

Physical Education

What the National Curriculum says...

Key Stage 1	Key Stage 2
<p>Pupils 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.</p> <p>Pupils should 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 participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.</p>	<p>Pupils 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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> -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

St Buryan Academy Coverage and Progression – Concept Map

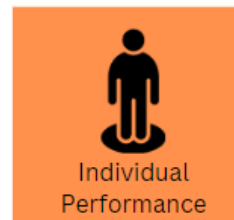


At St Buryan Academy we believe that all children are capable of demonstrating the characteristics of being a great sportsperson. Whether it be from the skills that they apply or the key concepts such as teamwork, leadership or showing the knowledge of healthy lifestyle; as well as the understanding of what impacts well-being and what can be done to support a positive one.

Through Physical Education at St Buryan School, we aim to provide all children with high quality school sport, physical activity and the teaching of skills and knowledge which will help pupils to succeed and achieve their potential, as well as to lead physically active lifestyles beyond our primary school.

We believe that physical activity inspires all pupils to succeed and excel in physically demanding activities and helps them to become confident in a way which supports their health and fitness throughout their lives. Therefore, we believe that our children should be physically active every day, whether through our daily activities, PE lessons, during break and lunchtimes or participating in after school clubs and competitions. We also believe that children should have the opportunity to compete in sport and other activities that build character and help to embed values such as leadership, teamwork, fairness, resilience and respect. Our school participates in many sporting competitions and events outside school, allowing our pupils to compete against a much wider range of pupils, providing a higher level of challenge. Together with signposting to clubs and sporting organisations outside of school, this can lead our pupils to compete at regional, national and even international events.

We believe there is a sport/activity that every child can enjoy and participate in. Therefore, we endeavour to give all children experiences throughout the year that they can then choose to follow up within the local community. Above all we want every pupil to enjoy physical activity so that they are inspired to lead fit, active and healthy lifestyles beyond primary school, and have the desire to continue through into adulthood.



Physical Education in Nursery

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives.

Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility.

Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.

Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy.

Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Our Nursery Physical Education opportunities are designed to help encourage children to develop their understanding of their bodies and movement, develop core strength and coordination, gross motor skills and fine motor skills. Activities will lay the foundations for skills needed in our Early Years Physical Education curriculum.

Key Concept/Skill	EYFS/Year 1	Year 2/3	Year 4/5/6
Running and Jumping	<ul style="list-style-type: none"> -Explore/develop walking in different pathways -Sustain walking -Explore marching -Apply walking into a game -Explore/develop jumping -Apply jumping into a game -Jumping for distance -Explore jumping high -Explore hopping 	<ul style="list-style-type: none"> -Explore dodging -Develop dodging -Apply dodging: explore attacking and defending -Apply dodging in teams -Consolidate jumping -Apply jumping into a game -Linking jumping, explore jumping combinations 	



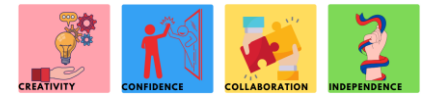
St Buryan Academy Coverage and Progression – Concept Map



	<ul style="list-style-type: none"> -Explore running -Apply running into a game -Explore running at different speeds -Running for speed: Acceleration -Explore running in a team -Consolidate running, apply running into a competitive game -Recap jumping Develop jumping, 1 foot to 2, 2 feet to 1, 2 feet to 2 etc. Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game 		
<p>Ball skills: Hands, Feet, Games for understanding</p>	<ul style="list-style-type: none"> -Explore pushing -Explore rolling -Explore bouncing and bouncing into space -Combine pushing, rolling and bouncing -Explore throwing overarm 	<ul style="list-style-type: none"> -Develop dribbling/passing and receiving -Combine dribbling, passing, receiving and keeping possession -Develop dribbling/passing and receiving to score a point 	



