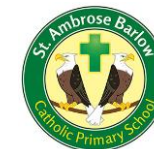


PE Curriculum Overview



St Ambrose Barlow Catholic Primary School

Physical Education Curriculum Overview 2021-22



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Reception	Move With Physical Literacy (Beginners)	Dance Topic Based	Move With Gymnastics (Beginners)	Invasion Games	Athletics	Net/wall Games

Reception Rationale

At this stage children need to learn basic / core skills. Some children will come to school with very little movement experience. Sue Palmer (21st Century Boys 2015) outlines how more children's early years play is mostly screen based. This means children are no longer arriving at school with the physical abilities that we used to take for granted. Children cannot always balance on one foot with stability. They cannot always hop, jump or skip. Children cannot always retrieve objects and move them to another position. They find throwing a ball head height and catching the ball difficult. Therefore, the dance, gymnastics and games lessons at this stage focuses on the core skills of physical Literacy (agility, balance and coordination) with an emphasis of playing lots of games that make children have to do these skills and gives plenty of opportunity for the teachers or other adults to give successful intervention.

As children journey through the Reception , they will start to put some of these skills into some simple invasion and net/wall based games.



St Ambrose Barlow Catholic Primary School

Physical Education Curriculum Overview 2021-22



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Yr1	Gymnastics 'Move With' Intermediate	Dance: Topic or Christmas play linked.	Invasion Games/Physical Literacy	Net/wall games	Athletics	Striking and fielding games
Yr 2	Gymnastics 'Move With' Advanced	Dance: Topic or Christmas play linked.	Invasion Games/Physical Literacy	Net/wall games	Athletics	Striking and fielding games

KS1 Rationale

Gymnastic Journey

Children begin to develop a gymnastic vocabulary in Yr 1 (Pencil, star, straddle pike, forward rolls etc...) and this is built on with more complex shapes rolls and movements (arch, dish, japana, teddy bear roll, cartwheels etc...). Children learn a simple routine and progress to using a 2/3 tier vault with or without a spring board. In Yr2, Children have developed a good amount of gymnastic vocabulary and in Yr2 are asked to begin to create sequence on floor, small and large apparatus of 6-8 elements.

Dance Journey:

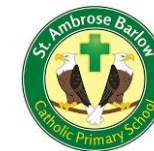
In Yr 1 children learn a routine to a verse and chorus of a song. The routine is created by the teacher and children have to learn and copy. Focus is always about quality of movement. Some children are ready to create their own movements at this stage to a short phrase of music. Some children can suggest changes and improvements to teacher sequence and repeat this for verse 2.

In Yr2 this process is repeated but there is a short phase of music where children can add lib to and self-create and improve their own movements.



St Ambrose Barlow Catholic Primary School

Physical Education Curriculum Overview 2021-22



Invasion Games Journey:

Children will be taught core skills building on the 'Move with' programme. Children (those that are physically literate) will then get the opportunity to put these skills into small competitive/pressured situations (play small sided versions of games – 2 v2 or 3v3 rugby, football, netball type games). Children in Yr1/2 will also transfer skills of agility, balance and coordination

Net/ wall based skills Journey:

Children use their physical Literacy skills in a new context. They learn to move a ball with a tennis racket. They play simple games individual and in pairs aimed to improve children's manipulation of the ball using a racket. They will learn basic control and simple accuracy all through fun core (like) tasks. As children move into Yr2, they will learn about the different shots (forehand, backhand underarm serve and overarm serve). Some children will progress to using a net for some of their core tasks. Most competition at this stage is self-completion or fun team games.

Striking and fielding games Journey:

Nothing formal at this stage. Children learn the idea of retrieving balls in fun games (they might retrieve a football or a thrown quoit and return it to a hoop or a base of some sort.) Children strike different objects with hands and feet and simple objects – all in simple games. Children bowl and throw objects into different targets. More able children will start to discuss tactics.

Collaboratively. It is hoped that a child of 7 has developed good agility. They can transfer their weight from one foot to the other foot and change directions quickly and effectively. They will be able to balance and hold stable balance on the floor and on apparatus. Their core will be strong enough to manipulate their bodies into different shapes and positions and be able to learn a phrase of dance to music. They will begin to improve the agility, balance and coordination in self-competition and small sided games.

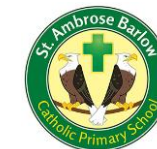
Athletics Journey:

Athletics is a great discipline for teaching children to jog, jump and run for different purposes. Here children learn to run for distance (pace themselves) speed. They have lots of throwing activities (all for distance or accuracy) using a variety of equipment.



St Ambrose Barlow Catholic Primary School

Physical Education Curriculum Overview 2021-22



	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Yr3	Swimming	Swimming	Swimming	Invasion games Football	Net/wall Games Tennis	Striking and Fielding Cricket/rounders
Yr 4	Invasion games Basketball	Gymnastics/Dance	Net/wall games Dodgeball Volleyball	Invasion games Quicksticks	Athletics/OAA (Low Bank Ground)	Striking and fielding Tri -golf
Yr5	Invasion Games netball	Gymnastics/Dance	Net/wall games Table Tennis Tennis	Invasion games Lacrosse	Athletics	Striking/Fielding Rounders/ Cricket
Yr6	Invasion Games Tag rugby	Robinwood - OAA Circuit- HRF Cross country	Net/wall games and Invasion games Dodgeball Quicksticks	Invasion games Lacrosse	Athletics (Additional swimming if needed)	Striking /fielding Tri -golf (Additional swimming if needed)

Key Stage 2 Rationale

In Key Stage two, core skills are still taught to those that still need it but the focus now is to provide a wide range of different sports.

Swimming Journey :

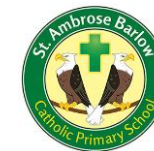
In Yr3 children have a 1 ½ term's intensive grounding in swimming. They all become water confident and some children receive KS2 pass within this time.

For those children not reaching the Ks2 pass, additional sessions will be available in Summer term of Year 6.



St Ambrose Barlow Catholic Primary School

Physical Education Curriculum Overview 2021-22



Net/wall games

In Yr3/4 children learn to play tennis and begin to compete against children of similar abilities. Dodgeball and volleyball are competitive games that support children's ability to work as a team.

In Yr5/6 the tennis skills are transferred from Year 3/4 . Table tennis is taught when competing with space is an issue (can be taught in classroom). Their skills are further developed by introducing Quicksticks.

Invasion sports:

In Yr 3 the children will work on football as a familiar invasion game moving onto transferring these skills to Quicksticks in Yr4.

In Yr5/Yr6 the children learn the more challenging sport of lacrosse.

Dance

In yr4 and yr5 children are taught a style of movement sequence. They learn teacher's sequence for a verse and then in ability groups they create their own. Dance leaders (more able) support each group to help them harness their ideas before then making their own dances in their own group. These dances are recorded and self-assessed and improved on. Quality of movement is the over-riding driver of these lessons.

Gymnastics

Children come into KS2 with a fantastic gymnastic language so every lesson will have a creative element – either on floor, beam or equipment. There will be a teaching focus each week which will rotate around key steps, vaulting, beam routines (self-created individual to paired to small groups as they move up school), Body Management, Floor routine (more able groups only).

Athletics:

Children have to be able to run a distance with confidence and decrease their need to stop, building up their. They also run for speed flat and other hurdles. They learn relay technique in Yr5/6.