

## Physical Education (PE)

### Intent Statement

At St. Peter's Primary School, we aim to develop a love of sport and physical activity in all children and inspire them to become lifelong active people when they leave in year 6. We want all children to develop and improve the fundamental skills needed to access all physical activity such as invasion games, gymnastics or dance. Children will understand the importance of healthy competition against either themselves (personal best) or other children, the importance of an active and healthy lifestyle and the role that physical activity plays in achieving this, how to swim, basic survival skills in water and life skills such as team work, independence and resilience. We aim to provide opportunities to increase children's self-confidence through an ability to manage themselves successfully in a variety of situations. Children are provided with opportunities to take part in a wide range of sports activities which are carried out in a safe and supportive environment, where effort and hard work, as well as success, is celebrated and enjoyment and working together as a team is promoted.

### Implementation

- Learning in line with the National Curriculum expectations for PE.
- Teachers follow a scheme (real PE) which delivers a sequence of learning. This develops children's understanding of fundamental skills
- SEND are supported in all lessons. Opportunities for SEND sports festivals with CSSP
- Teachers have the flexibility to adjust the lessons to meet the needs of the children, but the scheme provides a strong basis for what should be covered and when.

- Learning objectives mapped out for all year groups per half term/ sport (see below)
- Sporting events are organised throughout the year, ranging from themed festivals to more competitive events such as matches and competitions.
- Teachers have access to CPD support from the Croydon Schools' Support Partnership to ensure they have the confidence in delivering high quality lessons for all children.

## Impact

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly, which is also addressed in our PSHE and Science lessons.
- The ability to remain physically active, for sustained periods of time, and an understanding of the importance of this in promoting long-term health and well-being.
- Willingness to participate eagerly in every lesson, with highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- Pupils enjoy being physically active and take part in a range of activities and sports.
- Increased uptake of intra and extra- curricular activities.

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Subject Curriculum Overview -

**Indoor PE**

**Outdoor PE**

**EYFS**

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Multi Skills	Gym/Dance	Ball Skills	Balancing	Athletics	Invasion games
<b>Year 1</b>	Ball Skills	Ball skills	Multi-Skills	Multi-skills	Athletics	Invasion games
	REAL PE- personal	Gymnastics	REAL PE-cognitive, creative	REAL DANCE	REAL PE- physical	REAL PE- HRF
<b>Year 2</b>	Ball Skills	Ball skills	Multi-Skills	Multi-skills	Athletics	Invasion games
	REAL PE- personal, social	Gymnastics	REAL PE-cognitive, creative	REAL DANCE	REAL PE- physical	REAL PE- HRF
<b>Year 3</b>	Hockey	Tag Rugby	Swimming	Swimming	Athletics	Cricket/Rounders
	REAL PE- personal	REAL DANCE	REAL PE - social/cognitive	Gymnastics	REAL PE- creative, physical	REAL PE- HRF
<b>Year 4</b>	Hockey	Gym/Dance	Tag Rugby	Football	Athletics	Cricket/Rounders
	REAL PE- personal, cognitive, creative	REAL PE- creative, physical, HRF	Gymnastics	REAL DANCE	Swimming	
<b>Year 5</b>	Tag Rugby	Hockey	Football/Netball/ Basketball	Lacrosse		Cricket/Rounders
	REAL PE- HRF	Gymnastics	Swimming		Athletics	Tennis/Ball skills
<b>Year 6</b>	Tag Rugby	Hockey	Football/Netball/ Basketball	Lacrosse	Cricket/Rounders	Swimming
	Swimming		REAL PE- personal, social	REAL DANCE	Athletics	Tennis/Ball skills

Year 1 Learning Objectives

<b>Autumn 1: Ball Skills</b>	<b>Autumn 2: Ball Skills</b>	<b>Spring 1: Multi skills</b>	<b>Spring 2: Multi skills</b>	<b>Summer 1: Athletics</b>	<b>Summer 2: Invasion Games</b>
1. I can track and receive a ball	1. To be able to roll and stop a ball	1. To develop balance and co-ordination when move round or over an obstacle	1. To travel in a variety of ways	1. To move at different speeds	1. To move with a ball in a game
2. I can bounce a ball with control	2. To be able to bounce a ball with control whilst moving	2. To develop balance and co-ordination when jumping in different ways	2. To change direction, level or speed or travel	2. To move along different pathways	2. To use space when passing and receiving in a game
3. I can throw and catch	3. To throw and catch in isolation	3. To develop balance and co-ordination when balancing an object	3. To use a range of ball control skills	3. To jump for height and distance	3. To use throwing and catching to pass and receive the ball in a game
4. I can throw and catch with a partner	4. To hold a racket correctly to hit a ball	4. To show control when rolling and bouncing a ball	4. To control movement skills in a circuit of activities	4. To run and move in a straight line	4. To know how to make or deny space when attacking and defending in a game
5. I can throw overarm	5. To hit a ball that has been thrown underarm	5. To come skills to complete circuit activities independently	5. To control movements using balance and coordination	5. To throw in different ways	5. To use attacking and defending skills in a game
6. I can throw a quoit	6. To practise and use a simple tactic when throwing and hitting	6. To develop balance and co-ordination with a partner	6. To adapt and improve performance in a circuit of activities	6. To compete competitively in throwing, jumping and running	6. To apply specific skills to an invasion game

