



KS1 National Curriculum	KS2 National Curriculum
<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:</p> <ul style="list-style-type: none"> ♣ 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>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.

PE Curriculum Statement of Intent:

At Featherstone Wood we intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We aim to inspire, engage and accelerate progress in the core P.E skills though delivering excellent lessons that motivate and challenge all pupils. Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities. These sessions are either delivered by specialist coaches or class teachers during PE lessons.



	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>	<u>School Games Values</u>
EYFS	Fundamental movement skills	Ball/multiskills	Movement to music	Gymnastics	Ball/multi skills	Fundamental movement skills	<p>Determination: Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back.</p> <p>Honesty: Be Honest with others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.</p> <p>Passion: Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.</p> <p>Respect: Treating others politely and with understanding. Accepting life's 'ups and downs' with grace. Respect every day, in everything you do and for everyone around you.</p> <p>Self-Belief: You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.</p> <p>Teamwork: Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.</p> <p><u>Beacon 1</u></p> <ul style="list-style-type: none"> Begin to apply the school games values independently: determination, honesty, passion, respect, self-belief, team-work <p><u>Beacon 2</u></p> <ul style="list-style-type: none"> Refer to the school games values for self - assessment and peer assessment of performance: determination, honesty, passion, respect, self-belief, team-work <p><u>Beacon 3</u></p> <ul style="list-style-type: none"> Independently apply the school games values to their own practise and adapt performance accordingly, including supporting each other: determination, honesty, passion, respect, self-belief, team-work
Year 1	Multiskills Movement to music	Gymnastics Striking and fielding	Movement to music multiskills	Invasion games Gymnastics	Striking and fielding Invasion games	Athletics and sports day activities	
Year 2	Multi skills Movement to music	Gymnastics Striking and fielding	Movement to music multiskills	Invasion games Gymnastics	Striking and fielding Net/wall activities	Athletics and sports day activities	
Year 3	Invasion games Dance	Gymnastics Striking and fielding	Dance Invasion games	Net/wall activities Gymnastics	Striking and fielding Net/wall activities	Athletics and sports day activities	
Year 4	Invasion games Dance	Gymnastics Striking and fielding	Dance Invasion games	Net/wall activities Gymnastics	Striking and fielding Net/wall activities	Athletics and sports day activities	
Year 5	Invasion games Dance	Gymnastics Striking and fielding	Dance Invasion games	Net/wall activities Gymnastics	Striking and fielding Net/wall activities	Athletics and sports day activities	
Year 6	Invasion games Dance	Gymnastics Striking and fielding	Dance Invasion games	Net/wall activities Gymnastics	Striking and fielding Net/wall activities	Athletics and sports day activities	



	Key Skills and Knowledge		
	Beacon 1	Beacon 2	Beacon 3
Knowledge	<ul style="list-style-type: none"> Begin to apply the school games values independently: determination, honesty, passion, respect, self-belief, team-work Use some key terms from the sport they are learning 	<ul style="list-style-type: none"> Refer to the school games values for self - assessment and peer assessment of performance: determination, honesty, passion, respect, self-belief, team-work Recall key terminology from the sports they are learning 	<ul style="list-style-type: none"> Independently apply the school games values to their own practise and adapt performance accordingly, including supporting each other: determination, honesty, passion, respect, self-belief, team-work Independently apply a wide range of terminology from the sports they are learning
	Understand the following key vocabulary:		
	Target Direction Control Balance Sportsmanship Reflection Inclusive	Target Aim Direction Control Balance Sportsmanship Reflection Inclusive	Target Aim Direction Control Balance Sportsmanship Reflection Inclusive
Skills	<ul style="list-style-type: none"> Hold a balance with control Walk, run, hop, skip and jump with control Accurate overhand and underhand throws Catch a large ball Begin to use bats and rackets effectively Explore a wide range of body movements in the context of dance, showing personal response to stimuli Positive participation in team games Show confidence in water by floating flat on the front and back (with or without a flotation device) 	<ul style="list-style-type: none"> Hold a range of balances within a sequence Move appropriately in game situations Throw accurately and make appropriate throwing choices in game situations Use bats and rackets effectively in game situations Catch objects ranging in size and weight Dance showing awareness of position, control, timing and sequence Show an understanding of attacking and defending in team games Swim 15m unaided 	<ul style="list-style-type: none"> Hold a range of balances both on and off equipment, showing control Effectively evaluate own movement within game situations and work on improvements Effectively evaluate own throwing skills within game situations and work on improvements Catch and strike effectively in game situations and evaluate own performance, identifying areas for development and practise Evaluate own performance in team games based on attacking and defending skills and identify areas for development and practise Choreograph dance sequences in response to stimuli, focusing on position, control, timing and sequence Swim 25m unaided



Clubs and competitions

At Featherstone Wood we offer a wide range of sporting activities for children to participate in during lunchtime and after school. Our supervised, energising activities engage children of all ages, helping them to develop social skills whilst participating in fun PE games. We involve children in a number of different activities and include children of all ages and abilities. We are also introducing a gymnastic club in which the children can work towards earning certificates for their achievements.

As a school we also take part in various events and competitions throughout the year, we are currently on our Bronze award for School games and are working towards achieving our silver award. Through the year the children take part in mini Olympics, both KS1 and KS2 take part and thoroughly enjoy the range of activities that are provided for them. Bell boat and Dragon boat racing events are also attended by KS2 children in the school, at these events the children take part in a very unique experience working as a team to compete with other local schools.