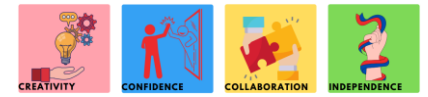
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	<ul style="list-style-type: none"> -Explore throwing underarm -Explore stopping a ball -Explore catching -Explore moving with the ball using feet -Develop moving with a ball using feet -Understand dribbling -Develop dribbling against opponent -Taking turn/keeping the score -Understanding and playing by the rules -Avoiding a defender -Preventing an attacker from scoring -Applying attacking and defending into a game -Introduce sending (bouncing) with control introduce aiming with accuracy -Introduce power and speed when sending a ball -Introduce/develop stopping, combining sending skills 	<ul style="list-style-type: none"> -Combine dribbling, passing and receiving to score a point -Consolidate children's application and understanding of underarm throwing -Apply the under arm and overarm throwing throw to win a game -Apply the underarm throw to beat an opponent -Develop dribbling/passing/receiving, keeping possession -Combine dribbling, passing and receiving keeping possession to score a point -Apply dribbling, passing and receiving as a team to score a point -Attacking/defending as a team -Understanding the transition between defence and attack -Create and apply attacking/defensive tactics 	
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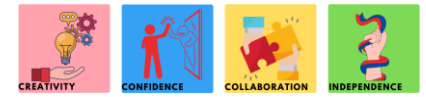
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	<ul style="list-style-type: none"> -Combine sending and receiving skills -Introduce throwing with accuracy -Apply throwing with accuracy in a team introduce stopping a ball -Develop sending (rolling) skills to score a point -Consolidate sending/stopping to win a game -Develop moving the ball using feet -Apply dribbling into games -Consolidate dribbling -Explore kicking (passing) -Apply kicking (passing) to score a point -Understanding the principles of attack/defence -Apply attacking/defending principles into a game -Consolidate attacking/defending 		
	<p><u>High, Low, Over, Under:</u></p>	<p><u>Linking:</u></p>	<p><u>Bridging:</u></p>



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<p>Gymnastics</p>	<ul style="list-style-type: none"> -Introduction to high, low, over and under -Introduction to the apparatus -Applying high and low on apparatus <p><u>Moving:</u></p> <ul style="list-style-type: none"> -Explore moving and making shapes using different body parts -Explore moving in different directions -Explore moving in different directions -Explore big and small ways of moving and making shapes -Moving in pairs and creating shapes <p><u>Wide, Narrow, Curled:</u></p> <ul style="list-style-type: none"> -Introduction to wide, narrow and curled -Explore the difference between wide, narrow and curled -Transitioning between movements -Linking two movements together <p><u>Body Parts:</u></p>	<ul style="list-style-type: none"> -Develop linking including on apparatus -Jump, roll, balance sequences/ on apparatus creation of sequences -Completion of sequences and performance <p><u>Pathways:</u></p> <ul style="list-style-type: none"> -Explore/develop zigzag pathways on apparatus -Creation of pathway sequences -Completion of sequences and performance <p><u>Symmetry and Asymmetry:</u></p> <ul style="list-style-type: none"> -Introduction to symmetry and asymmetry -Application of learning onto apparatus -Sequence formation and completion 	<ul style="list-style-type: none"> -Introduction to bridges -Application of bridge learning onto apparatus -Develop sequences with bridges -Sequence formation and completion <p><u>Counter Balance and Counter Tension</u></p> <ul style="list-style-type: none"> -Introduction to counter balance -Application of counter balance learning onto apparatus -Sequence formation -Counter tension -Sequence completion <p><u>Matching and Mirroring</u></p> <ul style="list-style-type: none"> -Introduction to matching/mirroring learning onto apparatus -Sequence development
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	<ul style="list-style-type: none"> -Introduction to big/small body parts -Combining big and small with wide, narrow and curled and transition between -Linking movements together 		
Dance	<ul style="list-style-type: none"> -Moving in sequence -Creating our own movements -Creating simple movement sequences -Responding in movement to words and music -Exploring contrasting tempos -Exploring character movements -Exploring expression -Developing our movements, adding movements together -Responding to a rhythm: Introducing partner work -Creating a sequence -Exploring relationships within movements 	<ul style="list-style-type: none"> -Responding to stimuli -Developing movements with expression and emotion -Applying choreography -Extending sequences, relationships and performance -Responding to stimuli -Developing character dance into a sequence -Developing sequences with a partner in character that show relationships -Extending sequences with a partner 	<ul style="list-style-type: none"> -Respond to stimuli working together -Extending sequences with a partner in character -Exploring two contrasting relationships and interlinking dance moves -Developing character movements -Creating movements to represent different characters -Extending performance incorporating props and apparatus linked to the variety of performers -Creating rhythmic patterns using body



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			<ul style="list-style-type: none"> -Extending choreography through controlled movements. -Character emotion and expression -Explore the relationships between characters applying emotion and expression -Performance and reflection
Invasion	<p>High 5/Netball: See Ball Skills – Hands</p> <p>Rugby: See locomotion – running and ball skills – hands</p> <p>Football: See Ball skills – Feet</p> <p>Hockey: See games for understanding</p>	<p>High Five/Netball:</p> <ul style="list-style-type: none"> -Recap - See Ball Skills – Hands -Introduce passing, receiving and creating space -Develop/combine passing and moving -Combine and develop passing and shooting <p>Rugby:</p> <ul style="list-style-type: none"> -Introduce moving with the ball, passing and receiving -Introduce tagging Create space when attacking -Develop passing and moving 	<p>High Five/Netball:</p> <ul style="list-style-type: none"> -Refine passing and receiving -Develop passing and dribbling creating space -Develop and refine passing, moving and shooting -Develop footwork <ul style="list-style-type: none"> -Refine passing and receiving -Apply passing, footwork and shooting into mini games, introduce officiating -Introduce defending -Explore the function of other passing styles

