**Physical Education Curriculum**

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|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 5 (2 hours a week) | **Multil skills baseline**  Children are introduced to the meaning of multi skills, before completing the School Stars formal testing to obtain a baseline. | **Indoor Athletics**  Children will be introduced to the idea of indoor athletics. All aspects will be covered as they become familiar with the main components of an indoor athletics competition. Children will learn the appropriate techniques and as well as working on their personal bests, they will also be competing against each other. | **Football**  Children will be introduced to the fundamental basics of football. Small sided competitive drills will help students to work on control, accuracy, disguise of pass and how the foot can be used in number of ways to pass a ball. Children will look to pass over differing lengths and work on dribbling. | **OAA**  Children will discover and learn what makes a successful team through problem solving. The different roles associated within a team within team building sessions (leader etc). Trust exercises, basic map skills, as a team and individual in a competitive situation. | **Athletics**  Children will be introduced to the events covered in outdoor athletics. Focus will be on the students preparing for the events covered in sports day and town sports. Pupils will understand the different type of fitness. Pupils will learn to perform as an individual working on their personal bests, and as a team in competitive situations. | **Cricket**  Children will be introduced to the basics of batting, fielding, bowling, sending receiving, anticipation and scoring. Basic throwing and catching will be implemented into the different aims of the sport. Playing within a team, and recognising the importance of outwitting an opponent, students will be thinking of tactics to employ. |
| **Netball**  Children will learn the basics of netball focusing around the rules of ‘High 5’. An introduction to the specific rules of the game, the need to play as part of a team and the sport specific warm ups associated with the game. | **(TAG) Rugby**  Children will learn the basics of TAG rugby in a non threatening environment. (Full contact removed). Pupils will look at ways of using space to outwit an opponent. Rules of the game will be covered and adhered to when put into practice. Pupils will be able to consider their own and others performance and respectfully suggest ways of improving. | **Gymnastics**  Children will be introduced to all safety aspects associated with gymnastic performances, and the use of gym specific equipment. Children will learn gymnastics through floor mats and vaulting apparatus. Children will learn about body extension / tension and how vital both are for aesthetic performances. Control, balance, flight and travel will all be explored, within small groups and individually. | **Dance**  Based on the theme of ‘Rock and Roll’ children will learn about the origins of 1950’s dance and its influence on modern day dance. Children will learn how to follow and pick up a motif, as well as be able to show their own creativity by appropriately choreographing sections of their dance. An ability to peer assess and provide sensitive feedback will be included within the sessions. | **Rounders**  Children will be introduced to the basics of batting, fielding, bowling, sending receiving, anticipation and scoring. Basic throwing and catching will be implemented into the different aims of the game. Playing within a team, and recognising the importance of outwitting an opponent, students will be thinking of tactics to employ. | **Tennis**  Children will look at the various ways of striking a tennis ball using a variety of rackets. A variety of simple strokes will be taught enabling students to work on both the backhand and forehand in both a defensive and attacking manner. Volleying and serving will be taught, enabling the opportunity for rallies to be played within a competitive match situation. |
| Year 6 (2 hours a week) | **Multil skills**  Children will now understand the meaning of Multiskills and how these skills are required for participation in a number of sports. Pupils will compete in a number of different multi skills games which will target a particular skills area. Formal testing of students. (School Stars) will enable them and the staff to monitor what progress has been made. | **Netball**  Children will focus on improving and applying the basic skills in high 5 netball. A greater emphasis will be on applying tactics and strategies into gameplay situations as well as learning the basic principles of invasion, making informed decisions to have a positive influence on a game. | **(TAG) Rugby**  Children will focus on improving and applying the basic skills of TAG rugby.. Pupils will look at strategies and tactics, as well as using space to outwit an opponent. Informed decision making will be applied to ensure they can have a positive impact on the small sided game. | **Gymnastics**  Children will demonstrate and consolidate basic actions of travelling, jumping and landing, transferring of weight, balancing, rolling and turning both on the floor and when using apparatus. Through floor mats and vaulting apparatus, children will learn how to choreograph and produce sequences, linking actions. | **Athletics**  Children will be continuing to accurately replicate and develop the events covered in outdoor athletics. Focus will be on preparing for the events covered in sports day and town sports. Pupils will learn to perform as an individual working on their personal best, and as a team in a competition. | **Cricket**  Children will develop the range and consistency of their sending, receiving, batting and bowling skills, applying these to a game situation. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point, will also be covered. |
