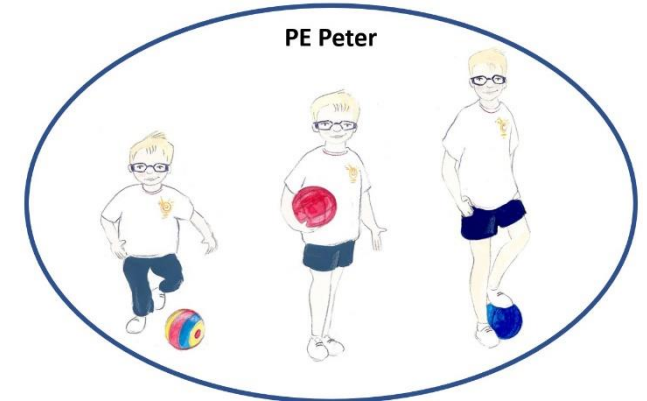




Physical Education

Long Term Curriculum Map

Whole School Scheme of Learning



Intent – Why does our PE curriculum look like this?

At Barley Fields Primary we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all children to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

We intend to consistently delivery of high-quality PE lessons which are exciting, challenging and enjoyable and provide many varied earning opportunities:

- Develop knowledge, skills and understanding across a range of sporting activities.
- Engage in moderate to intense physical activity over sustained periods of time.
- Participate in competitive sports and activities.
- Lead healthy and active lives, picking up positive habits for their future lives.
- To compete in games and activities in a collaborative team.
- To promote safe practice in all activities.
- To use sport to build children self-confidence and self-esteem.
- To encourage involvement in extra-curricular sporting activities and develop community and club links.
- Increase participation in competitive sports both in and out of school

Implementation – How will we achieve this?

Our children follow a carefully structured Physical Education curriculum which has been designed to ensure children know more, do more and remember more as they progress through our school. Our content is supported by advice, requirements and guidelines presented in the National Curriculum, the Complete PE curriculum and advice and support offered by our local Sports School Partnership.

Our curriculum ensures children progress and develop their knowledge and skills in several key sporting areas.

Gymnastics	Dance	Athletics	Games	Swimming	Health Related Exercise	Outdoor Adventurous Activity
------------	-------	-----------	-------	----------	-------------------------	------------------------------

Our Teaching Approach

A large proportion of our PE curriculum is delivered by qualified teachers specialising in PE and sport coaches who are specialists in their fields. We have excellent PE facilities with a range of PE resources both small and large, a large hall for indoor activity, an interactive ISports Wall and a Multi-use games area (MUGA) for outdoor activity. All children participate in a minimum of two hours PE weekly.


The curriculum at Barley Fields covers the National Curriculum Programmes of Study and through our curriculum provision, children have opportunities to participate in and experience sports such as Dance, Football, Hockey, Gymnastics, Tennis, Cricket, Tag Rugby and Athletics.

Children are offered progressive opportunities to develop their physical skills, knowledge and understanding as well as learn about fitness, cooperation and fair play. In Year 3 and 4 (as part of the KS2 curriculum), all children take part in Swimming lessons at the local swimming pool. Outdoor Adventurous activities are included in our curriculum and are enhanced through residential visits in Year 4 and Year 6 (activities include beck scrambling, rock climbing, canoeing, abseiling) and with our Forest School Curriculum.

We participate in the local School Sports Partnership and engage in sports festivals, intra, and inter school competitions.

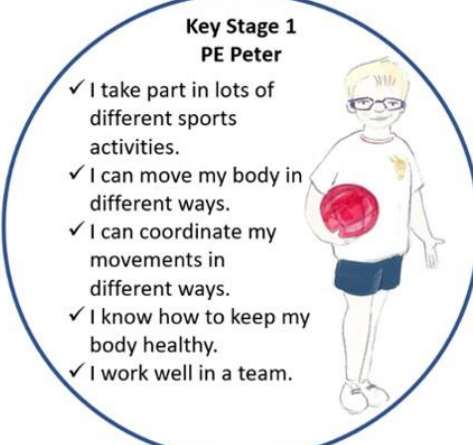
To increase opportunities and inspire children to be active, we enhance our PE curriculum with sports activities after school and during lunchtimes. Clubs include as Dance, Running, Football and Netball. We have a daily mile and climbing equipment accessed at breaktimes and each key stage has a range of play equipment to promote active and purposeful playtimes.

