

Subject: PE

Overview with National Curriculum Objectives

Physical Education (PE) Intent

A high-quality Physical Education curriculum inspires all pupils to participate, succeed and excel in competitive sport and other physically demanding activities. At Oughton, we are committed to providing opportunities for children to become physically confident and compete in sport and activities which build character and embed values such as fairness and respect, regardless of ability, gender or race. We also recognise that physical education is essential in leading a healthy life.

We aim to ensure children:

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

We promote the participation of PE activities outside of learning hours, through clubs and activities during the dinner times and after school. Our PE Action Plan details our focus and aims regarding funding which includes Sports Premium.

We are following the National Curriculum in PE for Years 1 to 6 and we use a selected choice of Twinkl and Rising Stars as our scheme, which builds upon knowledge and skills. Each Year group follows these units building on a progression of skills and knowledge. We assess using our Knowledge sheets, which highlight the core knowledge to be taught within each unit of work. Early Years follows the EYFS curriculum – Physical Development.

At the present time, we are reviewing our long and medium term plans and this overview will then be updated. We are looking into purchasing a PE Scheme of Work to enhance our provision further.

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Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>ELG</u>						
Negotiate space & obstacles safely, with consideration for themselves & others. Demonstrate strength, balance & coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping & climbing.						
	Gymnastic movements		Basic movements & games		Dance	
EYFS Nur	Can balance on one foot or in a squat momentarily, shifting body weight to improve stability Walks down steps, using alternate feet, or slopes whilst carrying a small object, maintaining balance & stability		Can grasp & release with two hands to throw & catch a large ball, beanbag or object Runs with spatial awareness & negotiates space successfully, adjusting speed or direction to avoid obstacles Develop their movement, balancing, riding (scooters, trikes & bikes)		Increasingly able to use & remember sequences & patterns of movements which are related to music & rhythm Use large muscle movements to wave flags & streamers	
EYFS	Dance 'Til You Drop (D)		Dinosaur Dance (D)		Gym in the Jungle - Apparatus (G)	
Rec	Best Balls (M&G)		Jumping Jacks (G)		The Olympics - Athletics (M&G)	
	Gymnastic movements (G)		Basic movements & games (M&G)		Dance (D)	
	Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as slithering, shuffling, rolling, skipping, hopping & sliding Combine different movements with ease & fluency Develop overall body strength, coordination, balance & agility		Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles Develop & refine a range of ball skills including: throwing, catching, kicking, batting & aiming Develop confidence, competence, precision & accuracy with activities that involve a ball		Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences Watch & talk about dance & performance art, expressing their feelings & responses Explore & engage in dance, performing solo or in groups	

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			Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes			
<u>Key Stage 1</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.						
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Dance Gunpowder plot Perform dances using simple movement patterns	Gymnastics Animals 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	Dance – Seasons Dance – Chinese New Year (1 lesson) Perform dances using simple movement patterns	Yoga 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	Gymnastics Traditional Tales 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	Multi Skills Running and Jumping 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
	Invasion Games Participate in team games, developing simple tactics for attacking and defending	Attacking and Defending Participate in team games, developing simple tactics for attacking and defending	Circuit Training Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and	Multi Skills: Throwing and Catching Master basic movements including running, jumping, throwing and catching, as well as developing balance,	Multi Skills: Bat and Ball (Tennis) Participate in team games, developing simple tactics for attacking and defending	Rapid Fire Cricket Participate in team games, developing simple tactics for attacking and defending Master basic movements including running, jumping,

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Y2	<p>Dance – Starry Skies Dance – Diwali (1 lesson)</p> <p>Perform dances using simple movement patterns</p>	<p>Gymnastics – Under The Sea</p> <p>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</p>	<p>Dance – Toys</p> <p>Perform dances using simple movement patterns</p>	<p>Cool Core</p> <p>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</p>	<p>Gymnastics – Landscapes and Cityscapes</p> <p>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</p>	<p>Animal Olympics</p> <p>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</p>
	<p>Rapid Fire Cricket</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing</p>	<p>Invasion Games</p> <p>Participate in team games, developing simple tactics for attacking and defending</p>	<p>Circuit Training</p> <p>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</p>	<p>Multi Skills: Throwing and Catching</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Master basic movements including</p>	<p>Multi Skills: Bat and Ball (Cricket)</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Master basic movements including</p>	<p>Multi Skills Running and Jumping</p> <p>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</p>

