

# Our Curriculum

## PE



## Rationale and Intent

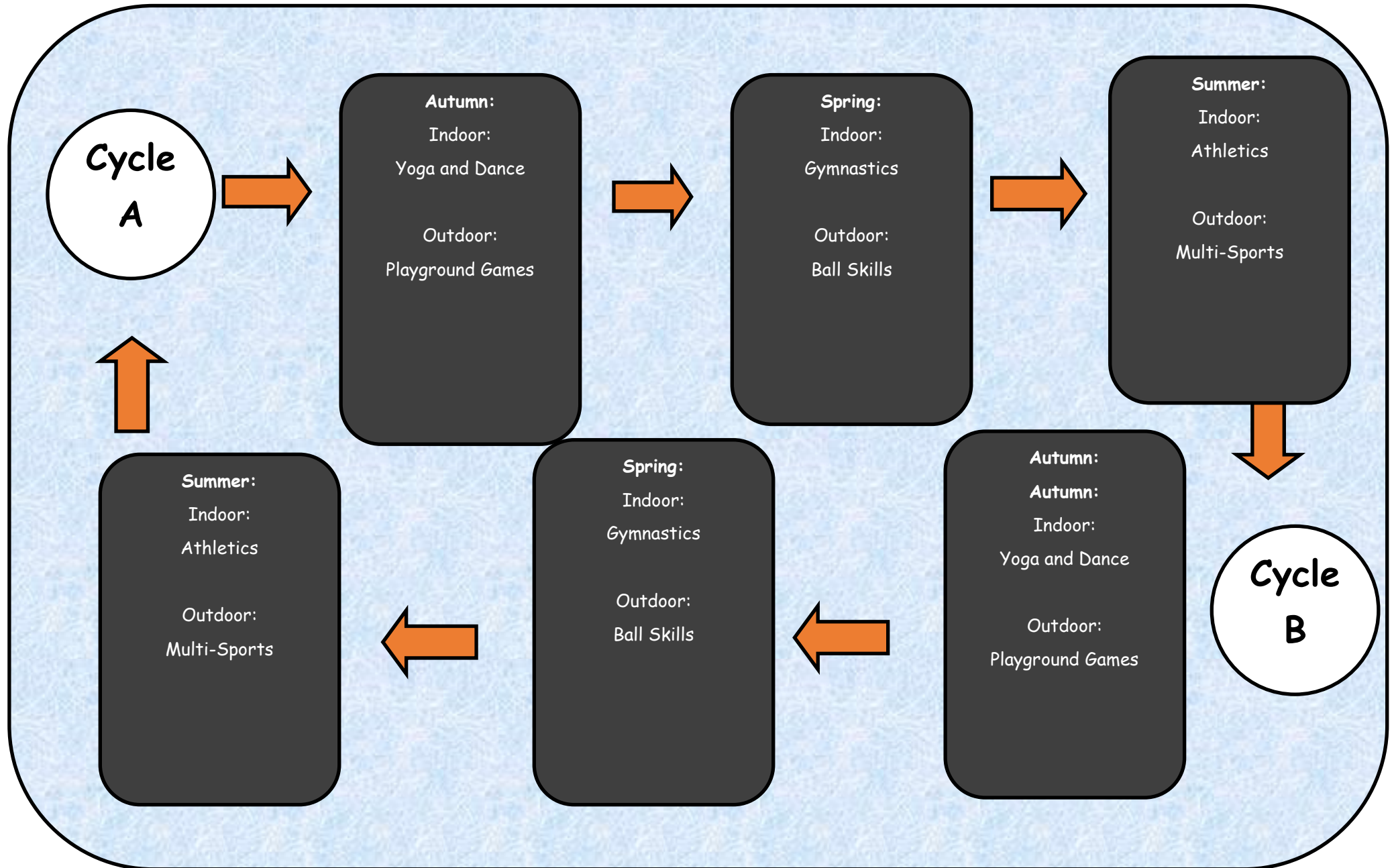
PE is vital to pupils' physical, mental, social and emotional development and health. At Newton Hill Community School, we encourage our children to reach their full potential in an inclusive, challenging and engaging environment. We aim to foster respect, creativity, resilience, enthusiasm and enjoyment of PE and Sports across the whole school from Early Years to Year 6. We want our children to leave with a passion for taking part in PE and to have a good attitude towards health and well-being.

