

PHYSICAL EDUCATION AT ALBAN CITY SCHOOL

At Alban City School, we place children's happiness and wellbeing at the heart of everything we do. Through our physical education (PE) curriculum, combined with cross curricular learning in PSHE and Science, we aim to teach children about the importance of health and fitness. We hope that by participating in a wide range of sports and physical activities, children will develop a lifelong enjoyment of being physically active and adopt healthy lifestyles, which in turn will support their mental wellbeing. In PE we also aim for children to develop resilience, confidence and self-esteem as well as improving their focus and stamina. Through their participation in individual and team sports, we encourage them to develop the Olympic values of friendship, excellence, respect, courage, determination, inspiration and equality.

Our P.E. lessons include a warm up activity, clear teaching of discrete skills/techniques, the practice of skills within a game or performance, a cool down activity followed by key stretches for the muscles worked in the lesson. Throughout different units, children will improve their agility, balance, flexibility and coordination, which will improve their overall accuracy. Each lesson builds on from the previous one, allowing time for children to develop their confidence and combine different skills through repetition. During games and performances, children will be taught to show respect and offer constructive feedback to their peers. This is supported by our use of P.E. Superstar which recognises performance (excellence, skill and application in games), fair play (friendship, inclusion, equality, respect, encouraging and inspiring others) and determination (courage, attitude, perseverance and resilience), with two pupils nominated each lesson. Pupils will also develop an understanding of how their bodies work and move, including the scientific aspects of the heart, lungs and how oxygen is delivered to the muscles, as well as enjoying the freedom to express themselves through the movement of their body in dance and gymnastics.

We aim to provide opportunities for pupils to experience new sports and outdoor and adventurous activities offsite, which are included in our separate PE overview document. The children will also be given opportunities to represent Alban City School in both competitive and non-competitive events across a range of sporting activities.

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> - rolling - crawling - walking - jumping - running - hopping - skipping - climbing <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p>	<p>Explore basic travelling movements, actions and shapes</p> <p>Explore travelling on benches and simple low level apparatus.</p> <p>Link simple movements patterns together to create a short sequence.</p> <p>Develop agility, balance, coordination and strength</p>	<p>Explore ways of travelling around on low/medium apparatus safely with control.</p> <p>Remember and repeat simple gymnastic actions with accuracy.</p> <p>Balance on isolated parts of the body. Create individual balances to be strong, still and stretched.</p> <p>Introduce ways to roll including pencil, teddy bear and army.</p> <p>Link together a number of gymnastic actions into an individual sequence.</p>	<p>Explore jumping techniques of take off and landing safely.</p> <p>Develop jumping onto and off of different apparatus</p> <p>Introduce army and forward rolls.</p> <p>Work with a partner to create and compose a sequence that includes jumping and rolling skills with a clear starting and finishing position.</p> <p>Evaluate and improve own and others' performance</p>	<p>Identify when strength and flexibility are required to complete actions.</p> <p>Identify and practise symmetrical and asymmetrical body shapes.</p> <p>Construct sequences using individual and paired balances</p> <p>Use counter balances and incorporate them into a sequence.</p> <p>Perform movements in canon and in unison.</p> <p>Perform and evaluate own and others' sequences</p>	<p>Development of rolling actions of army/forwards/backwards and dive rolls on apparatus.</p> <p>Link with a variety of transitional travelling movements.</p> <p>Perform group sequences in canon and unison using large apparatus.</p> <p>Perform and evaluate own and others' sequences giving constructive feedback.</p>	<p>Understand how to use the vault safely and effectively.</p> <p>Use flight as a way to demonstrate different shapes in the air such as star, tuck, straddle, straight, pike, twists.</p> <p>Construct sequences using travel, rolling, balance and flight in small groups using apparatus.</p> <p>Perform and evaluate own and others' sequences.</p> <p>Understand the fitness benefits of gymnastics and how these can be applied to everyday life.</p>

