, rounders and dodgeball. On our field, we are delighted to be able to offer pupils mini golf. This is used during break and lunch times and is also used in PE lessons when Tri Golf is being delivered as part of the TSC curriculum. This has been another opportunity for Sports Leaders to shine, through supervising and assisting younger children on the course and with putting equipment away. It is an additional opportunity for pupils to demonstrate school values on the course which holes are in fact named after our values. The hole with the lighthouse is based on our Christian story about building on solid foundations. Outdoor, active learning is important at St Nicholas and this means that pupils experience additional time spent outside. Our forest school area and large field provide plenty of space for pupils to run and enjoy themselves in orienteering and OOA.

As part of Year 6, pupils go to an outward bound centre called Kingswood where they participate in outdoor activities and build up their resilience and teamwork skills. As part of our Sports Day experience, Bounce Beyond lead a trampoline workshop with every class.

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