

Physical Education

Subject	Quote to lead subject	Intent	Implementation	Impact
PE	<i>I've failed over and over and over again in my life and that is why I succeeded.</i> <u>Michael Jordan</u>	To enable, encourage and inspire all pupils to succeed, to develop and explore physical skills with increasing control and co-ordination. Build character and help to embed school values.	All pupils have access to lessons which are inspirational, motivational, and developing in quality. Pupils have access to an increasingly broadening curriculum to help them apply and develop a varied range of skills collaborating and competing. A high-quality physical education which shows resilience, integrity it is challenging and performed in a respectful manner to both peers and staff (in line with school values) leading to healthy, active lives.	Children enjoy taking part and competing. Majority of children develop an ability to improve in different physical activities and sports. Improved understanding of how to evaluate and recognise success and how to efficiently apply their skills and knowledge to new challenges and environments.

P.E.	Autumn			Spring			Summer		
Year 1	Throwing and catching skills	Balancing skills	Problem Solving	Gymnastics	Dance	Racket Skills	3 Tees Cricket	Athletics/ Sports Day Races	Parachute games
Year 2	Football	Throwing and catching skills	Boccia/New Age Kurling	Gymnastics	Dance	Racket Skills	3 Tees Cricket	Athletics/ Sports Day Races	Parachute games
Year 3	Football Tag Rugby	Dodgeball	Boccia/New Age Kurling	Gymnastics	Netball	Handball	Rapid Fire Cricket	Athletics / Sports Day Races	Tennis / Athletics

Year 4	Football / Swimming	Dodgeball/ Tag Rugby	Boccia/New Age Kurling	Gymnastic s	Netball	Handball	Rapid Fire Cricket/Swi mming	Swimming/ Sports Day Races	Tennis/Athl etics
Year 5	Dodgeball	Football/ Hockey	Gymnastics	Tag Rugby	Netball Basketball	Tennis Dance	Kwik Cricket	Rounders/S ports Day Races	Athletics/ Volleyball
Year 6	Dodgeball	Football /Hockey	Gymnastics	Tag Rugby	Netball	Tennis	Kwik Cricket	Rounders/S ports Day Races	Athletics/ Volleyball

PE	Acquiring and Developing Skills	1.1 move confidently and safely in their own and general space, using change of speed and direction 1.7 explore and use skills, actions and ideas individually and in combination to suit the game they are playing 1.8 be confident and safe in the spaces used to play games 1.93 explore gymnastics actions and still shapes	
PE	Selecting and applying skills, tactics and compositional ideas	1.5 copy or create and link movement phrases with beginnings, middles and ends 1.9 perform movement phrases using a range of body actions and body parts 1.92 choose and use skills effectively for particular games	
PE	Knowledge and understanding of fitness and health	1.2 know that being active is good for them and fun 1.3 recognise how their body feels when still and when exercising 1.6 know how to carry and place equipment	
PE	Evaluating and improving performance	1.4 watch, copy and describe what they and others have done 1.91 watch, copy and say why it is good for them 1.94 use simple vocabulary to describe movement	
PE	Acquiring and Developing Skills	2.1 show good awareness of others in running, catching and avoiding games 2.4 improve the way they coordinate and control their bodies and a range of equipment 2.93 remember, repeat and link combinations of gymnastic actions, body shapes and balances with improving control and precision	
PE	Selecting and applying skills, tactics and compositional ideas	2.8 recognise others' tactics and react to situations in a way that helps partner and makes it difficult for opponents 2.9 choose, use and vary simple tactics to suit different situations 2.92 choose, use and vary simple compositional ideas in the sequences they create and perform	