-Combine passing/moving to create attacking opportunities

Football:

- Introduce/develop dribbling keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce attacking and defending

Hockey:

- Introduce dribbling, keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

-Consolidate keeping possession, develop officiating

-Consolidate defending

-Create, understand and apply attacking/defending tactics in games situations

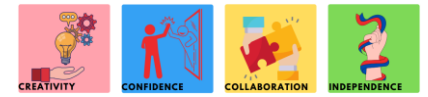
Rugby:

- Develop passing, moving and creating space
- Apply learning to 3 v 3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score
- Refine passing and moving to create attacking opportunities
- Explore different passes that can be used to outwit defenders
- Refine defending as a team
- Create and apply defending tactics
- Develop officiating

			<ul style="list-style-type: none"> -Consolidate passing and moving -Consolidate defending -Create, understand and apply attacking and defending tactics in game situations -Consolidate attacking and defending in mini and larger games. <p>Football:</p> <ul style="list-style-type: none"> -Refine dribbling -Turning -Refine passing and receiving -Develop passing and dribbling creating space -Introduce shooting <ul style="list-style-type: none"> -Refine dribbling and passing to maintain possession -Introduce and develop defending -Develop shooting -Refine attacking skills, passing, dribbling and shooting, introduce officiating
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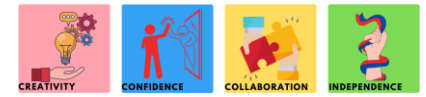


			<ul style="list-style-type: none">- Consolidate keeping possession, develop officiating- Consolidate defending- Organise formations and manage teams- Organise formations decide tactics, manage teams and officiate games <p>Hockey:</p> <ul style="list-style-type: none">- Refine dribbling and passing- Develop shooting; combine passing and dribbling to create shooting opportunities- Develop passing and dribbling creating space for attacking opportunities- Introduce defending; blocking and tackling <ul style="list-style-type: none">- Develop defending, block and tackling- Recap and refine dribbling and passing to create attacking opportunities- Refine attacking skills, passing and dribbling and shooting
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			<ul style="list-style-type: none"> -Refine defending skills developing transition from defence to attack -Consolidate keeping possession, develop officiating -Consolidate defending -Create, understand and apply attacking and defending tactics in game situations
Athletics	See locomotion – running and jumping	<p>See locomotion – running and jumping</p> <ul style="list-style-type: none"> -Explore running for speed -Explore acceleration -Introduce/develop relay: running for speed in a team -Throwing: accuracy vs distance -Standing long jump 	<ul style="list-style-type: none"> - Developing running at speed -Exploring our stride pattern -Exploring running at pace -Understand and apply tactics when running for distance -Introduce the soft Javelin and jumping techniques -Finishing a race -Evaluating performances -Sprinting: My personal best -Relay changeovers -Introduce Shot Put -Introduce hurdles



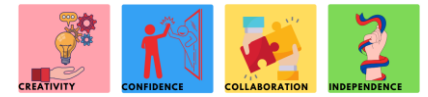
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			<ul style="list-style-type: none"> -Running for speed competition -Running for distance competition -Throwing competition -Jumping competition
Net and wall	Tennis: See Ball skills - Hands	<p><i>See Ball skills – Hands</i></p> <ul style="list-style-type: none"> -Introduce tennis, outwitting an opponent -Creating space to win a point -Consolidate how to win a game introduce rackets -Introduce the forehand 	<ul style="list-style-type: none"> -Developing the forehand -Creating space to win a point using a racket to introduce the backhand -Apply the forehand and backhand in game situations -Applying the forehand and backhand creating space to win a point -Introduce/develop the volley -Controlling the game from the serve -Doubles, understanding and applying tactics to win a point -Game application -Game application, mixed ability doubles, round robin games
Striking and fielding	Cricket and Rounders: See Ball skills - Hands	Cricket and Rounders: See Ball skills – Hands	-Develop fielding, bowling with a backstop



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- Introduce to rounders
- Introduce overarm throwing
- Apply overarm and underarm throwing
- Introduce stopping the ball
- Application of stopping the ball in a game

- Introduce batting; how
- Develop batting; where and why
- Introduce and apply basic fielding tactics

- Develop fielding tactics maximising players
- Understand what happens if the batter misses the ball
- Refine fielding tactics, what players where?
- Apply tactics in games

- Introduction to full rounders
- Consolidate fielding tactics
- Refine our understanding of what happens if the batter misses or hits the ball backwards
- Batting considerations