<p style="text-align: center;">Dance</p>	<p>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.</p> <p>Combine different movements with ease and fluency.</p>	<p>Repeat simple dance actions.</p> <p>Explore basic body patterns and movements to music.</p> <p>Identify different characters and emotions and link them to music.</p>	<p>Compose and perform simple dance phrases.</p> <p>Show contrasts in simple dances with good body shape and position.</p> <p>Respond imaginatively to character and narrative.</p> <p>Develop a range of dance movements with a focus on timing and rhythm.</p>	<p>Explore dance movements individually and in small groups.</p> <p>Develop emotion and expression to music.</p> <p>Use knowledge of dance to create a storyboard in small groups.</p> <p>Work cooperatively within a group to create a dance routine.</p> <p>Perform in front of others with confidence.</p>	<p>Demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>Create partnered dances that reflect the dancing style and music.</p> <p>Perform and evaluate own and others' work.</p>	<p>Compare and contrast different movements related to a variety of stimuli.</p> <p>Create a complex sequence with motifs and a variety of movement patterns.</p> <p>Include different levels, speeds and pathways within the routine.</p> <p>Perform and evaluate your own and others' work.</p>	<p>Create and compose a structured group routine to a modern pop song.</p> <p>Work collaboratively as a team.</p> <p>Focus on timings, clarity of movements, and group awareness.</p> <p>Communicate the artistic intention of dance clearly, fluently, musically and with control.</p> <p>Evaluate and improve their own and others' performance.</p>

Games

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

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination 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.

Develop and combine a number of movement patterns such as running, jumping, skipping, hopping and side stepping.

Perform different types of agility, balance and coordination stations.

Perform stop, start and running at different speeds.

Have awareness of space and surrounding areas.

Travel and change directions with control.

To develop basic throwing and catching techniques.

Explore bouncing and rolling different sized balls.

Use ball skills in game based activities.

Develop hand-eye/foot eye coordination to control a ball.

Catch a variety of objects such as bean bags and different sized balls using one and two hands.

Develop bouncing and catching over a range of heights and distances.

Compare underarm and overarm throwing techniques.

Dribble a ball using hands and feet.

Use different sized balls to send and receive/pass, introducing a defender.

Understand when to shoot or pass when participating in invasion games.

Apply simple techniques to strike a stationary and

Invasion
Spatial awareness of themselves, own team and opposition when playing team games.

Understand passing techniques over short and longer distances, with a focus of transfer of weight.

Receiving balls along the ground and in the air.

Understand the difference in technique between catching high and low balls

Apply skills and simple tactics to overcome opponents in small-sided games.

Identify and follow the rules of games and apply them consistently, such as the footwork rule in netball.

Invasion
Identify methods to keep possession of the ball.

Apply ABC (agility, balance and coordination) techniques when playing small sided games.

Identify and apply ways to move the ball towards an opponent's goal through team positioning.

Learn concepts of attack and defence.

Play in a mini competition.

Invasion
Develop an understanding and knowledge of rules and apply them consistently.

Use attacking and defensive strategies to overcome opponents.

Develop different ways to pass including disguised passes and "faking"

Understand the importance and how to 'get free' in order to receive a pass by changing speed and/or direction

Demonstrate a range of defending skills and understand how to mark an opponent "goal side"

Understand the key positions in team games and their roles and responsibilities

Invasion
Lead effective team warm ups including skills practice with dynamic stretching

Identify which players will suit certain positions on the pitch

Select and apply a range of passing techniques in order to create space for scoring opportunities within small sided games