Our children understand the core skills and attitudes needed to learn in PE with the use of the school curriculum character – PE Peter. This character is regularly used to encourage children to reflect on the key skills, attitudes and knowledge needed when learning in PE.




**Early Years
P.E. Peter**

- ✓ I like to be active in my play and enjoy running, jumping and skipping.
- ✓ I can control and move my body in different ways.
- ✓ I can coordinate my movements in different ways.
- ✓ I know how to keep my body healthy.



**Key Stage 1
PE Peter**

- ✓ I take part in lots of different sports activities.
- ✓ I can move my body in different ways.
- ✓ I can coordinate my movements in different ways.
- ✓ I know how to keep my body healthy.
- ✓ I work well in a team.



**Key Stage 2
PE Peter**

- ✓ I take an active part in lots of different sporting activities.
- ✓ I work hard to develop and improve my physical skills.
- ✓ I know how to keep my body fit and healthy.
- ✓ I show good teamwork and cooperation when playing games.
- ✓ I enjoy competitive activities.

Impact – How will we know that our children are achieving?

By the end of each key stage, children are expected to know, apply and understand the skills and techniques as specified in the relevant PE curriculum plans.







Children' are assessed using our SONAR tracking system which identifies clear and progressive end points. This ensures progress is maintained and end of key stage expectations are met by all children. Children are formatively assessed termly and a final summative assessment made at the end of the academic year. Children will be assessed as either Emerging, Developing, Secure or Exceeding, in accordance with Age Related Expectations.









Swimming will be assessed by the swimming instructors at The Ingleby Barwick Leisure Centre. The Curriculum Lead will be responsible for publishing Swimming data on the School Website, as per National Guidance.



In addition, we measure the impact of our curriculum through the following methods:







- A reflection on standards achieved against the planned outcomes;
- A celebration of learning for each term which demonstrates progression across the school (Curriculum Floor book);
- Child discussions about their learning (Child Voice);
- The annual tracking of standards across the curriculum. In KS1 and KS2

School Overview of PE Coverage







Reception						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EY	 <p>Locomotion Walking and Running Enrichment – Sally S</p>	 <p>Games Ball Skills Enrichment – Sally S</p>	 <p>Gymnastics Enrichment – Teacher Led</p>	 <p>Games Attack v Defence Enrichment – Sally S</p>	 <p>Dance and Movement Enrichment Sam J</p>	 <p>Dance and Movement Enrichment Sam J</p>

Year 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 <p>Games Ball Skills – Hands PPA</p> <ol style="list-style-type: none"> Develop bouncing skills – introduce sending with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce stopping a ball Develop stopping a ball, combining with sending skills. Combine sending and receiving skills. 	 <p>Locomotion - Jumping Teacher Led</p> <ol style="list-style-type: none"> Recap on Jumping from EY Developing Jumping skills Jumping circuits: Explore how jumping affects our bodies Explore and develop the skill of skipping Apply skipping and jumping into a game Jumping: Level 1 competition 	 <p>Gymnastics Body Parts PPA</p> <ol style="list-style-type: none"> Introduction to 'big' body parts Introduction to 'small' body parts Combining movement and shape - big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together Creative ways of adding (linking) movements together 	 <p>Games- Ball Skills Rackets, Bats and Balls PPA</p> <ol style="list-style-type: none"> Explore pushing (dribbling) a ball with a racket: Sharing our ideas Develop pushing (dribbling) a ball with a racket: Introducing control Refine pushing (dribbling) a ball with a racket: Applying learning Explore hitting and develop pushing a ball (with a racket) towards a target Explore hitting a ball (with a racket) with power Explore hitting a ball (with a racket) with accuracy 	 <p>Health and Well Being Agility Enrichment – S Short</p> <ol style="list-style-type: none"> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing Agility circuit: Part 1 Balance circuit: Part 1 Coordination circuit: Part 1 	 <p>Team Building Teacher Led</p> <ol style="list-style-type: none"> Introduce teamwork: Inclusion Develop teamwork skills Building trust and developing communication Cooperation and communication skills Explore simple teamwork strategies Problem solving: Consolidate teamwork skills
 <p>Locomotion - Running Enrichment – Sally S</p> <ol style="list-style-type: none"> Explore running Apply running into a simple game Explore running at different speeds 	 <p>Games Ball Skills – Hands 2</p>	 <p>relax Kids With Karen Relax Kids Enrichment – K Thompson</p>	 <p>Dance and Movement</p>	 <p>Locomotion</p>	 <p>Attack v Defence Games For Understanding</p>