Year 2 Learning Objectives

<b>Autumn 1: Ball Skills</b>	<b>Autumn 2: Ball Skills</b>	<b>Spring 1: Multi skills</b>	<b>Spring 2: Multi skills</b>	<b>Summer 1: Athletics</b>	<b>Summer 2: Invasion Games</b>
1. To be able to roll and stop a ball	1. To hold a racket correctly to hit a ball	1. To travel in a variety of ways	1. To use space well in a team game	1. To move at different speeds	1. To move with a ball in a game
2. To be able to bounce a ball with control whilst moving	2. To hit a ball that has been thrown underarm	2. To change direction, level or speed or travel	2. To understand how to mark players	2. To move along different pathways	2. To use space when passing and receiving in a game
3. To throw and catch in isolation	3. To practise and use a simple tactic	3. To use a range of ball control skills	3. To defend in a game by intercepting	3. To jump for height and distance	3. To use throwing and catching to pass and receive the ball in a game
4. To be able to throw with a partner	4. To hold a bat and use it to hit a ball (any bat)	4. To control movement skills in a circuit of activities	4. To use a range of tactics to get past a defender	4. To run and move in a straight line	4. To know how to make or deny space when attacking and defending in a game
5. To be able to bounce a ball to a partner	5. To hit a ball using a racket accurately	5. To control movements using balance and coordination	5. To pass the ball to another player	5. To throw in different ways	5. To use attacking and defending skills in a game
6. To be able to run, throw and catch in isolation and with a partner	6. To combine my skills to play a competitive game	6. To adapt and improve performance in a circuit of activities	6. To use attacking and defending skills in a game	6. To compete competitively in throwing, jumping and running	6. To apply specific skills to an invasion game

Year 3 Learning Objectives

Autumn 1: Hockey	Autumn 2: Tag Rugby	Spring 1: Swimming	Spring 2: Swimming	Summer 1: Athletics	Summer 2: Cricket/Rounders
1. To be able to pass a ball	1. To be able to handle a rugby ball with confidence	To be able to swim competently, confidently and proficiently over a distance of at least 25 metres	To be able to swim competently, confidently and proficiently over a distance of at least 25 metres	1. To select and apply the best pace for a running event	1. (cricket) To be able to bowl and field accurately
2. To be able to control a ball	2. To be able to throw a rugby ball	To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.	To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.	2. To exchange a baton with success	2. (cricket) To be able to bat with power and accuracy
3. To be able to run with a ball	3. To be able to catch a rugby ball	To perform safe self-rescue in different water-based situations.	To perform safe self-rescue in different water-based situations.	3. To perform jumps for height and distance using good technique	3. (cricket) To apply skills in a game situation
4. To be able to dribble the ball	4. To move with the ball and throw/catch whilst moving			4. To show accuracy and good technique when throwing for distance	4. (rounders) To be able to throw and catch accurately
5. To be able to pass and move with the ball	5. To learn basic rules of tag rugby			5. To complete a virtual athletics competition	5. (rounders) To be able to hit a ball using a rounders bat
6. To apply skills to a game situation	6. To apply basic rules to a game situation			6. To complete a virtual athletics competition	6. (rounders) To apply skills in a game situation

Year 4 Learning Objectives

<b>Autumn 1: Hockey</b>	<b>Autumn 2: Gymnastics</b>	<b>Spring 1: Tag Rugby</b>	<b>Spring 2: Football</b>	<b>Summer 1: Athletics</b>	<b>Summer 2: Cricket/ Rounders</b>
1. To be able to pass a ball	1. To create a sequence using different movements to travel	1. To be able to pass and carry a ball	1. To be able to dribble with control.	1. To select and apply the best pace for a running event	1. (rounders) To be able to throw and catch accurately
2. To be able to control a ball through dribbling	2. To create a sequence of different movements using apparatus	2. To be able to understand how to dodge	2. To react quickly to instructions whilst controlling a ball.	2. To exchange a baton with success	2. (rounders) To be able to hit a ball using a rounders bat
3. To be able to run with a ball	3. To hold a balance with and without using apparatus	3. To be able to score tries	3. To keep possession of the ball for as long as possible from an opposing team.	3. To perform jumps for height and distance using good technique	3. (rounders) To apply skills in a game situation
4. To be able to control the ball whilst moving with the ball and into space	4. To link a sequence of movement and balances	4. To be able to combine basic tag rugby skills such as catching and quickly passing in one movement	4. To be able to score goals	4. To show accuracy and good technique when throwing for distance	4. (cricket) To be able to bowl and field accurately
5. To be able to score goals	5. To use apparatus correctly	5. To be able to select and implement appropriate skills in a game situation	5. To be able to attack and defend	5. To complete a virtual athletics competition	5. (cricket) To be able to bat with power and accuracy
6. To apply skills to a game situation	6. To use a range of floor, wall and box apparatus to create sequences	6. To begin to play a game effectively	6. To apply skills learnt to a game situation	6. To complete a virtual athletics competition	6. (cricket) To apply skills in a game situation

