

## Intent

The Physical Education (P.E.) curriculum at The Duston School intends to develop fit, healthy and well-balanced individuals. Our children will understand the importance of daily exercise, and a healthy lifestyle, and the affect that this can have on our physical and mental health. During their time in the Primary Phase, children will be given a wide range of sporting and fitness opportunities in which to partake at any level of experience or ability.

The aim of our P.E. curriculum is to:

- encourage a healthy lifestyle
- ensure children understand the importance of daily exercise
- encourage children to work and play collaboratively with others
- develop a range of skills that children can perform effectively in a range of sports and activities
- teach children to recognise and describe how their bodies feel during exercise
- develop the children's enjoyment of physical activity
- have a healthy attitude towards competition
- develop an understanding of how to succeed in a range of physical activities

## Implementation

Children will have two timetabled P.E. lessons each week. These lessons are planned using the Merton P.E. Scheme which ensures complete coverage of the National Curriculum. One lesson is taught by a qualified sports coach and the other by the children's class teacher. The planning is progressive and provides support for teachers in how to teach each lesson well. Key Stage 1 follow the same curriculum map each year, while Key Stage 2 will alternate their curriculum map which ensures they have the opportunity to compete in interschool competition (see below).

Children have the opportunity to take part in a wide variety of competitive sports (provided by coaches and class teachers alike), such as netball, hockey, basketball, football, tag-rugby and cricket; as well as developing flexibility and co-ordination through gymnastics and dance. We also invite specialists into school to enthuse out children about different sports. We have welcomed Northampton Saints and Northampton Cricket Club. The Sport of the Month (PPT) is explained and discussed within the classroom. Each month there is a different sport for the children to learn about. These sports often link to a high-profile competitions such as the football world cup or the Olympics but sometimes incorporate more obscure sports which the children may be encountering for the first time.

Every summer, we invite the whole Primary Phase community to our Sports Day which includes a family picnic. We believe that competition is healthy and so our Sports Day consists of a range of races including: egg and spoon, relays and running races. Our values of Care, Challenge and Succeed are evident as the children try their hardest and cheer each other on.

Lunchtimes are carefully planned to ensure that children are happy and have the opportunity to have fun and expend some of their excess energy. A sports coach is deployed strategically and different sports are planned so that the children can access and play a range of sports while being coached by an expert.

Each year we enrol in the Duston Sports Partnership (The Duston School - Secondary) which enables our children to have the opportunity to represent The Duston School at cluster sporting events. These events have included: sports hall athletics, gymnastics, athletics and tag rugby.

Training (CPD) sessions are offered to teachers and school staff each half term to support them in the teaching of each unit of work which leads to an interschools competition.

Throughout their time at The Duston School, children are encouraged to eat healthily, during break and lunchtimes. We have a Bike and Scooter Policy which outlines how to keep safe while coming to and from school on their preferred transport. Bikeability is offered to our Year 4 and 5 children; in Year 4 the focus is on having control of their bike while in Year 5 they move onto riding their bike safely on the roads around the school.

By the end of their time at the Primary Phase, we ensure that the children have the best chance possible to be able to swim 25 metres unaided. We begin the school year with swimming lessons for Year 6 and then use regular assessments which indicate when to stop Year 6 swimming and this is when Year 5 begin their swimming journey. Any children in Year 6 who are not yet able to swim 25 metres, have the opportunity to continue their swimming lessons.

## EYFS

The Early Years Foundation Stage Scheme of Work from Merton leads into Years 1 to 6 but is based in Early Years philosophy. The scheme covers Fundamental Movement Skills (FMS) that children need to develop to support them in all their learning. The FMS sessions are accompanied by activity cards which support teachers to have the confidence, knowledge and resources they need to deliver a range of Physical Development sessions which actively engage all children. The activities focus on developing children's competencies in agility, balance, coordination and speed as well as their cognitive and social skills. The Scheme is designed to engage the children for 3 x 35-minute sessions each week. Some sessions are taught in the hall or on the playground and others as part of continuous provision in the outside area of the EYFS setting. Although a plan is set out (below), once the children have learnt the movements, they can be revisited as you would a favourite story. Outlines below is some of the activities planned to support the children's gross motor skills but there are other regular opportunities such as: space hoppers, skipping ropes, climbing opportunities and riding bikes. We also ensure that children have the opportunities within the classrooms to work at different heights, including on their stomachs and knees, to ensure that the children build strength while they are playing.