| **Indoor Athletics**  Children will be competing and preparing themselves for the indoor athletics championships. Consolidating and improving upon their previous PB’s, students will be clear on how events are officiated and how the competition will be run. Children will be aware of what is required to improve their performance and others. | **Football**  Children will be looking to improve and apply basic skills for football. Tactics and strategies of play will be incorporated to closed and open environments. Developing the skills necessary to outwit opponents, ability to combine skills, (dribbling and passing etc.) and a development of anticipation will also be expected. | **OAA**  Children will discover and learn what makes a successful team through problem solving. Map reading skills will move from school maps to OS maps. Healthy living, the human heart and HRE activities will be inter spliced into problem solving activities, both in and outside. Traversing and indoor caving will help pupils to appreciate how the physical environment can be used to assist fitness. | **Dance**  Based on the theme of ‘Secret agents and spies’, students will look at replicating a motif, as well as choreographing their own topic based dance. Freeze frames, individual, partner and group motif’s will be put together within the theme. Exploring different heights, action / reaction, cannoning and unison as well as peer assessment will be included within the sessions. | **Rounders**  Pupils will develop the range and consistency of their sending, receiving, batting and bowling skills, applying these to a game situation. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point, will also be covered. | **Tennis**  Pupils will look at the various ways of striking a tennis ball. Simple strokes will be consolidated and students will be able to work on both the backhand and forehand in both a defensive and attacking manner. An emphasis on consistency and accuracy will cover all shots played. Volleying and serving will be taught, enabling the opportunity for rallies to be played. |
| Year 7 (2 hours a week) | **Outwitting Opponents**  Pupils will be looking at developing attacking and defending strategies and techniques. Selecting and applying tactics to enable the outwitting of their opponents. Continued development, adaptation and refinement of skills will enable a greater number of options to outwit an opponent in different sports. Working in a team they will respond quickly to new challenges, devising and developing practices to improve their own and others performance. | **Gymnastics / Trampolining**  Children will demonstrate skills and abilities individually and in combination. Fluent routines showing good tension, control, along with appropriate aesthetics will be shown on both the floor and trampoline. Aerial shapes / turns will be combined to produce sequences. These will be followed and self choreographed. Swivel hips, front and back landings will be developed, moving towards the more complex front and back somersaults. | **OAA/Fitness**  Children will demonstrate effective leadership, highlighting the importance of planning and preparation before execution. Skills will applied and transferable to other sporting activities. Navigation skills will be taught and tested through orienteering courses. Personal survival skills will be discussed and students will look into using the land as their friend. (Shelter), and to assist in recreational activities (climbing and traversing). | **Dance**  Based on the theme of ‘Indian Dance’, students will learn the basics of Bollywood and Bhangra, recognising the differences between the two. Through a hook day, Children will learn a basic motif, but will be expected to choreograph a group dance which will be performed to parents and other guests. An understanding of how Indian dance has affected a number of cultures all around the world. Peer assessment will be included within the sessions. | **Athletics**  Children will be continuing to accurately replicate and develop the events covered in outdoor athletics. Introduction to the main throwing events Javelin, Discus and Shot. Focus will be on the students preparing for the events covered in sports day and town sports, as well as setting them up for competition. | **Striking and Fielding**  Children will replicate and improve technique in batting, bowling and fielding using hardball cricket and rounders balls. Students will focus on the intention of outwitting opponents with the bat. Whilst bowling, pupils will be thinking about batsman strengths and weaknesses to outwit the batsman. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point. |
| Year 8 (2 hours a week) | **Gymnastics / Trampolining**  Children will demonstrate skills and abilities individually and combined. Fluent routines showing good tension, control, along with appropriate aesthetics will be demonstrated on both the floor and trampoline. Aerial shapes / turns will be combined to produce sequences. Children will learn how to do front and back somersaults and how to tarrif / judge a routine. | **Outwitting Opponents**  Consolidation of the skills needed to outwit opponents within games, applying fluency, greater accuracy and quality of technique. Refining skills to enable a greater number of options to outwit an opponent. An understanding of how to improve their performance will be required and pupils will be expected to lead coaching sessions and be confident in refereeing a game if needed. | **Dance**  Based on the theme of ‘Ghostly Tales’, students will learn a motif set to the Thriller song by Michael Jackson. In groups they will choreograph two further dance routines to famous horror film soundtracks. One based upon zombies, whilst the other, a more open ended task, is about suspense and fear. Peer assessment will be included within the sessions, and children will help devise and lead an appropriate warm up and cool down. | **OAA/Fitness**  Leadership and teamwork skills will be used to problem solve in a variety of different real life settings. Personal survival skills will be discussed and students will look into using the land as their friend. (Shelter), and to assist in recreational activities (climbing and traversing). Children will undertake a number of fitness based tests and will look in more detail about the makeup of the human body and how it is affected with exercise. | **Athletics**  Students will begin to use their knowledge of athletic events, strategies and techniques to develop and enhance replication and performance. Understanding the relationship between fitness and performance students will continue to focus for the events covered in sports day and town sports, as well as setting them up for competition.Pupils will continue to perform as an individual working on their personal best, and as a team. | **Striking and Fielding**  Pupils will replicate and, further refine individual techniques for batting, bowling and fielding using hardball cricket and rounders balls. More complex bowling actions will be explored in cricket looking at spin bowling. Combining skills such as running and throwing accurately as well as appreciating fielding positions from an attacking and defensive point. Students will learn the basics of umpiring and apply these within games. |