

Blossom Federation

Daubeney, Sebright and Lauriston



Sebright Primary School

P.E./GAMES/SPORTS Curriculum Map

Intent

Sebright Primary School ensures the PE National Curriculum is covered for KS1 and KS2 for both indoor and outdoor PE. Progression is our key aspect for every year across the school, each lesson has been carefully planned and identified to match these. In KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 when they are applied in specific sports.

The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity, and a healthy lifestyle. We aim to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical well-being in our children now and for their future. Physical fitness is an important factor. It teaches self-discipline and that to be successful you must work hard, cooperate, collaborate and demonstrate resilience.

Our aim is to develop better physical activity that can reduce obesity in sport and PE lessons across the years. We also aim to improve a mental outlook in the future that helps the pupils to develop essential skills like leadership and teamwork. Sebright Primary School strives to give every child the opportunity to develop skills in PE by a variety of fitness tests, competing/performing on school PE trips and evaluate what the pupils have learned at the end of each PE lesson.

Outcomes

Early Years

The main Early Years Outcomes covered in the Games units are:

- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Further develop and refine a range of ball skills including throwing, catching, kicking, passing and aiming.
- I can negotiate space and obstacles safely, with consideration for myself and others.
- I can demonstrate my strength, balance and coordination.
- I can move energetically, when running, jumping, dancing, hopping, skipping and climbing.

Key Stage 1 Children 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.

By the end of KSI most children will be able to:

- Master basic movements including running, jumping, throwing and catching
- Develop balance, agility and co-ordination and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns

Ke Stage 2 Children 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.

By the end of KS2 most children will be able to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

PE	Autumn	Spring	Summer
Year 1	Football- Can you combine, dribbling, passing, and receiving the football	Dance- Can you create and develop characters, adding movements, expression and emotion to your performance	Athletics- An introduction to, Javelin, hurdles, relay races, long and short distance
	Gymnastics – Body parts Can you explore movements and balances on big and small body parts in wide, narrow and curled ways?	Uni-h-Hoc Can you use the hockey stick correctly, dribbling, controlling a pass, and passing.	An introduction to, catching, throwing and batting

Year 2	Football- Can you combine, dribbling, passing and receiving the ball skills	Dance – Explorers Can you create and develop characters, adding movements, expression and emotion to your performance?	Athletics- Short and long-distance running, hurdles, relay. Javelin shot putt.
	Gymnastics- Can you explore different ways to link movements and balances on big and small body parts in wide, narrow and curled ways?	Uni-hoc Can you use the hockey stick correctly, dribbling, controlling a pass and passing	Striking and fielding-Cricket Can you apply a variety of fielding skills through exploring the concept of batting and fielding
Year 3	Football- Can you use the correct technique when passing a short pass and a long pass. Small sided games	Dance- Create Group movements, expressions and emotions.	Athletics – Year 3 Athletics Can you use the correct technique for running fast, jumping far and throwing for distance?
	Gymnastics – Symmetry & Asymmetry Can you create sequences with symmetrical and asymmetrical balances?	Unihoc- Learning about the Indian dribble Small sided games	Striking and fielding-Cricket Can you apply fielding skills, which include, throwing and catching in a team situation
	Football- Can pass the football using both feet,	Dance- Can choose a song to create a group	Athletics – Year 4 Athletics Can you develop your sprinting technique, explore throwing pacing and

Year 4	starting very short and progressing to a longer pass. Small sided games	dance, with movements, expressions and emotions	technique for javelin?
	Gymnastics- Can use different ways to travel, on and off the benches and mats, while keeping their balance and shape	Uni-hoc- Can use the Indian dribble in drills and games	Cricket- Can you apply fielding skills, bowling and batting
Year 5	Football- Can you pass the football with both feet, perform a defensive and attacking header. Small sided games	Dance- Can you choose a song to practice your groups dance routine, then show it to the class	Cricket- Can you apply the fielding skills, bowling and batting in a game situation
	Gymnastics- Can you perform a stretched or tucked roll. Can you you walk along a bench and jump off onto a mat, making sure that you bend your knees first, then land on both feet	Uni-hoc Can you use the Indian dribble in small spaces, then take it into a game situation	Athletics – Year 5 Athletics How do you sprint effectively, develop technique for throwing a shot putt, explore and develop understanding of how to hurdle safely?
	Invasion Games – Tag Rugby Can you create tactics for attack and	Dance- Can you develop group movements	Striking & Fielding – Cricket Can you use your knowledge,

	defence and apply them into game situations?	selecting and applying choreography into a performance?	understanding and ability to apply a range of fielding skills, batting skills and tactics into mini games?
Year 6	Gymnastics – Matching and mirroring Can you create a sequence through a combination of movements?	Uni-hoc Can you pass, dribble, find space. Then take it to a small, sided game	Athletics – Year 6 Athletics Can you apply your knowledge, understanding and skills into a competition?

Invasion Games include Football, Tag-Rugby, Basketball, Netball, Boccia, Wheelchair Basketball

Artistic includes Gymnastics, and Dance

Striking Fielding: Cricket, Rounders, Table Cricket, Tri-Golf

Net Wall Games: Tennis, Badminton, Volleyball, Seated Volleyball, Table Tennis;

***Dance/orienteering academy specific and timetabled around specialist availability**

Health and Fitness –

Describe how the body feels before, during and after exercise. Carry and place equipment safely. Recognise and describe the effects of exercise on the body. . Explain why it is important to warm up and cool down. Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and cooling down. Carry out warm-ups and cool-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways they can become healthier Sebright playground is linked with their development in P.E. as we give all children the chance to explore the playground equipment differently by asking them to find different ways to use the spaces and equipment. We engage and challenge Sebright children to be active and play in the playground throughout all their breaks.

Our ball playground games include:

- football in the cage for all year groups
- tennis
- kingball
- basketball under the undercroft