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## PE Curriculum

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### Foreword:

Prior to September 2020, Netherfield Primary School delivered Physical Education using external providers. However, upon review of the PE curriculum it was decided to end these partnerships and move over to the “in house” teaching of PE by the PE Coordinator and a dedicated PE Teaching Assistant for the following reasons:

- The school could not conduct an effective quality assurance programme of the teaching / learning of PE.
- In teaching / learning PE, there was no coherent progression for the pupils. The progression was disjointed as classes continued through topics from one external provider to another.
- The external providers tended to only deliver the sports / activities they were most proficient in, causing a lack of breadth in the PE curriculum.
- The school’s Sports Premium money was all but swallowed up in paying for the external providers.

The following PE curriculum commenced in September 2020.

### Intent Statement:

Netherfield Primary School intends to offer a coherently planned sequence of lessons to ensure they have progressively covered the requirements of the PE National Curriculum. The Netherfield PE curriculum is based on...

- the **Association for PE / Analysis Of Progression (2013)** across the Key Stages
- the **Designed To Move / Active Schools (2015)** benchmarks of progression across the Key Stages

...and ensures that children have a varied and well mapped out PE curriculum. It provides the opportunity for progression across the full breadth of the PE National Curriculum for EYFS, Key Stage 1 and Key Stage 2 for both indoor and outdoor PE. This progression is identified on progression overviews and lessons have been planned to support these.

- In EYFS, the focus of the PE curriculum is on the development of basic skills in preparation for Key Stage 1.
- In Key Stage 1, the focus of the PE curriculum is on the development of the fundamental skills used in the areas of athletics, dance, games and gymnastics, that will be built upon in Key Stage 2.
- In Key Stage 2, the focus of the PE curriculum is to further develop the skills acquired in Key Stage 1 by applying them in specific sports / activities across the areas of athletics, dance, games, gymnastics, outdoor adventurous activities and swimming.

The intent is to develop a lifelong love of physical activity, sport and PE in all pupils. The aim is to help ensure a positive and healthy physical and mental outlook in the future and help young people to develop essential skills like leadership and teamwork. Furthermore, the intention is that every child will gain the opportunity to develop skills in PE, consider the impact of physical activity on their health and fitness, compete / perform and evaluate.

All lessons are differentiated, which helps to ensure that learning is as inclusive as possible. It is also the intention at Netherfield Primary School to ensure that every child has access to PE of at least 2 hours of physical activity every week, throughout Key Stage 1 and Key Stage 2.

### Curriculum Notes:

The topics indicated have been selected in such a way as to build on the pupils’ previous PE skills / knowledge / prior learning as they progress through Key Stages 1 and 2.

Within each 2-hour PE session the pupils will participate in a fitness session and a formal skills lesson (as itemised on the following curriculum map), based on a 50% / 50% split.