PE	Knowledge and understanding of fitness and health	2.5 lift, move and place equipment safely 2.3 recognise and describe what their bodies feel like during different types of activities 2.2 know that they need to warm up and cool down	
PE	Evaluating and improving performance	2.6 copy actions and ideas and use to improve own performance 2.7 recognise good quality in performance 2.91 improve their work using information they have gained by watching, listening and investigating	
PE	Acquiring and Developing Skills	3.5 develop the range and consistency and accuracy of their skills in all games 3.6 consolidate and improve the quality of their techniques and their ability to link movements 3.7 consolidate and improve the quality of their actions, body shapes and balances, and their ability to link movements	
PE	Selecting and applying skills, tactics and compositional ideas	3.4 improve their ability to choose and use simple tactics and strategies, showing awareness of others 3.8 improve their ability to select appropriate actions and use simple compositional ideas 3.9 keep, adapt and make rules for striking and fielding and net games	
PE	Knowledge and understanding of fitness and health	3.1 know why warming up is important and identify what activities they could use to warm up 3.2 understand that strength, suppleness and stamina are parts of fitness and know how to improve them 3.3 recognise and describe the short-term effects of exercise on the body during different activities	
PE	Evaluating and improving performance	3.91 use what they have learned to improve their work 3.92 recognise good performance and identify the parts of a performance that need improving 3.93 consolidate and improve the quality of their techniques and their ability to link movements	
PE	Acquiring and Developing Skills	4.5 develop a range of actions, body shapes and balances individually, with a partner and in a group	

		4.6 perform skills and actions more accurately and consistently 4.7 show growing consistency and control of their skills in all games	
PE	Selecting and applying skills, tactics and compositional ideas	4.2 describe how the body reacts during different types of activity and how this affects the way they perform 4.8 use compositional devices when creating their sequences, such as changes in speed, level and direction 4.9 create gymnastic sequences that meet a theme or set of conditions 4.91 use and adapt tactics in different situations 4.92 keep, adapt and make rules for striking and fielding and net games	
PE	Knowledge and understanding of fitness and health	4.1 show understanding of warm up and cooling down and do it on their own 4.3 recognise how specific activities affect their bodies 4.4 recognise which activities help their speed, strength and stamina and know when they are important in games	
PE	Evaluating and improving performance	4.93 explain what is successful in their own and others' play 4.94 make simple assessments of performance based on criteria given by teacher 4.95 recognise aspects of their work which need improving and suggest how to improve this	
PE	Acquiring and Developing Skills	5.5 develop consistency and fluency in their skills 5.9 develop a broader range of techniques and skills for attacking and defending 5.94 perform gymnastic actions, shapes and balances consistently and fluently in specific activities	
PE	Selecting and applying skills, tactics and compositional ideas	5.6 choose and apply skills more consistently in all activities 5.7 choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations 5.8 know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations 5.91 know and understand rules of differing sports	
PE	Knowledge and understanding of fitness and health	5.1 know and understand the basic principles of warming up, and understand why it is important for a good quality performance 5.2 understand why exercise is good for their fitness, health and wellbeing 5.3 recognise activities that help strength, speed and stamina	

		5.4 begin to understand how to calculate Heart Rate	
PE	Evaluating and improving performance	5.92 suggest improvements in their own and others' performances 5.93 choose and use information and basic criteria to evaluate their own and others' work 5.94 work well with others, adapting their play to suit their own and others' strengths	
PE	Acquiring and Developing Skills	6.4 combine and perform skills with control, adapting them to meet the needs of the situation 6.92 choose, combine and perform skills more fluently and effectively in games 6.93 combine and perform gymnastic actions, shape and balances more fluently and effectively across the activity areas	
PE	Selecting and applying skills, tactics and compositional ideas	6.5 successfully and efficiently apply their skills and understanding to new challenges and environments 6.7 know and understand rules of differing sports 6.9 understand, choose and apply a range of tactics and strategies to suit the needs of the game 6.91 develop their own gymnastic sequences by understanding, choosing and applying a range of compositional principles	
PE	Knowledge and understanding of fitness and health	6.1 understand why exercise is good for health, fitness and wellbeing and how to become healthier themselves 6.2 understand the need to prepare properly for games and carry out their own warm up safely and effectively 6.3 understand the excitement and enjoyment of completing a challenge 6.6 create links between resting heart rate and fitness levels	
PE	Evaluating and improving performance	6.8 develop their ability to evaluate their own and others' work, and to suggest ways to improve it 6.94 identify what they have to achieve and recognise the importance of planning 6.95 identify what they have done well and adapt plans to be more efficient when facing similar challenges	

