

Physical Education



Year B

We are passionate about Physical Education and ensuring that we are providing a broad and balanced program, which meets the requirements of the National Curriculum for PE. We encourage and support the children to compete in a variety of tournaments with local schools, to enhance sportsmanship and a range of skills. These opportunities enable character building and help embed values such as fairness and respect. To ensure that we provide a high-quality programme we have specialist sport coaches so that children are able to develop competence to excel in a broad range of physical activities.

In KS1, children will be taught: to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities; To participate in team games, developing simple tactics for attacking and defending; To perform dances using simple movement patterns.

In KS2, children will be taught: to use running, jumping, throwing and catching in isolation and in combination; to 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].

Children will also have the opportunity to participate in swimming sessions at Salisbury District hospital Sports Club.

Gymnastics	Games	Dance
Reception		
<p>Children will start to explore basic movements. They will start to balance with some control. Children will jump off an object and land appropriately. They will travel with confidence and skill around, under, over and through balancing and climbing equipment. (led by Jo Cuff)</p>	<p>Children will begin to throw with basic throws, be able to receive a ball. They will begin to develop hand-eye coordination. Children will negotiate space successfully when playing racing and chasing games, adjusting speed or changing direction to avoid obstacles. (led by Salisbury Wiltshire Sports Coaches)</p> <p>Autumn Term-Ball skills (rugby/football focus)</p> <p>Spring Term- Bat and ball skills</p> <p>Summer Term-Athletics/ team games</p>	<p>Children will copy basic movements and body patterns. They will perform simple dance movements and steps. Children will experiment with different ways of moving. They begin to build a repertoire of songs and dances. Children will initiate new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</p>

Year One		
<p>Children will explore movement actions with control and link them together with flow. Balance with some control and explore static balancing and understands the concept of bases,</p>	<p>Children are beginning to perform a range of throws. They will Receive a ball with basic control. They are beginning to develop hand-eye coordination. (led my Salisbury Wiltshire Sports Coaches)</p> <p>Autumn Term-Ball skills Spring Term- Bat and ball skills Summer Term-Athletics/ team games</p>	<p>Children will be able to copy and explore basic body patterns and movements, remembering simple movements and dance steps. They will be able to follow the leader-jumps, hops, skips. Children will respond to different stimuli with a range of actions. Compose and link movement phases to make simple dances with clean beginning, middle and end. Practise and repeat their movement and perform in a controlled way.</p>
Year Two		
<p>Children will remember to repeat simple gymnastic actions with control. They will be able to balance on isolated parts of the body using the floor and hold balance. They will develop a range of basic gymnastic, especially balancing.</p>	<p>Children will learn to participate in team games, developing simple tactics for attacking and defending, throwing and catching, football basketball, bean bag skills, hockey,rounders, tennis, running (led my Salisbury Wiltshire Sports Coaches)</p> <p>Autumn Term-Ball skills (rugby/football focus) Spring Term- Bat and ball skills Summer Term-Athletics/ team games.</p>	<p>Children will learn to copy, remember and repeat simple skills with control and co-ordination. They will be able to link several movements together with control and co-ordination. Talk about different stimuli as the starting point for creating dances. They will explore moods, ideas, and feelings by improvising and experimenting with different directions, levels and movements. They will be able to compose and perform dance phrases and short dances that express moods and feelings. Children will remember and repeat dances showing greater control and coordination.</p>
Year Three		
<p>Children are beginning to develop good technique when travelling, balancing and using equipment. They are beginning to show flexibility in movements. Create their own sequence by using a variety of movements-both explored and copied. They will learn to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Children are beginning to communicate with others during game situations. Using skills with co-ordination and control, to perform a range of catching and gathering skills. They will perform a range of actions, maintaining control of the ball.(Tag rugby is a great challenge activity that involves a lot of problem solving) (led my Salisbury Wiltshire Sports Coaches)</p> <p>Autumn Term-Rugby/Football Spring Term- Netball/Hockey Summer Term-Sprinting/ Athletics/ Cricket/Rounders</p>	<p>Children are beginning to improvise, creating a simple dance independently. They will begin to create a simple dance with a partner. Children will learn to compare and improve their work using simple dance vocabulary. They will incorporate different qualities and dynamics into their movements, exploring and developing new actions while working with a partner or group. They will be able to perform short dances with expression, showing an awareness of others when moving. Children will be able to describe what makes a good dance.</p>

