



PE Curriculum Overview

Curriculum

Intent

At Decoy Community Primary School, the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and mental well-being. We intend to offer a progressive, high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We intend for all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving and in line with the delivery of 'British Values', we want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness of play to embed life-long values as well as teaching children to cope with both successes and failure in competitive, individual and team-based physical activities.

"We believe that a child's early experiences provide a blueprint for their adult lives, developing core memories and Fundamental Movement Skills (FMS) that act as the foundations and building blocks for future activity." Real PE.

Implementation

Our long term plan sets out the PE units which are taught throughout the year and ensures that the requirements of the National Curriculum are fully met. Our indoor sessions are based in our school hall and all teachers access high quality planning from real PE. The Real PE scheme of work focuses on Multi-Ability Cogs: Personal, Social, Cognitive, Creative, Physical, Health and Fitness. Pupils participate in two PE lessons each week. Through the year children are invited to attend competitive sporting events within the local area. We endeavour to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are enjoyed by the children. Each year, Year 5 children apply to become Sports Leaders for the school. They develop into sporting role models for the younger children, assisting our annual Sports day and any other Sporting activities. Children in Year 6 swim once a week for 6 weeks during the Autumn Term. We repeat later in the Summer Term for any children that are still unable to swim.

Impact

In Key Stage 1, the children will develop fundamental skills, are increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. In Key Stage 2, the children have continued to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences in movement. By the end of their schooling at Decoy, children gain an understanding of the benefits to their health and fitness through our physical education teaching. Children are actively encouraged to share and discuss areas for personal development and support each other in developing their physical abilities.



PE Curriculum Overview

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Breadth of study

1. Games activities (Invasion, net/wall, striking & fielding, target, multi-skills)
2. Aesthetic activities (Gymnastics, dance)
3. Athletic activities (Athletics, health-related fitness)
4. Outdoor and adventurous activities (Orienteering, problem solving)
5. Aquatic activities (Swimming, water based games, water confidence)

Key Stage Overview

Key Stage 1: 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

Key Stage 2: 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.



PE Curriculum Overview

Key Contents

Key Stage 1

1. Physical Skills

Pupils should be taught to:

- a. master basic movements including travelling, jumping, throwing, travelling with objects & sending and receiving
- b. develop balance, agility and co-ordination, and begin to apply these in a range of activities
- c. begin to link and sequence basic movements and actions in a range of situations

2. Tactical & Compositional awareness

Pupils should be taught to:

- a. develop simple tactics for attacking and defending in games
- b. develop simple compositional principles for all activities
- c. vary the way they perform skills by using simple tactics and movement phrases

3. Competition & Cooperation

Pupils should be taught to:

- a. compete with and improve upon their own performances
- b. engage in competitive physical activities against others
- c. cooperate with team mates to achieve shared targets
- d. apply rules and conventions for different activities.

4. Knowledge & Understanding

Pupils should be taught:

Key Stage 2

1. Physical Skills

Pupils should be taught to:

- a. use a broader range of skills in different ways and link them to make actions and sequences of movement
- b. use movement, jumping, sending and receiving techniques in isolation and in combination across a range of activities
- c. continue to develop agility, balance and coordination as well as flexibility, speed, endurance and technique for different activities
- d. perform actions and skills with more consistent control and quality in a range of contexts

2. Tactical & Compositional awareness

Pupils should be taught to:

- a. plan, apply and adapt basic tactical principles suitable for attacking and defending in competitive games
- b. plan and apply basic composition principles in aesthetic activities
- c. develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- d. consistently apply rules and conventions for different activities

3. Competition &



PE Curriculum Overview

- a. to describe what they themselves and others have done
- b. how important it is to be active
- c. to recognise and describe how their bodies feel during different activities.

