



Physical Education - Curriculum Overview

	Term 1 1&2	Term 2 1&2	Term 3 1&2
EYFS	<p>Team Games</p> <p>Begin to build relationships with their peers. Develop their ability to work with others and follow instructions.</p> <p>Can children follow simple instructions (I.e. - Run, Stop etc).</p> <p>Can children copy the actions and movements of the teacher with guidance (whilst the teacher is performing the actions).</p> <p>Can children perform actions after a verbal command? (without a supporting demonstration).</p>	<p>Throwing and Catching</p> <p>Can children stop a ball using only their hands and slide it back to a target? (Sitting down with constant teacher reinforcement).</p> <p>Can children catch with partial consistency using the correct hand position (Sitting down working with a degree of independence).</p> <p>Children can demonstrate key teaching points of an overarm throw with consistent success.</p>	<p>Improve agility and balance</p> <p>Swimming</p> <p>Children are aware of the space around them and can move and dodge obstacles</p> <p>Children can jump between obstacles confidently</p> <p>Children can maintain balance when performing a task on one leg (this applies when static or when moving)</p> <p>Children can maintain their balance whilst standing on one foot</p> <p>Children maintain their balance whilst standing in a stationary position and performing a task (2 feet)</p> <p>Children maintain balance when standing in a stationary position on the floor (2 feet)</p> <p>Swimming</p> <p>Children to show a degree of confidence in the water with support.</p> <p>Children to splash face confidently and blow bubbles with face submerged.</p>
Year 1	<p>Multi Skills</p> <p>Uses Fundamentals of movement to achieve success in competitive environments, individually and as a team.</p> <p>Dance</p> <p>Repeat and Perform sequences of movements.</p>	<p>Ball Skills</p> <p>Throw and catch displaying a degree of competency, in isolation and in varied environments.</p> <p>Mastering the ball - Dribble a football keeping close control.</p> <p>With guidance participate displaying respect, fair play and working well with others.</p> <p>Gymnastics</p> <p>Develop knowledge of gymnastics balances.</p> <p>Develop ability to hold a balance.</p>	<p>Athletics</p> <p>Demonstrate changes of direction, level & speed.</p> <p>Displays development in the Fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination).</p> <p>Swimming</p> <p>Move around freely (with floatation if needed) with a degree of confidence in the water and begin to use arms and legs for purpose.</p> <p>Submerge whole body.</p>
Year 2	<p>Team Ball games - Netball</p> <p>Throw and catch displaying competency, in isolation and in varied environments.</p> <p>Develop ability to keep the ball close & under control.</p>	<p>OAA</p> <p>List the different points on a compass. Refer to a key to help them find where they are on the map.</p> <p>Health Related Education</p> <p>Develop children's knowledge of how the body functions/changes during exercise</p>	<p>Athletics</p> <p>Competent in the fundamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Swimming</p> <p>Show competence in one stroke when swimming 10m.</p>

	<p>Demonstrate changes of direction, speed & level during performances or in competitive environments. Use fundamentals of movement to employ simple tactics in varied environments.</p>	<p>Develop children's ability to exercise at different intensities.</p>	<p>Dance - Maypole Children repeat some simple sequences of movements related to a stimulus and in time to music.</p>
<p>Year 3</p>	<p>Stick and Ball - Hockey skills Develop pupil's control of the hockey ball. Develop pupil's ability to dribble with stick. Develop pupil's ability to pass the Hockey ball. Develop pupil's ability to apply skill in a competitive environment.</p> <p>Cross Country Describe cross country running. Identify how runners improve their speeds over time.</p>	<p>Gymnastics Develop knowledge of gymnastics balances. Develop ability to hold a range of balances. Plan, perform and repeat sequences of movements in a group. Moves in a fluent and expressive manner.</p> <p>Invasion Games Use fundamentals of movement to employ simple tactics in competitive environments. Displays an understanding of fair play, respect and working well with others. Children to use knowledge of technique to suggest ways for peers to improve.</p>	<p>Summer Games - Cricket Throw and catch displaying with accuracy, in isolation and varied environments. Develop co-ordination & ability to field effectively. Develop ability to hold & use that bat effectively.</p> <p>Swimming Swim 25m unaided in one stroke.</p>
<p>Year 4</p>	<p>Ball Games - Tag Rugby/Netball Utilise changes of direction, speed & level during performances/competition to succeed. Select and utilise appropriate tactics and techniques to cause problems for opponents. Develop ability to run with the ball.</p> <p>Racket Sports Develop knowledge of the rules of Badminton To develop children's ability to grip the racket correctly. Develop ability to control the movement of a ball with a racket.</p>	<p>Health Related Education Demonstrate a developed understanding of how the body changes/functions during exercise.</p> <p>Develop ability to exercise at different intensities.</p> <p>Dance Create movements that convey a clear stimulus, refining these movements into sequences. Plan, perform & repeat sequences of movements, experimenting travelling and complex movements.</p>	<p>Summer Games - Rounders Develop co-ordination & ability to field & strike effectively. Develop understanding of the rules of Rounders. Can adapt throwing technique to ensure success (distance, accuracy, control).</p> <p>Swimming Swim 25m unaided, demonstrate proficiency in two strokes at the surface and below.</p>