We encourage and give our pupils the opportunity to participate in a range of active experiences which can lead to representing our school in local competitive events against other schools. Competition builds self-esteem and confidence and it encourages perseverance and teamwork. We strive to provide all children with access to a wide range of extracurricular sporting activities (which they can participate in during lunchtimes and after school), whilst also providing further opportunities throughout the year for pupils to try out new activities in our Fitness Fortnight.

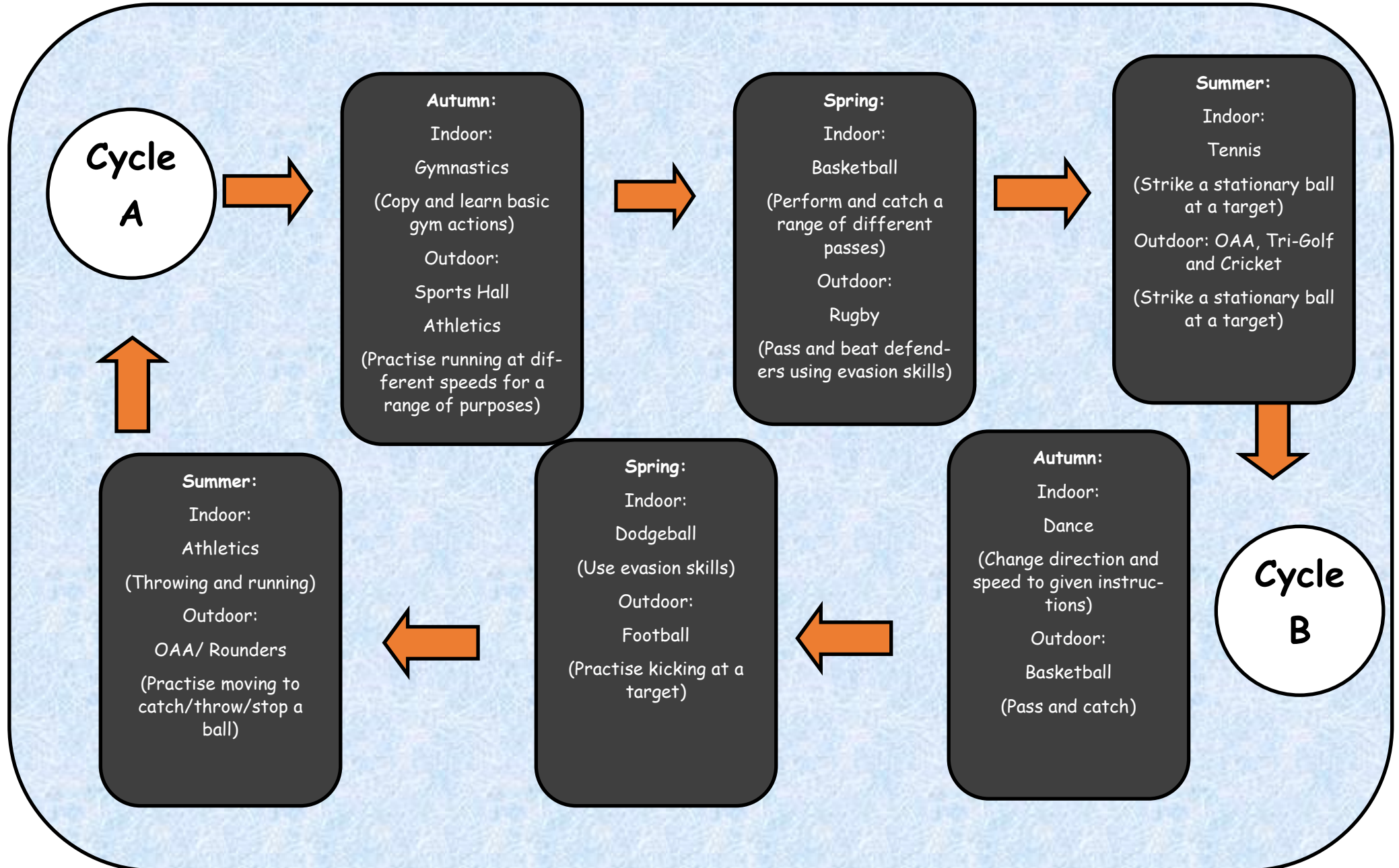
We deliver PE through:

- Using the framework and programme of study of the National Curriculum
- Promoting learning through a wide variety of teaching and learning styles
- Employment of specialist sports coaches to deliver sessions, teacher CPD and the opportunity to take part in inter-school competitions
- A fortnight dedicated to Fitness and well-being
- Sharing best practice within the Outwood Together clusters
- Teaching children fundamental movement skills
- Playing competitive games
- Supporting the less able pupils to reach realistic goals and beat targets
- Allowing our children to achieve their 'personal best'
- Identifying those pupils who are 'gifted and talented' and maximising their potential
- Supporting learners in evaluating their own progress and how to improve further
- Encouraging pupils to adopt active and healthy lifestyles

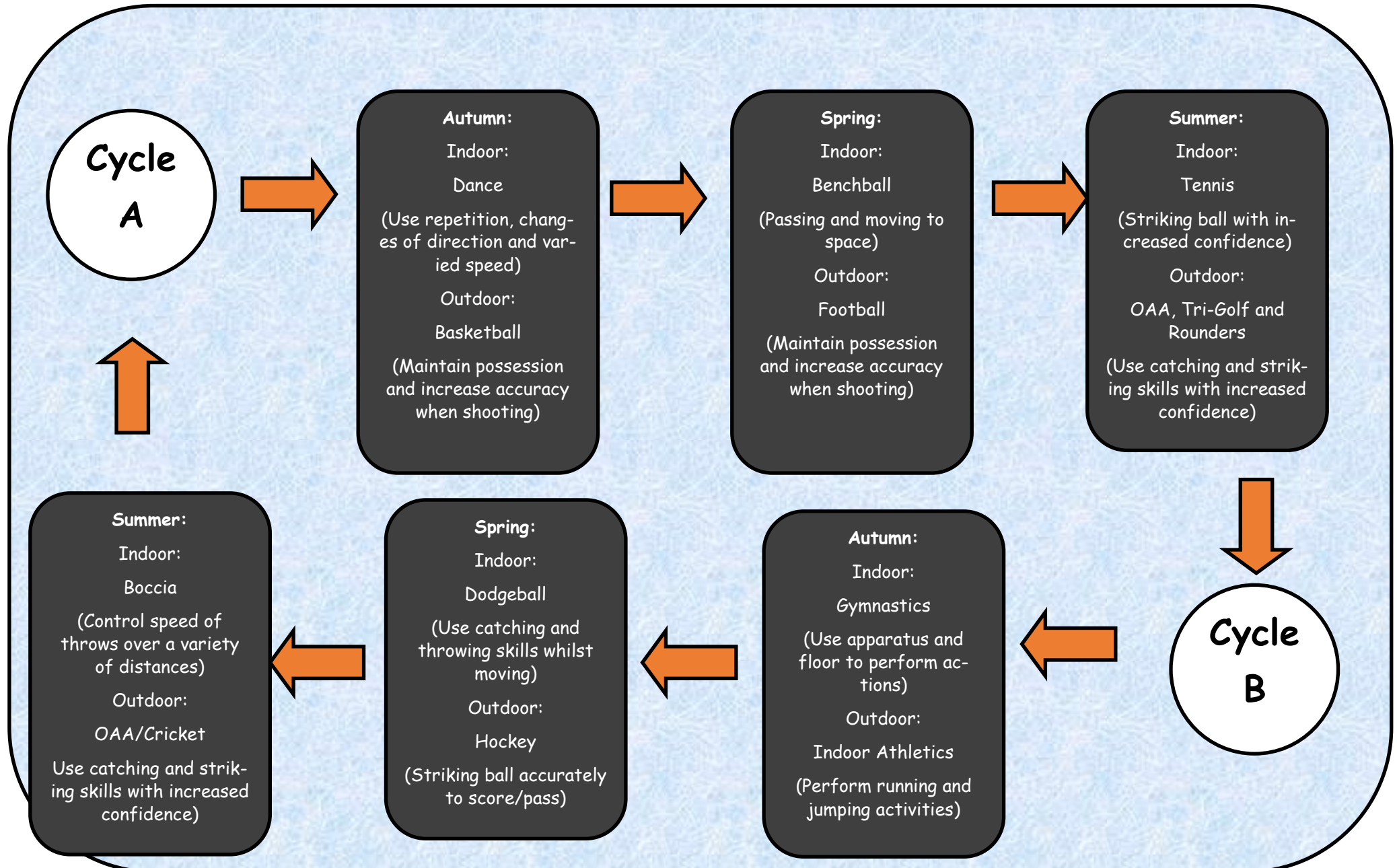
# Reception Journey



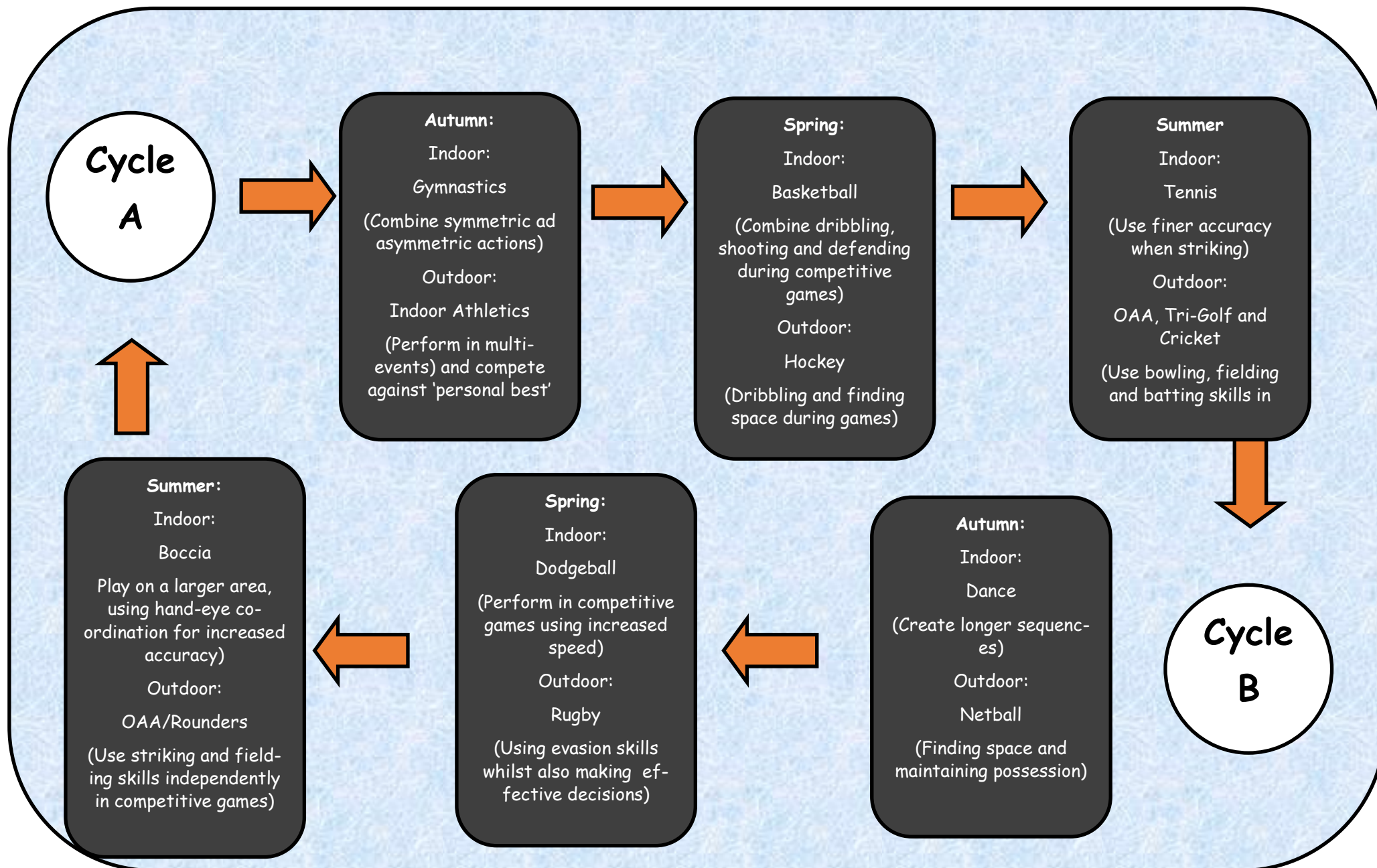
# Key Stage 1 Journey



## Lower Key Stage 2 Journey



## Upper Key Stage 2 Journey



## Nursery Skills

### PE Skills

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.

Go up steps and stairs, or climb up apparatus, using alternate feet.

Skip, hop, stand on one leg and hold a pose for a game like musical statues.

Use large-muscle movements to wave flags and streamers, paint and make marks.

Start taking part in some group activities which they make up for themselves, or in teams.

Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.