Cooperation

Pupils should be taught to:

- a. identify what makes a performance effective and suggest improvements based on this information to achieve their personal best, and for other pupils
- b. play a range of competitive games and apply their skills within varied challenging situations
- c. communicate, collaborate and compete with each other in a range of physical activities
- d. take part in outdoor and adventurous activity challenges both individually and within a team

4. Knowledge & Understanding

Pupils should be taught:

- a. how exercise affects the body in the short and long term and why physical activity is good for their health and well-being
- b. why and how to warm up and prepare appropriately for different activities
- c. how to keep themselves healthy and safe during a physically active lifestyle



PE Curriculum Overview

Reception Activities		
	Lesson 1	Lesson 2
Autumn 1	Confident & creative movers	realPE Personal – footwork and balance
Autumn 2	Confident & creative movers	realPE Social – jumping, landing and balance
Spring 1	Gross Motor Skills	realPE Cognitive – dynamic balance and stance
Spring 2	Gross Motor Skills	realPE Creative – ball skills and counter balance
Summer 1	Team Games	realPE Physical – sending, receiving, reaction and response
Summer 2	Team Games	realPE Fitness – ball chasing and floor work



PE Curriculum Overview

Year 1 Activities		
	Lesson 1	Lesson 2
Autumn 1	Multi-Skills	realPE Personal – footwork and balance
Autumn 2	Team Games	realPE Social – jumping, landing and balance
Spring 1	Team Games	realPE Cognitive – dynamic balance and stance
Spring 2	Mighty Movers	realPE Creative – ball skills and counter balance
Summer 1	Athletics	realPE Physical – sending, receiving, reaction and response
Summer 2	Throwing and Catching	realPE Fitness – ball chasing and floor work



PE Curriculum Overview

Year 2 Activities		
	Lesson 1	Lesson 2
Autumn 1	Mighty Movers	realPE Personal – footwork and balance
Autumn 2	Multi-skills	realPE Social – jumping, landing and balance
Spring 1	Skip to the Beat	realPE Cognitive – dynamic balance and stance
Spring 2	Gymfit Circuits	realPE Creative – ball skills and counter balance
Summer 1	Athletics	realPE Physical – sending, receiving, reaction and response
Summer 2	Throwing and Catching	realPE Fitness – ball chasing and floor work



PE Curriculum Overview

Year 3 Activities		
	Lesson 1	Lesson 2
Autumn 1	Football	realPE Personal – footwork and balance
Autumn 2	Netball	realPE Social – jumping, landing and balance
Spring 1	Badmington / Skipping	realPE Cognitive – dynamic balance and stance
Spring 2	Throwing and Catching	realPE Creative – ball skills and counter balance
Summer 1	Athletics	realPE Physical – sending, receiving, reaction and response
Summer 2	Striking and Fielding	realPE Fitness – ball chasing and floor work



PE Curriculum Overview

Year 4 Activities		
	Lesson 1	Lesson 2
Autumn 1	Nimble Nets	realPE Personal – footwork and balance
Autumn 2	Invaders	realPE Social – jumping, landing and balance
Spring 1	Step to the beat	realPE Cognitive – dynamic balance and stance
Spring 2	Mighty Movers	realPE Creative – ball skills and counter balance
Summer 1	Athletics	realPE Physical – sending, receiving, reaction and response
Summer 2	Striking and Fielding	realPE Fitness – ball chasing and floor work



PE Curriculum Overview

Year 5 Activities		
	Lesson 1	Lesson 2
Autumn 1	Step to the Beat	realPE Personal – footwork, balance, invasion, net and wall games
Autumn 2	Invaders	realPE Social – jumping, landing and balance
Spring 1	Mighty Movers	realPE Cognitive – dynamic balance and stance
Spring 2	Tennis	realPE Creative – ball skills, counter balance, invasion, net and wall games
Summer 1	Athletics	realPE Physical – sending, receiving, reaction and response
Summer 2	Striking and Fielding	realPE Fitness – ball chasing and floor work



PE Curriculum Overview

Year 6 Activities

	Lesson 1	Lesson 2
Autumn 1	Football	Swimming
Autumn 2	TAG Rugby	realPE Social – jumping, landing and balance
Spring 1	TAG Rugby	realPE Cognitive – dynamic balance and stance
Spring 2	Basketball	realPE Creative – ball skills, counter balance, invasion, net/wall games and OAA (Outdoor Adventurous Activity)
Summer 1	Athletics	realPE Physical – sending, receiving, reaction and response
Summer 2	Striking and Fielding	realPE Fitness – ball chasing and floor work