<ol style="list-style-type: none"> Running for speed: What is Acceleration? To explore running in a team Consolidate running: Apply running into a competitive game 	<p>PPA</p> <ol style="list-style-type: none"> Introduce throwing with accuracy (beanbags) Apply throwing with accuracy in a team (beanbags) Extend throwing underarm with accuracy Introduce stopping a ball (small ball) Develop sending (rolling) skills to score a point Consolidation of sending (rolling) and stopping skills to win a game 	 <p>Games Ball Skills - Feet Enrichment – S Short</p> <ol style="list-style-type: none"> Recap moving with a ball using our feet Developing the skill of moving a ball with the feet To apply the skill of dribbling a ball into games Consolidate dribbling skills Exploring the skill of kicking Apply kicking (passing) to score a point 	<p>Enrichment – S Jones</p>	<p>Running and Jumping – Outdoor Athletics (sports day) PPA</p> <ol style="list-style-type: none"> Explore running for speed Explore running in a lane as part of a competition Introduce simple relay: Running in a team Preparation for Sports Day Competitive Sports Day 	<p>PPA</p> <ol style="list-style-type: none"> Understanding the principles of attack Apply attacking principles into a game Understanding the principles of defence Applying defending principles into a game Consolidate attacking Consolidate defending
 <p>Dance and Movement Enrichment – Sam J</p>					

Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 <p>Games Ball Skills – Hands skill development PPA</p> <ol style="list-style-type: none"> Develop children' application and understanding of underarm throwing Consolidate children' application and understanding of underarm throwing Applying the underarm throw to win a game Applying the underarm throw to beat an opponent Introduce overarm throwing: Applying overarm throwing to win a game 	 <p>Locomotion – Running in games S Short</p> <ol style="list-style-type: none"> Explore running Apply running into a simple game Explore running at different speeds Running for speed: What is Acceleration? To explore running in a team Consolidate running: Apply running into a competitive game 	 <p>Gymnastics Linking PPA</p> <ol style="list-style-type: none"> Developing 'Linking' Linking on apparatus Jump, roll, balance sequences Jump, roll, balance on apparatus Creation of sequences Completion of sequences and performance 	 <p>Games for understanding Attack V Defence PPA</p> <ol style="list-style-type: none"> Explore attacking principles through games. Explore defending principles through games. Explore the transition between attack and defence. Discuss simple team attacking tactics. Discuss simple team defending tactics. Level 1 competition. 	 <p>Locomotion Running and Jumping – Outdoor Athletics (sports day) PPA</p> <ol style="list-style-type: none"> Explore running for speed Explore running in a lane as part of a competition Introduce simple relay: Running in a team Preparation for Sports Day Competitive Sports Day 	 <p>Games Rackets, Bats and Balls PPA</p> <ol style="list-style-type: none"> Extend hitting the ball (with a racket) with accuracy Combine hitting a ball (with a racket) with accuracy and power Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent Introduce hitting (sending/striking) a ball into a space: Where and why? Striking (hitting) the ball (with a bat) with intent Striking the ball (with a bat) into space