Match their developing physical skills to task and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length or width.

Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.

Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

Show a preference for a dominant hand.

Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.

# Reception Skills

## PE Skills

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.

Progress towards a more fluent style of moving, with developing control and grace.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

Use their core muscle strength to achieve a good posture when sitting at the table or sitting on the floor.

Combine different movements with ease and fluency.

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Develop overall body-strength, balance, co-ordination and agility.

Further develop and refine a range of ball skills including throwing, catching, kicking, passing, batting and aiming.

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

Explain the reasons for rules, know right from wrong and try to behave accordingly.

Work and play cooperatively and take turns with others.

Negotiate space and obstacles safely, with consideration for themselves and others.

Demonstrate strength, balance and coordination when playing,

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing,

Watch and talk about dance and performance art, expressing their feelings and responses.

Explore and engage in music making and dance, performing solo or in groups.

# Year 1 Skills

## Invasion Games

Explore different ways of using a ball.

Retrieve and stop a ball using different parts of the body.

Play a variety of running and avoiding games.

Participate in team games.

Pass and receive a ball in different ways with increasing control.

## Multi-skills and Athletics

Develop the fundamental skills of balance, co-ordination and agility.

Take part in activities such as bat and ball relay, sprinting and standing long jump.

## Striking and Fielding

Pass and receive a ball in different ways with control and increased accuracy.

Perform fielding techniques with increased control and accuracy.

Hit a stationary ball with increasing confidence and accuracy.

## Movement and Co-ordination

Respond to instructions and commands.

Learn a variety of basic gym actions.

Be still in different body shapes and balance.

Show a clear starting and finishing position.

Perform dance movements and simple routines using simple movement patterns.

## Year 2 Skills

### Invasion Games

Explore different ways of using a ball.

Recognise the best ways to score points and stop points being scored.

Play a variety of running and avoiding games, using different tactics to succeed.

Participate in team games with an emphasis on keeping possession.

### Multi-skills and Athletics

Develop balance, co-ordination and agility.

Run, throw and jump with increased control and co-ordination.

