



Ravenshead C of E Primary School - PE Curriculum Coverage

PE Curriculum Purpose/ Intent - Due to the majority of our children having access to sports outside of school, we have designed our curriculum coverage around exposing the children to unusual sports that they may not have done outside school. The main aim is for all children to have access to as many spots as possible in order to find their strength as well as promoting an active lifestyle.

Aims of Sports Funding - We use the majority of our school sports funding on quality sports coaches that help develop staff CPD. Staff team teach and observe lessons in order to improve their own skills. We also use this money to fund transport to competitive sport events and participation in competitive sports leagues (basketball/ football).

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Ravenshead
C of E Primary School

Ravenshead C of E Primary School Curriculum Coverage - PE - EYFS and KS1

<u>Foundation</u>	<u>Year 1</u>	<u>Year 2</u>
	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. 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.	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. 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.
	Throwing and Catching (Invasion Games) Partner Games (Strike and Field) Handball Gymnastics (Position and Direction) Dance - Fictional Characters/ Traditional Tales Multi-sports Dance - Jungle Animals Balance and Control (Net games) Running and Jumping (Athletics) Creative Play (Outdoor Adventure) Ball Control (Invasion) Tennis Golf	Dance - Fictional Characters Pirates Handball Gymnastics - Balance and Coordination Sending and Receiving (Invasion) Dance - Animals Kicking and Dribbling (Invasion Hockey and Football) Rule Making - Outdoor Adventure Movements - Athletics Group Games - Field/Strike Multisport Tennis

Ravenshead C of E Curriculum Coverage - PE - EYFS and KS2

<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
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. Pupils should be taught to: • 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	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. Pupils should be taught to: • 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	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. Pupils should be taught to: • 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	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. Pupils should be taught to: • 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 <u>Swimming and water safety</u> All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.	• compare their performances with previous ones and demonstrate improvement to achieve their personal best <u>Swimming and water safety</u> All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations.	• compare their performances with previous ones and demonstrate improvement to achieve their personal best	• compare their performances with previous ones and demonstrate improvement to achieve their personal best
Over the net Pop Lacrosse Dance Style - Bollywood Swimming Gymnastics - Symmetrical Shapes Athletics Dribbling to invade (hockey/ football) Being an Athlete Thinking Aloud (Outdoor Adventure)	Swimming Tennis ce Electricity (e and Field) Hockey and Football (Dribbling and Movement) Basketball Decisions (Outdoor Adventure) Gymnastics - What's my direction?	Athletics Pop Lacrosse Gymnastics - Travelling and Turning, Abstract angles Dance - Rock and Roll Rules and Concepts (Invasion - Football and Netball) Basketball Exploring, Striking and Fielding Invasion in a Team (Ball Skills) Leadership (Outdoor Adventure) Golf	Athletics Invasion (Competitive) Hockey Gymnastics - Perfecting in which quadrant Basketball Striking and Fielding (teamwork) Rounders Dance - Dance Street Finding Success (outdoor adventure)