<p>Year 5</p>	<p>Team Ball Games - Football/Netball Develop ability to pass effectively. Develop ability to shoot effectively. Utilise new skills in competitive situations, as an individual or part of a team.</p> <p>Health Related Education Develop knowledge of how the food & drink we consume affects our body</p> <p>Cross Country Identify and describe effective training methods for cross country. Run a cross country mile at a time appropriate to Year 5.</p>	<p>Stick and Ball - Hockey skills Develop control of the hockey ball. Develop ability to dribble with stick.</p> <p>Display an understanding of fair play, working well with others and leading a medium sized group.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Gymnastics Create complex & well executed sequences containing a variety of gymnastic components.</p>	<p>Athletics Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run.</p> <p>Cricket Field, defend and attack tactically by anticipating the direction of play. Develop children's ability to hold & use the bat effectively.</p> <p>Swimming Swim 25m fluently with controlled strokes - breast stroke, front and back.</p> <p>Introduction to Water polo Utilise new skills in competitive situations, as an individual or part of a team.</p>
<p>Year 6</p>	<p>Team Games - Basketball/Handball Utilise new skills in competitive situations, as an individual or part of a team.</p> <p>Display an understanding of fair play, working well with others and leading a large group.</p> <p>Develop understanding of the rules of Basketball/Handball To develop ability to dribble legally in Basketball. Develop ability to pass effectively in Basketball/Handball</p> <p>Gymnastics Develop ability to hold a balance. To develop ability to travel in a variety of ways.</p> <p>Create complex, demanding and well executed sequences containing a variety of gymnastic components.</p>	<p>Racket Sports - Tennis/Table tennis Develop ability to grip the racket/bat correctly. Develop ability to control the movement of a ball with a racket/bat. Utilise new skills in competitive situations, as an individual or part of a team.</p> <p>Health Related Education Use knowledge of the relationship between the body and exercise to improve all fitness components. Develop ability to utilise K+U of the body to improve their peer's fitness Develop ability to exercise at different intensities.</p> <p>Dance Compose and perform creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely.</p>	<p>Athletics Utilise knowledge of technique to perform at an optimum level in different types of throw, jumps and runs (sprints, middle distance and hurdles)</p> <p>Summer games - Rounders Field, defend and attack tactically by anticipating and reacting to the direction of play.</p> <p>Swimming Swim 25m+ fluently with controlled strokes (breast stroke, front and back.)</p> <p>Water polo Develop understanding of the rules of Water Polo. Utilise new skills in competitive situations, as an individual or part of a team. Field, defend and attack tactically by anticipating and reacting to the direction of play.</p>

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Extra-Curricular Opportunities.

Children across the school will have access to Argyle Community Trust staff and PE Specialist delivering a range of CPD as well as class teachers.

Intra-School competition will be held half termly. Organised and run by Argyle Community Trust and Sports Leaders.

Intra-school swimming gala and water polo tournament KS2 run by PE Specialist.

Inter-School competition is offered to all age groups throughout the year.

KS specific activities and competition to include:

- Events run by Arena SSP to include Forest School, Health and Well-Being and MAT Sporting competition
- Events run by Argyle Community Trust and EFL
- School Games Competition events
- Local Cross Country Events
- Ocean City School's Challenge
- DRSA Swimming Gala/Water Polo
- Whole School Games Day
- Bikeability (Y5) Balanceability(Y1)

After School Clubs:

- Argyle Football Mixed and Girl's Only Club
- Fit Club
- Basketball Club
- Triathlon Club (KS2 Summer Term)
- Running Club

Holiday Clubs:

- Holiday Activity Days run by Argyle Community Trust