



PE KS 1

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.

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.

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.

At Dane Ghyll Community Primary School pupils will be taught how 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.

At Dane Ghyll Community Primary School children will swim regularly as part of the PE curriculum from Year Two onwards, they will have taster swimming sessions in earlier years. Children in all years will have the Cricket lessons with a cricket coach throughout the year.

PE – KS1

Year 1

Dance

Children will be:

- Making and holding shapes
- Copying and repeating actions

Gymnastics

Children will be:

- Linking movements together with increasing control
- Travelling in different directions

Multiskills – throwing and catching

Children will be:

- Throwing and catching different sized balls and objects.

Multiskills – kicking and passing

Children will be:

- Kicking and passing different balls.

Strike and Field

Year 2

Gymnastics

Children will be:

- Creating simple sequences
- Using different apparatus

Dance

Children will be:

- Creating short sequences to music

Multiskills – team games

Children will be:

- Introduced to team games
- Playing simple passing games

Net and Wall

Children will be:

- Playing games using rackets

Children will be:

- Hitting a static ball using a bat
- Playing games involving a bat and ball

Athletics

Children will be:

- Developing running techniques
- Taking part in a range of athletic activities

Strike and Field

Children will be:

- Playing small sided games
- Hitting, catching and passing balls

Athletics

Children will be:

- Building and developing athletic skills and techniques

Swimming

Children will be:

- Introduced to water
- Learning basic swimming techniques.

Key Skills Progression

Over the year, children will develop the following skills:

- Making and holding shapes
- Making movements in that shape
- Making low and high level movements
- Dancing/pretending to dance with an object
- Following and creating basic movements to music in their own space.
- Copying and repeating actions
- Exploring movements with increasing control.
- Linking 3 or more movements together.
- Traveling in different directions with varying speed and at different levels
- Developing increased accuracy and technique when throwing over arm and underarm, including at a target
- Catching different sized balls
- Throwing and catching different shaped objects - bean bags, scarfs etc
- Dribbling a ball with their feet to move around cones.
- Changing direction whilst dribbling.
- Stopping a ball with their foot
- Dribbling with a basketball and moving around in a space
- Passing the ball with increased accuracy and distance
- Practising kicking at a target
- Hitting a static ball using a bat
- Scoring 'runs' after hitting a static ball.
- Throwing a ball into space in order to learn how to 'score' in a strike and field game.
- Retrieving a ball as speed to experience 'fielding'

Over the year, children will develop the following skills:

- Copying and repeating simple actions
- Creating a short sequence with a partner
- Moving in time to music
- Using different transitions between moves
- Changing the speed of their actions, to music
- Using simple choreographic devices such as unison, canon and mirroring.
- Linking movements, jumps and ways to travel to form simple sequences with control
- Performing and developing balances with different body parts at varying levels.
- Exploring jumping and balances using apparatus such as benches and vaults
- Performing pencil jump with and without a spring board
- Jumping on and off a bench and a low vault with increased control.
- Performing pike, tuck and pencil jumps
- Increasing consistency when throwing and catching standard sized balls.
- Practising throwing and catching, or dribbling and passing whilst moving.
- Passing and receiving on the move whilst in a small space with others around with a focus on finding space
- Playing simple passing games (not against other team) with focus on passing, moving and finding space
- Developing points scoring

- Using the running track to practise sports day events.
- Running in lanes
- Running in a relay
- Jumping with a sack
- Sprinting technique

- Learning a technique for holding and using a racket and hitting a static ball
- Hitting a ball that bounces in front of them
- Hitting a ball that has been bounced towards them.
- Practising being able to return a ball in a small rally
- Hitting a ball using a large bat
- Catching and receiving a ball
- Hitting, kicking or throwing into a space to avoid fielders.
- Following the rules of a game to score runs/rounders/points.
- Retrieving a ball as speed to experience 'fielding'
- Fielding a ball and work at speed to stop the batter
- Using the running track to practise sports day events.
- Running in lanes
- Running in a relay
- Jumping with a sack
- Sprinting technique
- Longer distance running
- Exit and entering water safely
- Swim using a float
- Begin to gain confidence in water
- Begin to jump in to water



PE KS 2

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.

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.

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.

At Dane Ghyll Community Primary School pupils will be taught how 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.
- 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.

At Dane Ghyll Community Primary School children will swim regularly as part of the PE curriculum from Year Two onwards. Children in all years will have the Cricket lessons with a cricket coach throughout the year.