Area	Athletics	Dance	Games A	Games B	Gymnastics	Outdoor & Adventurous Activities
NC / POS	use running, jumping, throwing and catching in isolation and in combination	perform dances using a range of movement patterns	play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending		develop flexibility, strength, technique, control and balance	take part in outdoor and adventurous activity challenges both individually and within a team
Y6	Heptathlon / Relays: 1. Recap Disciplines (Technique) 2. Jump Disciplines (Practice) 3. Run Disciplines (Practice) 4. Throw Disciplines (Practice) 5. Baton Exchange (Technique) 6. Baton Exchange (Practice)	<b>Swimming Top Ups</b>	Attacking / Defending / Tactics: 1. Basketball (Skills Practice) 2. Basketball (Game Situation) 3. Cricket (Skills Practice) 4. Cricket (Game Situation) 5. Tag Rugby (Skills Practice) 6. Tag Rugby (Game Situation)	Attacking / Defending / Tactics: 1. Badminton (Skills Practice) 2. Badminton (Game Situation) 3. Table Tennis (Skills Practice) 4. Table Tennis (Game Situation) 5. Tennis (Skills Practice) 6. Tennis (Game Situation)	High Apparatus 1. Intro To Apparatus 2. Partner Work 3. Paired Sequences 4. Developing A Routine 5. Rehearsal 6. Performance / Evaluation	Thinking Through / Planning 1. Teamwork 2. Map Skills 3. Indoor Mapping 4. Single Control Orienteering 5. Control Plotting 6. Score Orienteering
Y5	Athletic Disciplines: 1. Jump: High Jump (Technique) 2. Jump: High Jump (Practice) 3. Run: Hurdles (Technique) 4. Run: Hurdles (Practice) 5. Throw: Discus (Technique) 6. Throw: Discus (Practice)	Group Dance: 1. Intro To Dance / Prior Learning 2. Motifs / Sequences 3. Routine Development 4. Choreography 5. Rehearsal 6. Performance / Evaluation	Striking / Fielding: 1. Cricket (Skills Practice) 2. Cricket (Game Situation) 3. Lacrosse (Skills Practice) 4. Lacrosse (Game Situation) 5. Rounders (Skills Practice) 6. Rounders (Game Situation)	Striking / Returning: 1. Badminton (Skills Practice) 2. Badminton (Game Situation) 3. Table Tennis (Skills Practice) 4. Table Tennis (Game Situation) 5. Tennis (Skills Practice) 6. Tennis (Game Situation)	Medium / High Apparatus 1. Intro To Apparatus 2. Shapes (At Height) 3. Travelling (At Height) 4. Partner Work 5. Paired Sequences 6. Performance / Evaluation	Effective Communication 1. Teamwork 2. Map Skills 3. Indoor Mapping 4. Picture Orienteering 5. Single Control Orienteering 6. Score Orienteering
Y4	Athletic Disciplines: 1. Jump: Triple Jump (Technique) 2. Jump: Triple Jump (Practice) 3. Run: Distance (Technique) 4. Run: Distance (Practice) 5. Throw: Shot Put (Technique) 6. Throw: Shot Put (Practice)	Group Dance: 1. Intro To Dance / Prior Learning 2. Cannon 3. Unison 4. Choreography 5. Rehearsal 6. Performance / Evaluation	Dribbling / Shooting: 1. Basketball (Skills Practice) 2. Basketball (Game Situation) 3. Football (Skills Practice) 4. Football (Game Situation) 5. Hockey (Skills Practice) 6. Hockey (Game Situation)	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>
Y3	Athletic Disciplines: 1. Jump: Long Jump (Technique) 2. Jump: Long Jump (Practice) 3. Run: Sprinting (Technique) 4. Run: Sprinting (Practice) 5. Throw: Javelin (Technique) 6. Throw: Javelin (Practice)	Paired Dance: 1. Intro To Dance / Prior Learning 2. Levels 3. Chorus 4. Choreography 5. Rehearsal 6. Performance / Evaluation	Passing / Receiving / Moving: 1. Football (Skills Practice) 2. Football (Game Situation) 3. Hockey (Skills Practice) 4. Hockey (Game Situation) 5. Tag Rugby (Skills Practice) 6. Tag Rugby (Game Situation)	Throwing / Catching / Moving: 1. Dodgeball (Skills Practice) 2. Dodgeball (Game Situation) 3. Handball (Skills Practice) 4. Handball (Game Situation) 5. Netball (Skills Practice) 6. Netball (Game Situation)	Medium Apparatus: 1. Intro To Apparatus 2. Shapes 3. Travelling 4. Balancing 5. Sequences 6. Performance / Evaluation	Cooperation / Teamwork 1. Problem Solving 2. Parachute Games 3. Scavenger Hunt 4. Compass / Direction 5. Obstacle Course 6. Picture Orienteering