Year 5 Learning Objectives

Autumn 1: Tag Rugby	Autumn 2: Hockey	Spring 1: Ball skills-football/netball	Spring 2: Lacrosse	Summer 1: Athletics	Summer 2: Cricket/Rounders	Summer 2: Tennis/ ball skills
1. To be able to pass and carry a ball	1. To be able to pass and dribble	1. (football) To be able to dribble with control.	1. To be able to throw and catch a ball using a lacrosse stick	1. To select and apply the best pace for a running event	1. (rounders) To be able to throw and catch accurately	1. To throw and catch with control when under limited pressure to keep possession and score goals
2. To be able to understand how to dodge	2. To be able to control the ball whilst moving and move into space	2. (football) To react quickly to instructions whilst controlling a ball.	2. To be able to run whilst throwing/catching	2. To exchange a baton with success	2. (rounders) To be able to hit a ball using a rounders bat	2. To choose a range of simple tactics for defending and challenging the opponent for striking
3. To be able to score tries	3. To be able to complete a range of passes	3. (football) To keep possession of the ball for as long as possible from an opposing team.	3. To be able to score goals	3. To perform jumps for height and distance using good technique	3. (rounders) To apply skills in a game situation	3. To change pace, length and direction to outwit their opponent
4. To be able to combine basic tag rugby skills such as catching and quickly passing in one movement	4. To be able to defend	4. (netball) To perform a variety of passes	4. To be able to pass in a variety of directions	4. To show accuracy and good technique when throwing for distance	4. (cricket) To be able to bowl and field accurately	4. To use a variety of techniques and tactics to attack, keep possession and score
5. To be able to select and implement	5. To be able to apply rules and skills in a variety	5. (netball) To know different dodges	5. To be able to use skills learnt within a game situation	5. To complete a virtual athletics competition	5. (cricket) To be able to bat with power and accuracy	5. To use strength, speed and stamina to play a game

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appropriate skills in a game situation	of drills/mini games					
6. To begin to play a game effectively	6. To be able to apply rules and skills learned to a game	6. (netball) To play a simple game of netball using some of the rules	6. To be able to use skills learnt within a game situation	6. To complete a virtual athletics competition	6. (cricket) To apply skills in a game situation	

Year 6 Learning Objectives

Autumn 1: Tag Rugby	Autumn 2: Hockey	Spring 1: Ball skills-netball/basketball	Spring 2:Lacrosse	Summer 1: Rounders/Cricket	Summer 2: Athletics	Summer 2: Swimming	Summer 2: Tennis
1. To be able to pass and carry a ball using balance and co-ordination	1. To be able to pass and dribble	1. (basketball) To be able to dribble a basketball using the correct technique. To be able to dribble in different directions and speeds.	1. To be able to throw and catch a ball using a lacrosse stick	1. (rounders) To be able to throw and catch accurately	1. To select and apply the best pace for a running event	To be able to swim competently, confidently and proficiently over a distance of at least 25 metres	1. To be able to hit a ball forehand accurately
2. To be able to understand the basic rules of tag rugby	2. To be able to control the ball whilst moving and move into space	2. (basketball) To be able to pass and move with the ball	2. To be able to run whilst throwing/catching	2. (rounders) To be able to hit a ball using a rounders bat	2. To exchange a baton with success	To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.	2. To be able to vary between forehand and backhand
3. To be able to dodge	3. To choose and implement a range of strategies and tactics to	3. (basketball) To be able to apply rules and skills learned to a game	3. To be able to score goals	3. (rounders) To apply skills in a game situation	3. To perform jumps for height and distance using	To perform safe self-rescue in different water-based situations.	3. To understand what shots can be used

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	attack and defend				good technique		in attacking play
4. To be able to score tries	4. To combine and perform more complex skills at great speed	4. (netball) To be able to pass using the following passes: chest, bounce, shoulder. To understand the basic rules of netball.	4. To be able to pass in a variety of directions	4. (cricket) To be able to bowl and field accurately	4. To show accuracy and good technique when throwing for distance		4. To be able to play a tennis serve
5. To be able to apply rules and skills in a variety of drills/mini games	5. To be able to apply rules and skills in a variety of drills/mini games	5. (netball) To be able to defend and understand the different dodges	5. To be able to use skills learnt within a game situation	5. (cricket) To be able to bat with power and accuracy	5. To complete a virtual athletics competition		5. To be able to apply all skills learnt in a tennis game
6. To be able to apply rules and skills learned to a game	6. To be able to apply rules and skills confidently to a game	6. (netball) To be able to apply rules and skills learned to a game	6. To be able to use skills learnt within a game situation	6. (cricket) To apply skills in a game situation	6. To complete a virtual athletics competition		6. To be able to apply all skills learnt in a tennis game