: Year Four		
<p>Children will construct sequences using basic shapes in gymnastics. They will use balancing and linking movements, including counterbalances into sequences. They will learn eight different gymnastics body positions with helpful stick-figure diagrams and notes that give points of detail for each shape. Children will be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Children will show confidence in using ball skills in various ways. (These lesson focus on basketball/netball-type skills of throwing and catching, scoring in a hoop and dribbling and controlling a bouncing ball) Children can use skills with co-ordination, control and fluency. KS2 basketball-allows children to practice running, jumping, throwing and catching in combination. Invasion games-encourage working together. Netball-to help them understand the art of passing, footwork and attacking and defending positions.</p> <p>Autumn Term-Rugby/Football Spring Term- Netball/Hockey Summer Term-Athletics/ Cricket/rounders</p>	<p>Children will select, use and perform with co-ordination and fluency. They will respond and perform with a partner, demonstrating actions that link with fluency and accuracy. Children will respond to the stimuli through the appropriate language, creating their own ideas and movements. They will link movements together with increased precision. Children will use a range of movement and dance phrases within a different ways (unison, canon) with a partner or group. They will remember, perform and evaluate short dances, showing an understanding and an awareness of others.</p>
Year Five		
<p>Children will identify and practise body shapes and balances. They will use and refine the following skills: flexibility, strength, balance, power and mental focus. Children will use counterbalances and incorporate them into a sequence of movements. They will learn to perform and evaluate own and others' sequences.</p>	<p>Children will show confidence in using ball skills in various ways, and can link these together, using skills with coordination, control and fluency. They will take part in competitive games with a strong understanding of tactics and composition. Children will apply basic skills for attacking and defending. They will develop team skills (hockey and netball) and develop ball control (passing and receiving). Understand the principles of defending, attacking and tactical manoeuvres. Athletics will allow them to gain personal achievements and develop running skills (small schools mini marathon, May) (led my Salisbury Wiltshire Sports Coaches)</p> <p>Autumn Term-Rugby/Football Spring Term- Netball/Hockey</p>	<p>Children will combines flexibility, techniques and movements to create a fluent sequence Their performance will show precision and control. The dance sequences will demonstrate strong movements. They will think about character and narrative ideas created by the stimuli, and respond through movement. Children will link skills, techniques and ideas accurately and appropriately. The dances will be longer, more complex and remember by heart. Children will uses more complex dance vocabulary to compare and improve work.</p>

	Summer Term-Athletics/ Cricket/rounders	
	Year Six	
Children will identify and practise gymnastic shapes and balances. They will construct sequences using balancing and linking movements, using counterbalances and incorporate them into a sequence of movements. Children will perform a range of rolls showing different entrances and exits. They will include shape and direction changes, including variation in speed and levels. Their performances will be fluent and show good body tension and extension. They will plan and perform with precision with a partner and in a small group, then evaluate their own and others' sequences.	Children will show confidence in using ball skills in various ways, and will be able to link these together effectively. E.g. dribbling, bouncing, and kicking. They will be able to keep possession of a ball during games situations. Children will consistently use skills with co-ordination, control and fluency. Skills will be performed with accuracy, confidence and control, adapting them to meet the needs of the situation. Children will be able to hit the ball with purpose, varying the speed, height and direction. They will take part in competitive games with a strong understanding of tactics and composition, applying knowledge of skills for attacking and defending (led my Salisbury Wiltshire Sports Coaches) Autumn Term-Rugby/Football Spring Term- Netball/Hockey Summer Term-Athletics/ Cricket/Rounders	Children will have consistent performance showing precision, control and fluency. They will perform a variety of dance styles with accuracy and consistency. Children will respond to a range of stimuli, improvising freely using a range of controlled movements and patterns. They will select and combine skills, techniques and ideas demonstrating their knowledge of tactics, strategies and composition. Children will compose, develop and adapt motifs to make dance phrases and use these in longer dances. They will uses more complex dance vocabulary to compare and improve work.

****Subject to change ****