

Quick Check: The P.E. Curriculum

This section enables school leaders to evaluate their curriculum to ensure there will be full coverage of the statutory requirements (based on National Curriculum 2014).

EYFS

<p>Subject content from the programme of study <i>ELG: Gross Motor Skills Children at the expected level of development will:</i></p>	<p>What are our PE themes or unit titles? (Content may be split between themes or units)</p>	<p>When will pupils be taught this?</p>	<p>Links with other subjects?</p>	<p>Opportunities for pupils to apply basic skills</p>
<p>Negotiate space and obstacles safely, with consideration for themselves and others;.</p>	<p><i>Under the Sea/Emergency Services Unit</i> Children are taught to: -To jump, leap and hop into space. -To gallop, bend and stretch in space. -To balance a beanbag on different parts of the body. -To join in a ring game with others. -To work together to protect their friends. -To stop and start with control. -To balance and bounce a ball. -To move around negotiating space.</p>	<p>Autumn/ Spring X2 hour lesson a week delivered by L.Carr</p>		<p>The children will apply these skills during playtime activities, continuous provision in the outdoor area and during PE lessons.</p>
<p>Demonstrate strength, balance and coordination when playing.</p>	<p><i>How to catch a star Unit</i> Children are taught to: -Balance on small and large body parts in the shape of a star. -To send a ball with accuracy. <i>Transport Unit</i> -To travel in a variety of ways. To adjust speed and direction to avoid obstacles. To show increasing control over an object pushing it. -To perform a variety of gymnastic rolls.</p>	<p>Autumn/ Spring X2 hour lesson a week delivered by L.Carr</p>	<p>Coordination linked to fine motor movement skills in Maths, English and continuous provision (including pinching, squeezing, writing).</p>	<p>The children will apply these skills during PE lessons in small competitive groups, as well as on the playground during lunchtime events e.g. skipping challenge.</p>
<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p><i>Fundamentals of Movement Unit</i> Children are taught to: -Jump for distance and land appropriately. -To hop on both feet. -To climb with confidence under, over and through equipment. <i>Superworm Unit</i> -To perform the basic skill of jumping. -To travel in a variety of ways low to the ground. -To catch a large ball. -To pull themselves up on climbing equipment.</p>	<p>Autumn/ Spring/ Summer X2 hour lessons a week delivered by L.Carr</p>	<p>Continuous provision: -Playing fairly -Group activities -Interaction with others</p>	<p>The children will apply these skills in small sided games during the PE lessons, as well as at sporting events such sports day.</p>

Key Stage One

Subject content from the programme of study	What are our PE themes or unit titles? (Content may be split between themes or units)	When will pupils be taught this?	Links with other subjects?	Opportunities for pupils to apply basic skills
<p>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- (See Gymnastics Unit below)</p>	<p>FMS-Jumping Unit Children are taught to:</p> <ul style="list-style-type: none"> -Jump correctly & land safely (Y1) -Perform basic jumps, such as a straight jump & star jump (Y1) -Combine big and small jumps together (Y1) -Perform a variety of jumps (Y2) -Perform controlled jumps creating pathways (Y2) -Jump for distance (3-spring jump) & compete with a partner (Y2) <p>FMS- Running and Dodging Children are taught to:</p> <ul style="list-style-type: none"> -Develop running fast (Y1) -Change direction whilst running fast (Y1) -Outwit an opponent when running fast (Y1) -Learn how to sprint and change pace from running (Y2) -Change direction during tagging games -Use tactics to outwit an opponent (Y2) -Compete in relay races (Y1/2) <p>FMS-Throwing & Catching Children are taught to:</p> <ul style="list-style-type: none"> -Revise the underarm throw (Y1) -Throw at multiple targets from short and long distances (Y1) -Throw at stationery and moving targets with some levels of accuracy (Y1) -Confidently catch an object from different distances (Y1) -Explore throwing a variety of equipment using the underarm throw (Y2) -Apply the skill of the underarm throw in different ways (Y2) -Apply simple tactics in a game (Y2) 	<p><i>Autumn</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p> <p><i>Autumn/ Summer</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p> <p><i>Autumn/Spring/ Summer</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	<p>Forrest Schools:</p> <ul style="list-style-type: none"> -Children develop personal and social skills. -Develop creative and imaginative skills. -Identify and manage risks Develop problem solving strategies. -The children take part in competitive treasure hunts. 	<p>End of unit tasks at the end of each unit provides the children with the opportunity to compete against others in small sided games.</p> <p>Intra-Sport Competitions (which are linked to the indoor Sports Hall Athletics).</p> <p>After School Clubs-Children can apply these skills during a variety of different sports and games.</p> <p>Sports Day- Children can apply these basic skills in a variety of different sporting events in a competitive environment.</p>