6. Level 1 Competition					
 <p>Dance and Movement Enrichment – Sam J</p> <ol style="list-style-type: none"> 1. Introduction to dance actions and explore what a motif is. 2. Explore different ways of travel within Dance. 3. Combine travel and gesture. 4. Explore a variety of turns and jumps. 5. Develop an understanding of stillness. 6. Begin to develop a short motif incorporating taught dance actions. 7. Performance and peer assessment. 	 <p>Games Ball Skills – Feet skill development PPA</p> <ol style="list-style-type: none"> 1. Develop dribbling: Keeping possession 2. Develop passing and receiving: Keeping possession 3. Combine dribbling, passing and receiving, keeping possession 4. Develop dribbling to score a point 5. Combine dribbling, passing and receiving to score a point 6. Apply dribbling, passing and receiving as a team to score a point 	 <p>Team Building Teacher led</p> <ol style="list-style-type: none"> 1. Introduce teamwork: Inclusion 2. Develop teamwork 3. Building trust and developing communication 4. Cooperation and communication skills 5. Explore simple teamwork strategies 6. Problem solving: Consolidate teamwork skills 	 <p>Dance and Movement Enrichment – S Jones</p>  <p>Locomotion - Jumping Enrichment – S Short</p> <ol style="list-style-type: none"> 1. Consolidate jumping 2. Apply jumping into a game 3. Linking jumping 4. Explore jumping combinations 5. Develop jumping combinations 6. Jumping: Level 1 competition 	 <p>Locomotion - Dodging Enrichment - S Short</p> <ol style="list-style-type: none"> 1. Explore dodging 2. Dodging. 3. Apply dodging in attacking and defending games. 4. Apply dodging in teams. 5. Consolidate dodging. 6. Level 1 tournament. 	 <p>Health and Wellbeing Enrichment S Short</p> <ol style="list-style-type: none"> 1. Consolidate agility 2. Consolidate balancing: Explore balancing on apparatus 3. Introduce and explore coordination: Dribbling and kicking 4. Agility circuit: Part 2 5. Balance circuit: Part 2 Coordination circuit: Part 2
 <p>KS1 Sports Festival</p>				 <p>With Karen Relax Kids Enrichment – K Thompson</p>	




Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 <p>Games Invasion Games Tag Rugby PPA</p> <ol style="list-style-type: none"> 1. Introduce moving with the ball, passing and receiving 2. Introduce tagging 	 <p>Outdoor Adventurous Activities Problem Solving PPA</p> <ol style="list-style-type: none"> 1. Benches and mats challenge 2. Around the clock challenge 	 <p>Dance and Movement Enrichment – S Jones “The Greatest Showman”.</p> <ol style="list-style-type: none"> 1. Develop character movements. 2. Creating movements to represent different characters and performers in the circus. 	 <p>Health and Wellbeing Mindfulness</p> <ol style="list-style-type: none"> 1. Exploring Relaxation techniques. 2. Applying relaxation techniques and using them effectively 3. Performing meditative balances 	 <p>Dance and Movement Enrichment - S Jones</p>	 <p>Games Invasion - Handball PPA</p> <ol style="list-style-type: none"> 1. Introduce passing and receiving 2. Introduce passing and creating space



