

Charlton Mackrell C of E Primary School

'The one who gets wisdom loves life.' Proverbs 19:8

Our **PE** curriculum is based on the following principles:

- Ensure that children have a curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.
- An acknowledgement that children need to revisit and systematically build on their skills, therefore opportunities are provided for pupils to become physically confident in a way which supports their health and fitness.
- Children are immersed in age-appropriate opportunities to compete and take part in other activities that build character and help to embed values such as fairness and respect in alignment with our Christian vision.
- The PE curriculum provides real-life opportunities to apply and deepen their skills and knowledge in the core curriculum subjects ensuring that they can understand the rationale behind learning in these areas.
- A broad range of quality physical activities are available where pupils are physically active for sustained periods of time.
- A curriculum that contributes towards pupils leading healthy, active lives.

Key:

	Competitive games
	Dance
	Gymnastics
	Athletics
	Swimming
	Outdoor and Adventurous

Term 1 and 2					
	Key Stage 1	Lower Key Stage 2		Upper Key Stage 2	
Curriculum Knowledge and Skills	<p><u>Dance</u></p> <p>Copy and remember moves and positions.</p> <p>Choose movements to communicate a mood, feeling or idea.</p>	<p><u>Dance</u></p> <p>Plan, perform and repeat sequences by linking moves together.</p> <p>Change speed, level and direction within a performance.</p> <p>Dance with control and coordination.</p>	<p><u>Dance</u></p> <p>Repeat, remember and perform phrases.</p> <p>Improvise freely and create phrases with a partner and a small group.</p> <p>Move in a clear, fluent and expressive manner.</p>	<p><u>Hockey and Basketball</u></p> <p>To throw, catch and hit balls in a number of controlled ways.</p> <p>To communicate and collaborate as part of a team.</p>	<p><u>Swimming</u></p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>
				<p><u>Outdoor and adventurous activity challenges</u></p> <p>On the residential take part in challenging activities both individually and within a team.</p> <p>Show an understanding of how to work as a team and how to improve performance.</p>	

	Key Stage 1	Lower Key Stage 2		Upper Key Stage 2	
Curriculum Knowledge and Skills	<p><u>Games</u></p> <p>Use rolling, throwing and catching skills.</p> <p>Play team games using those skills.</p>	<p><u>Games</u></p> <p>Throw and catch with control and accuracy.</p> <p>Pass to team mates at appropriate times</p> <p>Follow rules when participating in team games.</p>	<p><u>Games</u></p> <p>Strike a ball and field with control</p> <p>Choose appropriate tactics to cause problems for the opposition.</p> <p>Know and follow rules fairly.</p>	<p><u>Football and Netball</u></p> <p>Linking a sequence of actions to play as part of a team.</p> <p>Communicate and collaborate in an enjoyable way.</p> <p>Learn tactics and rules and practise these to improve performance.</p> <p>Apply principles of attacking and defending.</p>	<p><u>Swimming</u></p> <p>To swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively (front crawl, backstroke, breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>

Term 3 and 4					
	Key Stage 1	Lower Key Stage 2		Upper Key Stage 2	
Curriculum Knowledge and Skills	<u>Gymnastics</u> Move with some control and awareness of space. Show contrasts (such as small/ tall, straight/ curved and wide/ narrow) Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Climb safely on equipment. Jump in a variety of ways and land with increasing control and balance. <u>Wake and shake</u> Move with careful control and co-ordination.	<u>Gymnastics</u> Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Travel in a variety of ways, including flight, by transferring weight to generate power in movements	<u>Gymnastics</u> Adapt sequences to suit different types of apparatus and criteria. Understand and develop flexibility, strength and control. Show changes of direction, speed and level during a performance.	<u>Gymnastics</u> Develop flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Rugby</u> Engage in competitive sports. Use the principles of attacking and defending. Accurately use running and ball control to be an effective team member. Take part in sustained periods of activity and understand how this leads to living a healthy life.

	Key Stage 1	Lower Key Stage 2		Upper Key Stage 2	
Curriculum Knowledge and Skills	<u>Gymnastics</u> Move with some control and awareness of space.	<u>Gymnastics</u> Plan, perform and repeat sequences.	<u>Gymnastics</u> Adapt sequences to suit different types	<u>Dance</u> Perform dances using a range of movement	<u>Attacking and defending in competitive games</u>

	<p>Show contrasts (such as small/ tall, straight/ curved and wide/ narrow)</p> <p>Travel by rolling forwards, backwards and sideways.</p> <p>Hold a position whilst balancing on different points of the body.</p> <p>Climb safely on equipment.</p> <p>Jump in a variety of ways and land with increasing control and balance.</p> <p><u>Wake and shake</u></p> <p>Move with careful control and co-ordination.</p>	<p>Move in a clear, fluent and expressive manner.</p> <p>Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</p>	<p>of apparatus and criteria.</p> <p>Understand and develop flexibility, strength and control. Show changes of direction, speed and level during a performance.</p>	<p>patterns and sequences of movement.</p> <p>Evaluate and improve performances.</p> <p>Understand and develop flexibility, strength and control.</p>	<p>Take part in games where the participant is physically active for sustained periods of time.</p> <p>Engage in competitive sports.</p> <p>Develop competence and confidence to engage in a broad range of physical activities.</p> <p>Understand the values of fairness and respect.</p>
--	--	--	---	---	--

Term 5 and 6				
	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2	
Curriculum Knowledge and Skills	<p><u>Swimming</u></p> <p>Develop water confidence; floating unaided, propelling self through water.</p> <p><u>Games</u></p> <p>Attack and defend.</p> <p>Use catching, kicking and striking skills in combination.</p> <p>Play team games.</p> <p><u>Country dancing</u></p> <p>Link two or more actions to perform a sequence.</p> <p><u>Athletics</u></p> <p>Use running, jumping and throwing skills to improve.</p>	<p><u>Swimming</u></p> <p>Coordinate leg and arm movements. Swim at the surface and below the water.</p> <p>Use more than one stroke and coordinate breathing as appropriate.</p> <p>.</p> <p><u>Athletics</u></p> <p>Throw with accuracy to hit a target or cover a distance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compete with others or aim to improve personal best performances.</p> <p><u>Cricket</u></p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p><u>Rounders</u></p>	<p><u>Cricket</u></p> <p>Play competitive games and apply basic principles suitable for attacking and defending.</p> <p>Demonstrate communication, collaboration and team sportsmanship.</p> <p>Understand the importance of health and fitness and the enjoyment sport can provide.</p> <p><u>Rounders</u></p> <p>Understand the rules and tactics of the game.</p>	<p><u>Athletics</u></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Demonstrate an ability to improve performance and achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p><u>Tennis</u></p> <p>Play competitive sports, demonstrating racket skill with hitting the ball.</p>

		<p>Understand the rules and tactics of the game.</p> <p>Use both fielding skills and batting/running skills.</p>	<p>Use both fielding skills and batting/running skills to be part of a successful team.</p>	<p>Understand the rules of the game and use running and jumping to be in the correct position to return the ball.</p>
--	--	--	---	---