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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.	<p><i>FMS-Gymnastics</i> Children are taught to:</p> <ul style="list-style-type: none"> -Develop travelling on hands and feet (Y1) -Travel on hands and feet whilst using the apparatus (Y1) <p>To link basic movements together (Y1)</p> <ul style="list-style-type: none"> -Perform balances on large and small body parts, whilst linking them to travelling (Y2) 	<p><i>Autumn</i> <i>Spring</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	N/A	<p>Children will apply the skills learnt into short sequences and routines at the end of each lesson. They will also create their own performance during the end of unit task.</p>
Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.	<p><i>FMS-Team Games (comprised of throwing and kicking)</i> Children are taught to:</p> <p><u>Defend</u></p> <ul style="list-style-type: none"> -Intercept a pass or a throw between players (Y1/2) -Catch an object correctly or control a ball in between attacking players (Y1/2) <p><u>Attack</u></p> <ul style="list-style-type: none"> -Apply simple tactics in a game to win points (Y1) -Develop tactics to outwit and opponent, such as feint passes (Y2) -Work as a team to score a goal past a defender(Y2) -Work in twos to dribble around a defender whilst keeping possession of the ball (Y2) 	<p><i>Autumn</i> <i>Summer</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	N/A	<p>Sports competitions.</p> <p>End of unit tasks at the end of each half term.</p> <p>Small sided games during PE</p>
Pupils should be taught to perform dances using simple movement patterns.	<p><i>FMS-Dance</i> Children are taught to:</p> <ul style="list-style-type: none"> -Explore movements (Y1) -Explore, remember, repeat and link a range of actions with co-ordination and control (Y1) -Apply gestures into a short sequence (Y1) -Respond to a stimulus or a piece of music, keeping to the correct rhythm and beat (Y2) 	<p><i>Spring</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hour per week.</p>	<p>English (The story of Peter Rabbit) Geography (The location of Africa and its different countries)</p>	<p>Performance to be played on twitter.</p> <p>Group performances to be displayed at the end of the PE lessons.</p>

Key Stage Two

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<p>Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p><i>Invasion Games Unit</i> Children are taught to: -Create and attack space to get free from a defender (Y3 Netball attacking) -Practise intercepting a pass between two or more players (Y3 Netball defending) -Develop decision making in a small sided game to outwit an opponent (Y4 Netball attacking) -Develop some level of accuracy, keeping the ball away from an opponent (Y4 Tag Rugby attacking) -Create and apply tactics within a game to overcome an opponent (Y5 Tag Rugby attacking) -To hold the line and press as a team when defending space (Y5 Tag Rugby defending) -Develop the ability of working as a team to score a goal or get to the end goal (Y5 Football attacking) -Analyse and apply tactics within a game (Y6 Netball attacking)</p>	<p><i>Autumn/ Spring/ Summer</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	<p>N/A</p>	<p>Inter-competitions</p> <p>Intra-competitions</p> <p>End of unit tasks.</p>
<p>Pupils should be taught to develop flexibility, strength, technique, control and balance.</p>	<p><i>Gymnastics Unit</i> Children are taught to: -Develop a short sequence combining travelling, balancing and jumping (Y3) -Perform jumps off small/large apparatus safely and elegantly (Y4) -Develop a short sequence combining travelling, balancing and jumping whilst mirroring a partner (Y4) -Perform counter balances with a partner (Y5) -Perform counter tension balances with a partner (Y5) -Create a gymnastic sequence with a partner (Y5) -Perform group balances (Y6) -Create a technical gymnastic sequence with a partner (Y6)</p>	<p><i>Autumn Spring</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	<p>N/A</p>	<p>Inter-competitions</p> <p>Intra-competitions</p> <p>End of unit tasks.</p>