<ol style="list-style-type: none"> 3. Creating space when attacking 4. Develop passing and moving 5. Combine passing and moving to create attacking opportunities 6. Level 1 tournament 	<ol style="list-style-type: none"> 3. The pen challenge 4. The river rope challenge 5. Caving challenges: Part 1 Caving challenges: Part 2 	<ol style="list-style-type: none"> 3. Creating a 'Circus Performance' incorporating characterisation linked to a variety of performers. 4. Extending our 'Circus Performance' incorporating props and apparatus linked to the variety of performers 5. Circus Performance 	<ol style="list-style-type: none"> 4. Performing meditative balances in pairs 5. Using props to help us balance in our meditative balances 6. Refining focus and balancing skills in pairs using an imaginary prop 		<ol style="list-style-type: none"> 3. Develop passing and moving 4. Combine passing and moving 5. Introduce shooting 6. Level 1 tournament 	
 <p>Athletics - Running Athletics – Cross Country Teacher Led</p> <ol style="list-style-type: none"> 1. Explore running for speed 2. Develop running for speed 3. Introduce relay: Running for speed in a team 4. Explore running for distance 5. Understand and apply tactics when running for distance 6. Cross Country Competition 	 <p>Games Invasion Games Football</p> <ol style="list-style-type: none"> 1. Introduce dribbling: Keeping control 2. Develop dribbling: Keeping control 3. Introduce passing and receiving 4. Combine dribbling and passing to create space 5. Develop passing, moving and dribbling 6. Level 1 tournament 	<p>Gymnastics Symmetry and Asymmetry PPA</p> <ol style="list-style-type: none"> 1. Introduction to symmetry and  <ol style="list-style-type: none"> in pairs create balances. 2. Application of symmetrical balances on apparatus. 3. Introduction of Asymmetry and in pairs create balances. 4. Application of Asymmetrical balances on apparatus. 5. Sequence formation on mats. 6. Sequence formation on both mats and apparatus. 	 <p>Games Net and Wall – Tennis Enrichment – A Clayton</p> <ol style="list-style-type: none"> 1. Introduction to tennis: Outwitting an opponent 2. Creating space to win a point 3. Consolidate how to win a game 4. Introduce rackets skills 5. Introduce the forehand 6. Level 1 tournament 	 <p>Athletics Running and Jumping Outdoor Athletics PPA Sports Day</p> <ol style="list-style-type: none"> 1. Throwing: Accuracy vs distance 2. Throwing for distance: Javelin 3. Throwing for distance: Discus 4. Jumping for distance: Standing Long Jump 5. Competitive Sports Day 	 <p>Games Striking and Fielding Cricket</p> <ol style="list-style-type: none"> 1. Understand the concept of batting and fielding 2. Introduce throwing overarm 3. Introduce throwing underarm 4. Introduce catching 5. Striking with intent <p>Consolidate sequence of learning</p>	
<p>Y3/4 Rugby Skills Festival 9.30-11.45am or 12.30-2.45pm 30 children - children who may not like the pressure of competition but would enjoy trying out new skills.</p>			<p>Swimming Teacher Led</p> 	<p>Swimming Teacher Led</p> 	<p>Swimming Teacher Led</p> 	<p>relax Kids With Karen Relax Kids Enrichment – K Thompson</p>

Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 <p>Games - Invasion Tag Rugby PPA</p>	 <p>Games - Invasion Netball PPA</p>	 <p>Dance and Movement Enrichment – S Jones The Golden Ticket Dance/ Charlie and the Chocolate Factory</p>	 <p>Games - Net and Wall Tennis Enrichment – A Clayton</p>	 <p>Games - Invasion Dodgeball PPA</p>	 <p>Dance and Movement Enrichment – S Jones</p>


<ol style="list-style-type: none"> 1. Develop skills in passing, moving and creating space 2. Extend learning into 3v3 mini games 3. Develop defending 4. Develop defending in game situations 5. Combine passing and moving to create an attack and score Level 1 tournament 	<ol style="list-style-type: none"> 1. Refine passing and receiving skills 2. Develop passing and creating space 3. Develop passing, moving and shooting skills 4. Refine passing and shooting skills 5. Develop footwork Level 1 tournament 	<ol style="list-style-type: none"> 1. Introduce the song and key dance moves with facial expressions 2. Children to come up with dance moves for sweet names; i.e. chewy, gooey and melting chocolate 3. Children to learn a sequence utilising their dance moves in small groups with a start and finish 4. Children to learn a sequence of moves and perform this in unison 5. Children to perform and review 6. The Golden Ticket' dance. 	<ol style="list-style-type: none"> 1. Consolidate sequence of learning from year 3, developing the forehand 2. Creating space to win a point using a racket 3. Introduce the backhand 4. Applying the forehand and backhand in game situations 5. Applying the forehand and backhand: Creating space to win a point 6. Level 1 tournament 	<ol style="list-style-type: none"> 1. Introduce jumping and ducking 2. Develop throwing with accuracy and power over an increased distance 3. Develop catching (dodgeball) 4. Consolidate dodging, jumping and ducking into game situations 5. Combine, dodging, catching and throwing 6. Level 1 tournament 	
--	--	--	---	--	--