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	balance, agility and co-ordination, and begin to apply these in a range of activities			running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	
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Key Stage 2

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. Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	Dance – Romans Perform dances using a range of movement patterns	Gymnastics – Movement Develop flexibility, strength, technique, control and balance	Dance – Extreme Earth Perform dances using a range of movement patterns	Cool Core (Rising stars) Develop flexibility, strength, technique, control and balance	Gymnastics – Shape Develop flexibility, strength, technique, control and balance	Swimming Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively Perform safe self-rescue in different water-based situations.
	Net and Wall Fundamentals	Invasion Games Play competitive games, modified where	Circuit Training	Outdoor Adventures Take part in outdoor and adventurous	Athletics Use running, jumping, throwing and catching	Daily Mile to enhance fitness and stamina.

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	Develop flexibility, strength, technique, control and balance	appropriate and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance	activity challenges both individually and within a team	in isolation and in combination Develop flexibility, strength, technique, control and balance	
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y4	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>Dance - Water</p> <p>Perform dances using a range of movement patterns</p>	<p>Tag Rugby</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p>Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>

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	Daily Mile to enhance fitness and stamina.	Daily Mile to enhance fitness and stamina.	Daily Mile to enhance fitness and stamina.	<p>Gymnastics – Movement</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Outdoor Adventures</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Invasion Games</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y5	<p>Dance – Carnivals of the Animals</p> <p>Perform dances using a range of movement patterns</p>	<p>Indoor Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>develop flexibility, strength, technique, control and balance</p>	<p>Gymnastics – Movement</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively Perform safe self-rescue in different water-based situations</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively Perform safe self-rescue in different water-based situations</p>	<p>Invasion Games</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>
	Striking and Fielding Cricket	Tag Rugby	Hockey	Daily Mile to enhance fitness and stamina.	Daily Mile to enhance fitness and stamina.	Athletics

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	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending			Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y6	<p>Dance - WW II</p> <p>Perform dances using a range of movement patterns</p>	<p>Indoor Athletics</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Dance - Electricity Dance – Chinese New Year (1 lesson)</p> <p>Perform dances using a range of movement patterns</p>	<p>Gymnastics – Shape and Balance and Rivers and Mountains</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Gymnastics – Movement</p> <p>Develop flexibility, strength, technique, control and balance</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p>

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	Basketball	Netball	Tag Rugby	Hockey	Striking and Fielding Cricket	Athletics
	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Use running, jumping, throwing and catching in isolation and in combination Develop flexibility, strength, technique, control and balance

We comply with the Equality Act 2010 and the Special Educational Needs and Disability Regulation 2014 by ensuring that the P.E. Curriculum is accessible for **all** learners through adaptations to meet the needs of our children.

Promoting British Values at Oughton Primary and Nursery School:

There are opportunities for the promotion of British Values throughout the PE Curriculum, focusing on:
Democracy, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance of those of different faiths and beliefs

PE promotes these values through participation, sharing, co-operation and working together for a common goal. **The Rule of Law** is demonstrated through the PE Curriculum – focusing on rules of games as well as through our Promoting Positive Behaviour Policy. Behaviour for Learning is promoted throughout the school and engagement within PE is vital for the development of our pupils.

We enrich the PE Curriculum through special weeks such as Wellbeing Week and Healthy Week and link closely to the PHSE Curriculum.

Parents / Carers - if you wish to find out more about our P.E. Curriculum, please email admin@oughton.herts.sch.uk and ask a P.E. Subject Leader to contact you.