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<p>Pupils should be taught to perform dances using a range of movement patterns.</p>	<p><i>Dance Unit</i> Children are taught to:</p> <ul style="list-style-type: none"> -Explore Egyptian culture and dance movements, developing a short sequence of dance movements in small groups (Y3) -Create symmetrical shapes and movements linking to Roman buildings (Y4) -Develop a short sequence of dance movements in small groups linked to the Roman's past times and entertainment (Y4) -Identify the difference between movements, in relation to dynamics, speed and Direction (Y5) -Work with a partner to join foot movements to create a simple motif (Y5) -Think of group dynamics and where they are in relation to their partner/group (Y6) -Move in unison with each other (Y6) 	<p><i>Spring</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	<p>Linked to History units on the Ancient Egyptians and Romans in Years 3 & 4.</p>	<p>Dance Festival KS2</p> <p>Group Work</p> <p>End of unit tasks.</p>

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<p>Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p><i>OAA Unit</i> Children are taught to:</p> <ul style="list-style-type: none"> -To use and improve communicational skills (Y3) -To work well and trust others during OAA tasks and activities (Y3) -To solve problems as a team (Y4) -To read an orienteering map and complete a challenging course in a group (Y4) -To understand basic keys of a orienteering map (Y6) -To know how to keep the map "set or "orientated" when they move around a simple course (Y6) -To work well in small groups to complete team building exercises (Y6) -To navigate to a control marker on a simple course (Y6) 	<p><i>Autumn</i> <i>Summer</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p> <p>Year 5 & 6 children to experience OAA during their residential trips to the Anderton Centre & Boreatton Park.</p>	<p>Geography- Links to map reading and human/physical features.</p>	<p>OAA group work on the residential trips.</p> <p>OAA end of unit Task.</p>
<p>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>KS2 children use the I-Pads to analyse technique and body shape to improve performance when moving, throwing or jumping.</p>	<p>Gymnastics/ Athletics sessions. Self analysis using iPads and screen.</p>	<p>Healthy lifestyle and nutrition</p>	<p>Computing- videoing and analysing performance.</p>

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<p>Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Athletics Unit Children across KS2 will use the I-Pads to record and analyse their own technique in a variety of different aspects, such as: jumping, throwing and sprinting. The children will also compare their own technique and skills with a professional athletes performance.</p> <p>Gymnastics Unit Children across KS2 will use I-Pads and professional athletes' performances to compare and demonstrate their own skills an techniques with: balances, jumps, rolls, counter balances, group balances and different forms of travelling.</p> <p>Cricket/Tennis Unit Children across KS2 will use I-pads and video tutorial clips to improve performance and find areas for improvement. E.g. forehand and backhand shots in tennis/drive shot or overarm bowl in cricket.</p>	<p>Throughout the School Year: <i>Autumn, Spring, Summer.</i></p> <p>Sessions with L.Carr and C.Speakman x 2 hours per week.</p>	<p>ICT Skills</p>	<p>Computing- videoing and analysing performance during each lesson.</p> <p>Providing feedback to partners and groups during the lessons, explaining what areas they need to improve on.</p>

Swimming

<p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively • perform safe self-rescue in different water-based situations. 	<p>Swimming Unit Delivered by Chorley Leisure Centre to both Year 4 classes.</p>	<p>1 hour lesson per week in Year 4 from September-February.</p>	<p>N/A</p>	<p>Water safety</p> <p>Swimming gala</p> <p>Residential Trips- Y5/6</p>
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Inter-Sport competitions in a range of sports: football, basketball, hockey, cross country, gymnastics, athletics, dance, boccia, swimming and tennis.
 Town Sports festival (Winners 2022)
 Inter-sport competitions-based on the sports hall athletics programme.
 Sports day
 Team Theme sessions
 After school club activities.
 Greater Manchester County/North West winners in of boccia (SEND event)