Work cooperatively as a team and apply the principles of attacking and defending

		<p>Increase awareness of boundaries.</p> <p>Understand how to move away from opponents in different ways such as forward, sideways and backwards.</p> <p>How changing directions and moving into space aids performance.</p>	<p>moving ball such as in cricket, tennis or rounders, including grip and stance.</p> <p>Use ball skills in small sided invasion/team games.</p>	<p>Striking and Fielding Introduction to batting using different equipment such a tennis racket/cricket and rounders bats</p> <p>Selecting different ways of throwing (underarm and overarm) and to know when it is appropriate to use each one in games</p> <p>Ensure ready position is adopted for fielding and catching</p> <p>To know how to play a striking and fielding game and apply the basic rules</p> <p>Net and Wall Develop simple racket skills for ball familiarisation skills</p> <p>Be able to play forehand and backhand shots in isolation and with a</p>	<p>Striking and Fielding Use hand-eye coordination to strike a moving and a stationary ball using transfer of weight.</p> <p>Understand where to hit shots and why</p> <p>Develop fielding positions and understand their importance when playing a game.</p> <p>Net and Wall Accurately serve underarm, and have receiving ready position</p> <p>Develop rallying with a partner, focusing</p>	<p>Striking and Fielding Apply principles of batting by hitting into spaces, varying direction and length</p> <p>Develop long barrier and fielding skills when stopping the ball</p> <p>Understand when and how to run between wickets/posts to score runs/points</p> <p>Perform bowling actions with accuracy and control repeatedly to apply pressure to the batting team.</p> <p>Net and Wall Develop accuracy and consistency for ground strokes and volleys</p> <p>Serve with overarm technique if confident</p>	<p>Striking and Fielding Throw and catch consistently and accurately using a variety of techniques under pressure</p> <p>Demonstrate appropriate length and accuracy when bowling</p> <p>Use appropriate fielding skills to stop the ball effectively</p> <p>Apply a range of batting shots to outwit opponents using power and placement</p> <p>Demonstrate positional team play, use appropriate tactics, and be able to understand key rules to keep scores</p> <p>Net and Wall Demonstrate and use the correct grip of the racket and understand how and why to get into the ready position after every stroke</p>
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				<p>partner, focusing on grip and stance</p> <p>Introducing serving to start a game, and keeping basic scoring system</p> <p>Identify ways in which one's own performance can be improved</p>	<p>on accuracy of strokes</p> <p>Develop a variety of shots (forehand/backhand /volley) and explore when different shots should be played in game situations</p> <p>Play a competitive singles and doubles tennis game on a modified court, applying simple rules</p>	<p>Understand how to move opponents around the court and how to apply pressure to weaknesses</p> <p>Use the scoring system and court for singles tennis, and apply within competitive modified matches</p> <p>Take responsibility for safe use and care of equipment</p>	<p>Refine hand/eye coordination through a range of tasks</p> <p>Understand how to serve effectively and set up attacking principles</p> <p>Recognise when to attack or defend during competitive situations</p> <p>Understand how to use different shots to outwit an opponent in a game</p> <p>Develop knowledge, understanding and application of positions for singles, doubles or team games, and be able to apply basic rules and scoring systems</p>
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<p style="text-align: center;">Athletics</p>	<p>Children show good control and coordination in large and small movements</p> <p>They move confidently in a range of ways, safely negotiating space</p> <p>They handle equipment and tools effectively.</p>	<p>Running over different distances using a variety of speeds (pacing)</p> <p>Explore different footwork patterns</p> <p>Explore simple throwing and jumping techniques using different implements</p> <p>Compare previous scores with personal bests</p>	<p>Understand how to take off and land safely</p> <p>Throw different objects in a variety of ways</p> <p>Transfer of weight when throwing greater distances</p> <p>How to pace over different distances</p> <p>Improving agility by completing an obstacle course, and comparing personal best times</p>	<p>Focus on head, arms and legs techniques when running</p> <p>Throw different implements demonstrating control and accuracy</p> <p>Jumping for distance using different footwork patterns</p> <p>Understand the relay and how to pass the baton in a team</p> <p>Compete in a mini Olympics competition, and record the scores</p>	<p>Select and maintain a running pace for different distances (Stamina)</p> <p>Identify techniques of throwing with power and accuracy</p> <p>Throw safely and effectively into space</p> <p>Participate in a mini Olympic competition</p> <p>Compare running, jumping and throwing scores with previous ones</p>	<p>Identify the different principles of throwing using a variety of objects</p> <p>Refine relay running techniques in small team races</p> <p>Explore different footwork patterns for run ups when jumping</p> <p>Use simple scoring systems of times and distances and compare recordings</p> <p>Understand how different actions/events require different components of fitness</p>	<p>Incorporate sprint starts and understand their effectiveness</p> <p>Investigate how arms and legs can enhance throwing and jumping heights and distances</p> <p>Explore different footwork patterns in hurdles (3 steps between)</p> <p>Utilise all the skills learned in previous units and apply in mini Olympic competition</p>
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Swimming						<p>Perform safe self-rescue in different water based situations</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p>	
	Health related exercise	<p>Know and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian <p>Manage their own needs.</p>	<p>Have a basic understanding of what is happening to their bodies and why, including vocabulary such as heart, lungs, breathing, muscles, warm ups.</p>	<p>Have a good knowledge of a number of movement patterns and can lead their own warm up activities.</p> <p>Know how heart rate increases to deliver blood and oxygen to the working muscles.</p>	<p>Understand the process of breathing in oxygen, travelling to the lungs – heart and working muscles.</p> <p>Introduce basic muscle groups such as quadriceps and hamstrings.</p>	<p>Understand the difference between resting and maximum heart rates, and how exercise can affect the body.</p> <p>Have an understanding of strength, speed, stamina, and suppleness.</p>	<p>Understand the basic components of fitness and know how and why we warm up using dynamic stretching, and cool down.</p> <p>Major muscle groups introduced such as pectorals, biceps, triceps, abdominals.</p>