Take part in activities such as bat and ball relay, sprinting and standing long jump.

### Striking and Fielding

Pass and receive a ball in different ways with control and increased accuracy.

Perform fielding techniques with increased control and accuracy.

Hit a stationary ball with increasing confidence and accuracy.

### Movement and Co-ordination

Respond to instructions and commands.

Learn a variety of basic gym actions.

Be still in different body shapes and balance.

Show a clear starting and finishing position.

Perform dance movements and simple routines using simple movement patterns.

## Year 3 Skills

### Invasion Games

Practise passing to a partner using a number of different sending and receiving techniques.

Improve accuracy of passes and use space effectively.

Remain in control of ball when traveling.

Use communication skills effectively.

Play games that involve keeping possession and scoring in targets.

### Multi-skills and Athletics

Choose appropriate equipment to perform the challenges they are set.

Use a range of different techniques, skills and effort to meet challenges set for running, jumping and throwing.

Recognise and describe what their body feels like during different types of activity.

### Striking and Fielding

Consolidate and develop the range and consistency of their skills in striking and fielding games.

Begin to throw and catch with more accuracy.

### Movement and Co-ordination

Practise and concentrate on quality of movement.

Transfer weight smoothly from one part of the body to another.

Copy a partner's sequence.

Working alone and with partners, choose effective combinations to work in a sequence.

## Year 4 Skills

### Invasion Games

Play games that involve keeping possession and scoring in targets.

Plan ideas and tactics for invasion games.

Know what rules are needed to keep a game fair.

Evaluate how successful their tactics have been and know how to improve performances in future.

### Multi-skills and Athletics

Begin to learn about pacing and use their knowledge effectively over different-sized runs.

Combine basic actions and form simple jump combinations.

Throw at a target using an appropriate technique.

Recognise and describe what their body feels like during different types of activity..

### Striking and Fielding

Choose and use a range of simple tactics and strategies.

Keep, adapt and make rules for striking and fielding.

Throw and catch a ball with more accuracy.

### Movement and Co-ordination

Create, perform and repeat sequences that include travel, body shapes and balances.

Include changes in dynamics.

Work with a partner effectively.

Compare and contrast different performances.

## Year 5 Skills

### Invasion Games

Shield the ball effectively.  
Change speed/direction with the ball to evade defenders.  
Shoot accurately in a variety of ways.  
Mark an opponent effectively.  
Watch and evaluate the success of the games they played in.

### Multi-skills and Athletics

Know how to plan a run so they can pace themselves appropriately.  
Set themselves and others achievable targets in different events.  
Critique the performance of a partner, identifying strengths and areas to develop.  
Throw with some control, accuracy and efficiency.

### Striking and Fielding

Develop consistency with their skills within specific striking and fielding games.  
Strike a moving ball.  
Begin to use appropriate bowling and throwing techniques.

### Movement and Co-ordination

Explore a range of symmetric and asymmetric actions, shapes and balances.  
Control actions and combine them with some fluency.  
Be aware of extension, body tension and control.  
Watch a performance and evaluate successes/areas to develop.

## Year 6 Skills

### Invasion Games

Understand different ways to attack and defend.

To transfer from attack to defence effectively.

Understand different ways of attacking and encourage them to use positions for their team carefully.

Choose appropriate formations.

Know how to support other players in attack and defence.

### Multi-skills and Athletics

Develop consistency over a number of different events.

Increase the number of techniques they use.

Sustain pace over longer distances.

Throw with greater control, accuracy and efficiency.

Perform a range of jumps showing power, control and consistency at both take off and landing.

### Striking and Fielding

Use and adapt rules, strategies and tactics, using the basic principles of batting and fielding.

Strike a moving ball effectively.

Use appropriate bowling and throwing techniques.

### Movement and Co-ordination

Make up a sequence and adapt it to different layouts.

Use combinations of dynamics to use space effectively.

Make up longer, more complex sequences.

Work as a group and share rules fairly.