



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.

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



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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.

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

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



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<p>movement phrases</p> <p>3. Competition & Cooperation <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none">a. compete with and improve upon their own performancesb. engage in competitive physical activities against othersc. cooperate with team mates to achieve shared targetsd. apply rules and conventions for different activities. <p>4. Knowledge & Understanding <i>Pupils should be taught:</i></p>	<ul style="list-style-type: none">b. plan and apply basic composition principles in aesthetic activitiesc. develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectivenessd. consistently apply rules and conventions for different activities <p>3. Competition & Cooperation <i>Pupils should be taught to:</i></p> <ul style="list-style-type: none">a. identify what makes a performance effective and suggest improvements based on this information to achieve their personal best, and for other pupilsb. play a range of competitive games and apply their skills within varied challenging situations
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<ul style="list-style-type: none">a. to describe what they themselves and others have doneb. how important it is to be activec. to recognise and describe how their bodies feel during different activities.	<ul style="list-style-type: none">c. communicate, collaborate and compete with each other in a range of physical activitiesd. take part in outdoor and adventurous activity challenges both individually and within a team <p>4. Knowledge & Understanding <i>Pupils should be taught:</i></p> <ul style="list-style-type: none">a. how exercise affects the body in the short and long term and why physical activity is good for their health and well-beingb. why and how to warm up and prepare appropriately for different activitiesc. how to keep themselves healthy and safe during a physically active lifestyle
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Year 1 Activities		
	Lesson 1 (Sport)	Lesson 2 (Fitness)
Autumn 1	Multi-Skills (Unit 1)	Boot Camp (Unit 1)
Autumn 2	Skip to the Beat (Unit 3)	Story Time Dance (Unit 2)
Spring 1	Brilliant Ball Skills (Unit 4)	Groovy Gymnastics (Unit 3)
Spring 2	Mighty Movers (Running) (Unit 2)	Gymfit Circuits (Unit 4)
Summer 1	Active Athletics (Unit 6)	Cool Core Strength (Unit 5)
Summer 2	Throwing and Catching (Unit 5)	Fitness Frenzy (Unit 6)



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Year 2 Activities		
	Lesson 1 (Sport)	Lesson 2 (Fitness)
Autumn 1	Mighty Movers (Running) (Unit 2)	Ugly Bug Ball Dance (Unit 2)
Autumn 2	Multi-skills (Unit 1)	Boot Camp (Unit 1)
Spring 1	Skip to the Beat (Unit 3)	Groovy Gymnastics (Unit 3)
Spring 2	Brilliant Ball Skills (Unit 4)	Gymfit Circuits (Unit 4)
Summer 1	Active Athletics (Unit 6)	Fitness Frenzy (Unit 6)
Summer 2	Throwing and Catching (Unit 5)	Cool Core (Strength) (Unit 5)



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Year 3 Activities		
	Lesson 1 (Sport)	Lesson 2 (Fitness)
Autumn 1	Multi-Skills (Unit 1)	Fitness Frenzy (Unit 6)
Autumn 2	Throwing and Catching (Unit 5) Cricket / Rounders	Cool Core (Strength) (Unit 5)
Spring 1	Mighty Movers (Running) (Unit 2)	Gymfit Circuits (Unit 4)
Spring 2	Groovy Gymnastics (Unit 3)	Skip to the Beat (Unit 3)
Summer 1	Active Athletics (Unit 6) Athletics	African Dance (Unit 2)
Summer 2	Brilliant Ball Skills (Unit 4) Football / Handball	Boot Camp (Unit 1)



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Year 4 Activities		
	Lesson 1 (Sport)	Lesson 2 (Fitness)
Autumn 1	Nimble Nets (Unit 5) Tennis / Badminton	Cool Core (Pilates) (Unit 5)
Autumn 2	Invaders (Unit 1) Football / Handball / Tag Rugby	Boot Camp (Unit 1)
Spring 1	Gym Sequences (Unit 3)	Step to the beat (Unit 3)
Spring 2	Dynamic Dance (Unit 2)	Mighty Movers (Boxercise) (Unit 2)
Summer 1	Young Olympians (Unit 6) Athletics	Gymfit Circuits (Unit 4)
Summer 2	Striking and Fielding (Unit 4) Cricket / Rounders	Fitness Frenzy (Unit 6)



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Year 5 Activities		
	Lesson 1 (Sport)	Lesson 2 (Fitness)
Autumn 1	Gym Sequences (Unit 3)	Step to the Beat (Unit 3)
Autumn 2	Invaders (Unit 1) Netball / Basketball	Boot Camp (Unit 1)
Spring 1	Dynamic Dance (Unit 2)	Mighty Movers (Boxercise) (Unit 2)
Spring 2	Nimble Nets (Unit 5) Tennis / Badminton	Cool Core (Pilates) (Unit 5)
Summer 1	Young Olympians (Unit 6) Athletics	Gymfit Circuits (Unit 4)
Summer 2	Striking and Fielding (Unit 4) Cricket / Rounders	Fitness Frenzy (Unit 6)



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Year 6 Activities		
	Lesson 1 (Sport)	Lesson 2 (Fitness)
Autumn 1	Gym Sequences (Unit 3)	Step to the beat (Unit 3)
Autumn 2	Dynamic Dance (Unit 2)	Mighty Movers (Boxercise) (Unit 2)
Spring 1	Nimble Nets (Unit 5) Tennis / Badminton	Cool Core (Pilates) (Unit 5)
Spring 2	Invaders (Unit 1) Tag Rugby	Boot Camp (Unit 1)
Summer 1	Young Olympians (Unit 6) Athletics	Gym Fit Circuits (Unit 4)
Summer 2	Striking and Fielding (Unit 4) Cricket / Rounders	Fitness Frenzy (Unit 6)