<b>Performance Improvement</b>	<ul style="list-style-type: none"> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> <li><b>emphasis on improving own personal best NO direct comparisons with other pupils</b></li> </ul>	Completed throughout all units (above) via: <ul style="list-style-type: none"> <li>recording of performances (written / photo / video) &amp; self / peer evaluation</li> <li>PE assessments in Spring 1 / Summer 2 to measure improvement against personal best (strength / coordination / speed / agility / stamina)</li> </ul>
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<b>Swimming</b>	<ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</li> <li>perform safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>Bulk of (curriculum) swimming taught in Y4</li> <li>Top ups in Y6 to identify &amp; support pupils who cannot swim 25 metres or perform safe self-rescue before moving on to Key Stage 3</li> </ul>
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Area	Athletics A	Athletics B	Dance	Games A	Games B	Gymnastics
NC / POS	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		perform dances using simple movement patterns	participate in team games, developing simple tactics for attacking and defending		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
Y2	<b>Developing Skills:</b> 1. Jump / Run / Throw 2. Coordination / Movement 3. Jumping (With Control) 4. Running (With Control) 5. Throwing (With Control) 6. Controlled Jump / Run / Throw	<b>Circuits:</b> 1. Changing Direction 2. Jumping 3. Keeping Control 4. Combining Movements 5. Complete Circuit 6. Improvement	<b>Paired / Group Movement:</b> 1. Linking Movements 2. Creating A Sequence 3. Developing A Sequence 4. Completing A Sequence 5. Rehearsal 6. Performance	<b>Invasion Games:</b> 1. Using / Moving A Ball 2. Ball Control 3. Catching Skills 4. Dribbling 5. Sending Towards A target 6. Shooting	<b>Striking / Fielding Games:</b> 1. Striking A Ball 2. Playing A Shot 3. Fielding A Ball 4. Catching / Gathering 5. Underarm Throw 6. Overarm Throw	<b>Low Apparatus:</b> 1. Balancing (With Control) 2. Travelling (With Control) 3. Rolling (With Control) 4. Jumping (With Control) 5. Linking Controlled Actions 6. Creating Longer Sequences
Y1	<b>Fundamentals:</b> 1. Changing Speed 2. Throw / Catch Whilst Moving 3. Aim / Throw With Accuracy 4. Hop / Step / Jump 5. Changing Speed / Direction 6. Improving Throwing / Catching	<b>Fundamentals:</b> 1. Improving Throwing / Catching 2. Travel / Different Methods 3. Travel / Different Methods 4. Ball Control 5. Bounce / Catch Consistently 6. Throw / Catch Consistently	<b>Independent Movement:</b> 1. Exploring Movements 2. Moving To A Beat 3. Linking Movements 4. Creating A Sequence 5. Developing A Sequence 6. Completing A Sequence	<b>Multi Skills:</b> 1. Negotiating Space 2. Moving With A Ball 3. Sending / Receiving 4. Rolling Towards A Target 5. Spatial Awareness 6. Speed / Accuracy	<b>Multi Skills:</b> 1. Spatial Awareness 2. Striking / Receiving 3. Keeping Possession 4. Dribbling Skills 5. Game Situations 6. Game Situations	<b>Floor:</b> 1. Shapes 2. Balancing 3. Travelling 4. Rolling 5. Jumping 6. Linking Actions

**EYFS Fundamental Skills In Preparation For KS1  
(No NC / POS)**

Area	Ball Skills (links to games)	Fun & Games (links to games)	Me & Myself (links to personal health)	Movement Skills (links to dance / gymnastics)	Throwing & Catching (links to athletics / games)	Working With Others (links to games)
EYFS	1. Exploring The Ball 2. Ball Control 3. Moving With A Ball 4. Collecting / Stopping 5. Bouncing 6. Skills With A Partner 7. Ball Fun & Games	1. Awareness Of Others 2. Movement Games 3. Senses Games 4. Ball Games 5. Parachute Games 6. Simple Games 7. Team Games	1. Getting Changed 2. My Body 3. Parts Of The Body 4. Senses 5. On The Move 6. How My Body Changes 7. Can You? (Problem Solving)	1. How To Move 2. How To Move Safely 3. Exploring Movements 4. Moving In Different Ways 5. Moving In Different Directions 6. Moving At Different Speeds 7. On The Move (Skills Practice)	1. Stopping / Receiving 2. Rolling / Sending 3. Catching Basics 4. Throwing Basics 5. Catching A Ball 6. Throwing / Catching 7. Throwing / Catching Partners	1. Cooperating 2. Sharing 3. Takings Turns 4. Helping Others 5. Working With A Partner 6. Working Together 7. Working As A Team