 <p>Athletics Running / Cross Country</p> <ol style="list-style-type: none"> 7. Explore running for speed, introduction to kick boards. 8. Develop running for speed using under/over obstacles 9. Introduce relay: Running for speed in a team 10. Introduction to indoor athletics competition 11. Explore running for distance 12. Understand and apply tactics when running for distance 13. Cross Country Competition 	 <p>Games - Invasion Hockey</p> <ol style="list-style-type: none"> 1. Introduce dribbling 2. Refine passing: Long and short 3. Develop shooting: Combine passing and dribbling to create shooting opportunities 4. Develop passing and dribbling creating space for attacking opportunities 5. Introduce defending: Blocking and tackling 6. Level 1 tournament 	 <p>Gymnastics Bridges PPA</p> <ol style="list-style-type: none"> 1. Introduction to bridges - Individual and paired. 2. Developing bridges that symmetrical and asymmetrical with a partner. 3. Application of bridge learning onto apparatus 4. Sequence formation and performance. 	 <p>Striking and Fielding Cricket PPA</p> <ol style="list-style-type: none"> 1. Refine batting, understand and develop batting tactics 2. Refine bowling, understand and develop bowling tactics 3. Refine fielding, stopping, catching and throwing 4. Combine fielding skills, creating and applying tactics, introduce umpiring and scoring 5. Refine batting, create and apply batting tactics to game scenarios 6. Consolidate sequence of learning 	 <p>Athletics Throwing and Jumping Outdoor Athletics Teacher led Competitive Sports Day</p> <ol style="list-style-type: none"> 1. Sprinting: Develop running at speed 2. Sprinting: Exploring our stride pattern 3. Throwing for distance: Javelin 4. Jumping for distance: Standing Triple Jump 5. Competitive Sports Day 	 <p>Outdoor Adventurous Activities Communication and Tactics PPA</p> <ol style="list-style-type: none"> 1. Creating and applying simple tactics: Noughts and Crosses 2. Developing leadership: Noughts and Crosses 3. Developing communication as a team: Rock, Paper, Scissors 4. Communicating as a team: Code Breakers 5. Communicating to collaborate effectively as a team: Island Hopping 6. Communicating to create defending and attacking tactics as a team: Capture the Flag
---	---	--	--	---	--










<p>Swimming Teacher Led</p> 		<p>Swimming Teacher Led</p> 	<p>Relax Kids With Karen Relax Kids Enrichment – K Thompson</p>	<p>Swimming Teacher Led</p> 	
--	--	---	--	--	--

<p>School Cross Country Trials leading to Stockton Finals Y4 4 places - boys Y4 4 place - girls</p> 	<p>Y4 Sports Hall Athletics Durham University 9th November 9.30-12</p> 				
---	---	--	--	--	--

Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 <p>Outdoor Adventurous Activities Leadership PPA</p> <ol style="list-style-type: none"> 1. Understanding what makes an effective leader 2. Communicating as a leader 3. Introducing the STEP principle: Space 4. Exploring the STEP principle: Focusing on the task 5. Continuing to explore the STEP principle: 6. Organising 'people' assigning equipment to adapt a task 	 <p>Games Invasion Basketball PPA</p> <ol style="list-style-type: none"> 1. Refine dribbling skills 2. Refine passing and receiving 3. Develop passing and dribbling creating space 4. Combine passing and dribbling to create shooting opportunities 5. Introduce marking 6. Level 1 tournament 	 <p>Games Net and Wall – Badminton</p> <ol style="list-style-type: none"> 1. Introduction to badminton: Outwitting an opponent 2. Introduce the forehand 3. Introduce the backhand 4. Applying the forehand and backhand: Creating space to win a point 5. Controlling the game from the serve 6. Level 1 tournament 	 <p>Gymnastics Counter Tension and Counter Balance PPA</p> <ol style="list-style-type: none"> 1. Introduction to Counter Balances. 2. Application of counter balance learning onto apparatus. 3. Sequence formation. 4. Introduction to Counter tension. 5. Sequence completion. 6. Performance. 	 <p>Games Striking and Fielding Rounders</p> <ol style="list-style-type: none"> 7. Refine batting, understand and develop batting tactics 8. Refine bowling, understand and develop bowling tactics 9. Refine fielding, stopping, catching and throwing 10. Combine fielding skills, creating and applying tactics, introduce umpiring and scoring 11. Refine batting, create and apply batting tactics to game scenarios 12. Consolidate sequence of learning 	 <p>Net and Wall Tennis PPA</p> <ol style="list-style-type: none"> 1. Consolidate sequence of learning from year 4, recap how to outwit an opponent. 2. Introduce a Volley 3. Develop the Volley 4. Control the game from the serve. 5. Doubles: Understanding and applying tactics to win a point 6. Level 1 Tournament.
 <p>Running Cross Country Sports Hall Athletics</p> <ol style="list-style-type: none"> 1. Extend running for speed 2. Reinforce relay: Running for speed in a team 3. Develop Competition - relay 4. Explore running for distance 	 <p>Dance and Movement Enrichment – S Jones</p>	 <p>Games Invasion Football PPA</p> <ol style="list-style-type: none"> 1. Recap and refine dribbling and passing to maintain possession 2. Introduce defending 3. Develop defending 	 <p>Health Related Fitness Teacher led.</p> <ol style="list-style-type: none"> 1. Initial Fitness Assessment 2. Cardio Fitness 1 3. Flexibility 4. Strength 5. Cardio Fitness 2 6. Fitness Assessment 	 <p>Athletics Outdoor Athletics PPA Sports Day</p> <ol style="list-style-type: none"> 1. Finishing a Race 2. Sprinting: My personal best 3. Consolidate running in a team: Relay changeovers 4. Introducing the hurdles 	 <p>Outdoor Adventurous Activities Orienteering PPA</p> <ol style="list-style-type: none"> 1. Introduction to Maps 2. Introduction - Cone orienteering 3. Introducing Point and return 4. Point to point

5. Understand and apply tactics when running for distance 6. Cross Country Competition		4. Develop shooting 5. Refine attacking skills passing, dribbling and shooting, introduce officiating 6. Level 1 tournament		5. Competitive Sports Day	Timed Course
 With Karen Relax Kids Enrichment – K Thompson					
School Games - Y5/6 Leadership Academy Durham University Queen's Campus Stockton 21.9.22 9.30am-2.30pm 6 children					
School Cross Country Trials leading to Stockton Finals Y5 4 places - boys Y5 4 place girls					
Y5/6 Northfield Tag Rugby Day (Festival & competition) book 1 girls' team, 1 boys' team and 1 team for a developmental league. 5 th October 2022 Bede 6 th Form 9.30am-3pm					

Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
 <p>Games Invasion Games Tag Rugby PPA</p> <ol style="list-style-type: none"> Develop passing and moving to create space Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics, develop officiating Level 1 tournament 	 <p>Dance and Movement Enrichment Sam J</p>	 <p>Games Invasion - Hockey PPA</p> <ol style="list-style-type: none"> Refine dribbling Recap and refine dribbling and passing creating attacking opportunities Develop defending: Blocking and tackling Refine shooting Refine defending skills, developing transition from defence to attack Level 1 tournament 	 <p>Gymnastics Matching and Mirroring PPA</p> <ol style="list-style-type: none"> Applying flight: Understanding the basic principles of jumping in gymnastics Extending flight using apparatus Refine rolling Refine rolling Introduce vaulting Performing a vault 	 <p>Athletics - Outdoor Athletics PPA Sports Day</p> <ol style="list-style-type: none"> Level 1: Running for speed competition Level 1: Throwing competition Level 1: Jumping competition Consolidating Hurdles Competitive Sports Day 	 <p>Games Striking and Fielding Cricket</p> <ol style="list-style-type: none"> Consolidate batting Consolidate bowling Consolidate fielding Create and apply defensive tactics Create and apply attacking tactics Consolidate sequence of learning within a game

 <p>Athletics Sports Hall Athletics Cross Country</p> <ol style="list-style-type: none"> Explore running for speed, introduction to kick boards. Develop running for speed using under/over obstacles Introduce relay: Running for speed in a team Introduction to indoor athletics competition Explore running for distance Understand and apply tactics when running for distance Cross Country Competition 	 <p>Games Invasion - Netball PPA</p> <ol style="list-style-type: none"> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Introduction to Stinger Netball, consolidating learning Explore the function of other passing styles Level 1 tournament 	 <p>Health Related Exercise Enrichment Sally Short</p> <ol style="list-style-type: none"> Initial Fitness Assessment Cardio Fitness 1 Flexibility Strength Cardio Fitness 2 Fitness Assessment 	 <p>Games Invasion - Dodgeball</p> <ol style="list-style-type: none"> Consolidate attacking: Understand and apply attacking tactics Consolidate defending: Understand and apply defensive tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games Level 1 tournament 	 <p>Games - Striking and Fielding Rounders</p> <ol style="list-style-type: none"> Consolidate sequence of learning from year 5: Refining our understanding of rounders Introduction to rounders (full version) Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations Level 1 Tournament 	 <p>Health Related Exercise Enrichment Live it get active</p> <ol style="list-style-type: none"> Recap the components of fitness and explore the effects of boxing/boxercise training affects each one. Cardio 1 workout through boxercise, developing correct technique. Cardio 2 – boxercise circuit. Explore RHR and WHR through a boxercise circuit. Pupils to create a boxercise fitness circuit. Perform boxercise circuit.
 <p>School Cross Country Trials leading to Stockton Finals Y6 4 places - boys Y6 4 place girls</p>	 <p>With Karen Relax Kids Enrichment – K Thompson</p>	<p>School Residential – Outdoor and Adventurous Activity</p>			<p>Outdoor Adventurous Activities Rock Climbing 2 weeks PPA</p> 

School Swimming Programme 2023-24

Autumn Term	Monday 25 th September – Friday 6 th October 2023 Monday 9 th – Friday 20 th October 2023	2pm – 2.45pm 2pm – 2.45pm	Year 3 EP Year 4 ED
Spring Term	Monday 22 nd January – Friday 2 nd February 2024 Monday 5 th – Friday 16 th February 2024	2pm – 2.45pm 2pm – 2.45pm	Year 3 AL Year 4 AR
Summer Term	Tuesday 7 th – Friday 17 th May 2024 Monday 20 th May – Friday 7 th June 2024 <i>(Excludes half term)</i>	2pm – 2.45pm 2pm – 2.45pm	Year 3 BW Year 4 EM

Dance Enrichment – S Jones Dance Fusion

Tuesday	Year 1	Year 5	Year 3	Year 1	Reception	Reception
Thursday	Year 2	Year 6	Year 4	Year 2	Year 3	Year 4

Movement and Games Enrichment – S Short

Friday am	Reception	Reception	Reception	Reception	Reception	Reception
Friday pm	Year 2	Year 1	Year 2	Year 1	Year 2	Year 1

Physical Education National Curriculum Content

Key stage 1

Children 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.

Children should be taught 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.

Key stage 2

Children 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.

Children should be taught 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.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, children should be taught to:

- 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