PE – KS2

Year 3	Year 4	Year 5	Year 6
<p><u>Cross Country</u> Children will be:</p> <ul style="list-style-type: none"> • Running at a sustainable pace • Learning breathing techniques <p><u>Dodgeball</u> Children will be:</p> <ul style="list-style-type: none"> • Learning the standard rules of the game <p><u>Dance</u> Children will be:</p> <ul style="list-style-type: none"> • Creating and performing dances. <p><u>Basketball</u> Children will be:</p> <ul style="list-style-type: none"> • Learning ball control <p><u>Hockey</u> Children will be:</p> <ul style="list-style-type: none"> • Learning key hockey skills using correct equipment <p><u>Tennis</u> Children will be:</p> <ul style="list-style-type: none"> • Bouncing and controlling a ball • Learning how to win points <p><u>Strike and Field Games</u> Children will be:</p> <ul style="list-style-type: none"> • Playing a variety of adapted strike and field games. <p><u>Athletics</u> Children will be:</p> <ul style="list-style-type: none"> • Building on previous athletic skills in preparation for Sports Day <p><u>Swimming</u> Children will be:</p> <ul style="list-style-type: none"> • Gaining confidence in water • Learning water safety 	<p><u>Cross Country</u> Children will be:</p> <ul style="list-style-type: none"> • Running at a sustainable pace <p><u>Netball</u> Children will be:</p> <ul style="list-style-type: none"> • Passing and receiving using netball passes • Shooting with correct technique. <p><u>Dodgeball</u> Children will be:</p> <ul style="list-style-type: none"> • Developing tactics to win games. <p><u>Hockey</u> Children will be:</p> <ul style="list-style-type: none"> • Playing 4 versus 4 games <p><u>Football</u> Children will be:</p> <ul style="list-style-type: none"> • Passing, dribbling and receiving the ball <p><u>Tennis</u> Children will be:</p> <ul style="list-style-type: none"> • Using different shots to hit the ball • Learning the rules of mini red tennis <p><u>Strike and Field Games</u> Children will be:</p> <ul style="list-style-type: none"> • Learning the basic rules of a strike and field game • Throwing, catching and hitting with more consistency <p><u>Athletics</u> Children will be:</p> <ul style="list-style-type: none"> • Building on previous athletic skills in preparation for Sports Day <p><u>Swimming</u> Children will be:</p> <ul style="list-style-type: none"> • Learning different ways to enter the water 	<p><u>Cross Country</u> Children will be:</p> <ul style="list-style-type: none"> • Running at a sustainable pace <p><u>Football</u> Children will be:</p> <ul style="list-style-type: none"> • Using increased accuracy in controlling and shooting with the ball. • Using basic attacking and defending techniques <p><u>Netball</u> Children will be:</p> <ul style="list-style-type: none"> • Learning the basic rules of High 5 netball and playing a full sided game with support <p><u>Tag Rugby</u> Children will be:</p> <ul style="list-style-type: none"> • Throwing and passing the ball <p><u>Hockey</u> Children will be:</p> <ul style="list-style-type: none"> • Increasing understanding and skills of the game. <p><u>Basketball</u> Children will be:</p> <ul style="list-style-type: none"> • Playing 5 versus 5 games <p><u>Tennis</u> Children will be:</p> <ul style="list-style-type: none"> • Refining techniques of different shots to hit the ball • Developing tactics to win points. <p><u>Athletics</u> Children will be:</p> <ul style="list-style-type: none"> • Building on previous athletic skills in preparation for Sports Day <p><u>Rounders and Cricket</u> Children will be:</p> <ul style="list-style-type: none"> • Hitting and fielding • Playing full games of rounders 	<p><u>Cross Country</u> Children will be:</p> <ul style="list-style-type: none"> • Running at a sustainable pace • Increasing the amount of time they can run for before need to walk <p><u>Basketball</u> Children will be:</p> <ul style="list-style-type: none"> • Playing 5 versus 5 games <p><u>Football</u> Children will be:</p> <ul style="list-style-type: none"> • Using increased control when dribbling and passing • Using attack and defence techniques in 7 a side games. <p><u>Netball</u> Children will be:</p> <ul style="list-style-type: none"> • Playing games • Using correct footwork and techniques <p><u>Tag Rugby</u> Children will be:</p> <ul style="list-style-type: none"> • Playing 6 versus 6 games competitively <p><u>Orienteering</u> Children will be:</p> <ul style="list-style-type: none"> • Using maps to orientate a course <p><u>Athletics</u> Children will be:</p> <ul style="list-style-type: none"> • Building on previous athletic skills in preparation for Sports Day <p><u>Rounders and Cricket</u> Children will be:</p> <ul style="list-style-type: none"> • Playing full games of rounders, understanding the rules • Hitting a ball with increased consistency • Fielding tactically

- Increased skill in stroke techniques

Swimming

Children will be:

- Working on distance swimming
- Increased skill in stroke techniques

Key Skills Progression

Over the year, children will develop the following skills:

- Learning how to run at a sustainable pace
- Setting and beating a personal challenge of being able to run for so long without stopping
- Increasing the time they can run without needing to walk.
- Learning techniques for effective breathing whilst running.
- Throwing balls with accuracy
- Bouncing the ball using one hand and control height
- Dribbling the ball and changing direction
- Passing and receiving the ball whilst static.
- Improvising to create a simple dance
- Adapting movements to create a larger sequence.
- Performing a dance with some awareness of rhythm and movement
- Correctly holding a hockey stick
- Changing direction whilst keeping the ball close to the end of the stick
- Pushing the ball with increased accuracy and pace
- Receiving a ball and keeping it under control
- Hitting a ball using a bat
- Following the rules of a game
- Hitting a ball into a space

Over the year, children will develop the following skills:

- Running at a sustainable pace
- Setting and beating personal challenges
- Increasing the time they can run without needing to walk
- Pacing for a strong finish
- Hitting a ball with a bat with more consistency
- Throwing, catching and passing a ball with more accuracy and consistency
- Passing and receiving a ball using chest, bounce and shoulder pass.
- Using the correct technique for shooting in netball
- Using the correct footwork for netball
- Learning how to mark a player
- Considering tactics
- Dribbling the ball and changing direction in Hockey
- Passing and receiving the ball accurately in Hockey
- Avoiding and tackling players using correct technique
- Shooting accurately.
- Beginning to use basic attacking and defending techniques.
- Passing and moving into a space.
- Fielding to stop the opposition
- Scoring

Over the year, children will develop the following skills:

- Running at a sustainable pace
- Setting and beating personal challenges
- Increasing the time they can run without needing to walk
- Pacing for a strong finish
- Hitting with more consistency
- Understanding the rules of rounders
- Throwing and catching a ball with consistency and increased distance
- Fielding to stop the opposition scoring
- Using a backhand and forehand shot
- Serving a ball with an overarm
- Complete a rally
- Placing the ball in the oppositions court
- Winning points by placing a shot and changing pace and direction of returns.
- Passing, receiving and dribbling the ball.
- Using basic attacking and defending tactics in small sided games
- Passing and moving into space.
- Know the basic rules of netball and basketball.
- Increasing accuracy and technique when shooting.

Over the year, children will develop the following skills:

- Running at a sustainable pace
- Setting and beating personal challenges
- Increasing the time they can run without needing to walk (aiming for 5 minutes)
- Pacing for a strong finish
- Passing, receiving and dribbling the ball.
- Using basic attacking and defending tactics in small sided games
- Passing and moving into space.
- Know the basic rules of netball and basketball.
- Increasing accuracy and technique when shooting in multiple disciplines.
- Marking a player
- Finding space to evade a defender
- Using 'spill the milk' method for throwing in Tag Rugby
- Running at speed to find space
- Defending by moving from side to side.
- Passing on the move
- Playing 6 versus 6 games competitively
- Dribbling and passing with increased control using the inside and outside of the foot
- Playing 7 a side football games.

<ul style="list-style-type: none"> • Retrieving a ball as speed to experience 'fielding' • Fielding a ball and work at speed to stop the batter • Working as part of a team. • Passing a baton • Running in a relay • Sprinting technique • Practising longer distance running • Learning correct starting positions • Learning different strokes of swimming • Retrieving objects from the pool floor • Learning basic water safety skills 	<ul style="list-style-type: none"> • Bowling a ball • Working as part of a team. • Using a backhand and forehand shot • Passing a baton • Running in a relay • Sprinting technique • Learning correct starting positions • Taking part in water safety modules • Straddle/fall entry into water • Developing stamina for longer distance swimming 	<ul style="list-style-type: none"> • Using 'spill the milk' method for throwing in Tag Rugby • Running at speed to find space • Defending by moving from side to side. • Passing a baton • Running in a relay • Sprinting technique • Using correct starting positions • Pacing for a race • Increasing stamina for longer distance swimming • Taking part in water safety modules • Honing techniques for different swimming strokes. 	<ul style="list-style-type: none"> • Being able to orientate a map to pick out key places • Being able to understand a key on the map • Using pace and stamina to complete an orienteering course around school. • Hitting with more consistency, thinking about placing a hit • Understanding the rules of rounders and being able to play a full game. • Throwing and catching a ball with consistency and increased distance • Fielding at speed to stop the opposition scoring • Bowling a ball • Passing a baton • Running in a relay • Sprinting technique • Using correct starting positions • Pacing for a race
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