## Curriculum Map and Key Knowledge Goals

Dance						
Gymnastics						
Games/including Basketball, Hockey etc						
Athletics						
	Curriculum Map and Key Knowledge Goals					
	EYFS					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>All About Me</b> <u>Warm up:</u> The Explorer (1) <u>Body Awareness:</u> Super Mouse <u>Movement:</u> Musical Statues (2) Mousetrap (7) <u>Object Control:</u> The Magic Volcano (1) <u>Stability:</u> At the Circus (1) <u>Cool Down:</u> Hickory Dickory Dock (2)	<b>Transport – Past and Present</b> <u>Warm up:</u> Air Traffic Control (4) <u>Body Awareness:</u> Dragon Eggs <u>Movement:</u> Top Gear (5) <u>Object Control:</u> Star Striker (2) <u>Stability:</u> Balance Dice (4) <u>Cool Down:</u> Grandma's Footsteps (3)	<b>Space</b> <u>Warm up:</u> Traffic Lights (5) <u>Body Awareness:</u> Bubbles (4) <u>Movement:</u> Sky Divers (6) Stepping Stones (3) <u>Object Control:</u> Hiding Nemo (4) <u>Stability:</u> Balance in the City (5) <u>Cool Down:</u> Sleeping Lions (4)	<b>Growing and Changing</b> <u>Warm up:</u> The Bean Game (2) <u>Body Awareness:</u> Bananarama (2) <u>Movement:</u> Lily Pad Dash (1) Animal Antics (9) <u>Object Control:</u> Seal Tricks (3) <u>Stability:</u> Crabs and Caterpillars (2) <u>Cool Down:</u> The Four Seasons (1)	<b>Kings and Queens</b> <u>Warm up:</u> King/Queen of Cons (3) <u>Body Awareness:</u> Bubbles (4) <u>Movement:</u> Little Soldiers (4) Musical Statues (2) <u>Object Control:</u> Smugglers Cove (5) <u>Stability:</u> At the Circus (1) <u>Cool Down:</u> Follow the Leader (5)	<b>Stories from the Past</b> <u>Warm up:</u> The Explorer (1) <u>Body Awareness:</u> Dragon Eggs <u>Movement:</u> Stepping Stones (3) Cowboys and Indians (8) <u>Object Control:</u> The Magic Volcano (1) <u>Stability:</u> Bears and the Honey Pot (3) <u>Cool Down:</u> Getting Ready for Bed (6)

	<u>Key vocabulary</u> Striding crawling tip toes jumping waddling all fours sliding weaving swooping chase tag wide crawling lift knees pump arms head up low	<u>Key vocabulary</u> Jump spot run balance one leg link hands dodge weave avoid change direction retrieve knees high pump arms look ahead kick	<u>Key vocabulary</u> Jog stop high knees turn sprint jump travel low freeze balance mimic slow speed crouch float one leg take-off bent landing lay flat pointed roll	<u>Key vocabulary</u> Wobble heavy movements jump squeeze shiver curl slowly grow jump spot freeze crouch bend swing take-off landing	<u>Key vocabulary</u> Crouch stand jump run wide balance small spin wiggle tip toes pat slow speed crouch float lift knees pump arms head up straight	<u>Key vocabulary</u> Striding crawling tip toes jumping waddling all fours sliding weaving swooping dodge weave avoid change direction one leg take-off bent landing
	<b>Key Stage 1</b>					
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 1</b>	<b>Games Unit 1</b> To be able to find free space, avoiding others. To perform a basic underarm throw towards a target. To apply rolling, under-arm throwing and catching techniques in a series of challenges.	<b>Games Unit 2</b> To work collaboratively in a small group and understand team-work. To throw over-arm to a target. To track and intercept a ball to retrieve to a partner or team. To apply throwing and retrieval skills within a game.	<b>Dance A&amp;B</b> To explore moving confidently into a free space. To explore basic balancing, travelling and jumping movements. To combine movements and balances to create a dance sequence.	<b>Gymnastics</b> To perform basic shapes. To use the dish and arch shapes to perform a log roll. To learn basic jumping technique. To do front and back support balances. To develop take-off and landing skills.	<b>Games Unit 3</b> To be able to roll, bounce and catch a variety of equipment. To be able to throw, hit and kick a ball in a variety of ways (attacking). To be able to work as a team to retrieve objects (defending).	<b>Athletics &amp; Sports Day</b> To run with control at different speeds. To jump with increasing control. To do the egg and spoon race with control. To take part in a relay race. To understand how to be a good sport.
	<u>Key vocabulary</u> Space avoid perform underarm throw target rolling catch techniques challenge accurate	<u>Key vocabulary</u> Group team-work throw over-arm under-arm target track intercept retrieve team game	<u>Key vocabulary</u> Move free space balance travel jump combination dance sequence group	<u>Key vocabulary</u> Perform shapes dish arch log roll jumping techniques front back support balances take-off landing Gymnastics	<u>Key vocabulary</u> Roll bounce catch equipment throw hit strike kick target accurate attack defend team retrieve	<u>Key vocabulary</u> Athletics run control pace speed jump landing take-off relay race team-work good sport
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 2</b>	<b>Games Unit 1</b> To use a variety of ball manipulation skills with control. To kick a ball with accuracy towards a target. To catch an object consistently. To apply ball skills within a game.	<b>Games Unit 2</b> To throw in different direction over different distances. To apply various sending and receiving skills. To apply tactics to a sending and receiving game.	<b>Dance A&amp;B</b> To explore different travelling movements that express a feeling. To change the order of movements to create a dance sequence using contrasting feelings. To mirror the movements of a partner.	<b>Gymnastics</b> To recall and perform gymnastic shapes. To perform shaped jumps. To perform an egg roll. To travel at different levels and inclines. To learn the steps of a forward roll.	<b>Games Unit 3</b> To throw and catch whilst moving. To work with a partner to reach a target unopposed and opposed. To apply tactics to various 2v2 games while keeping score and adapting to rule changes.	<b>Athletics &amp; Sports Day</b> To understand some effects of exercise on the body. To change direction safely and effectively. To apply athletics techniques in a competition environment.
	<u>Key vocabulary</u> Manipulation ball skills control kick accurate target catch game strike catch pace speed pressure force	<u>Key vocabulary</u> Throw direction distance speed pressure force send receive skills tactic game team-work	<u>Key vocabulary</u> Travel movements feelings sequence order flow mirror partner team-work	<u>Key vocabulary</u> Gymnastics shapes jumps egg roll travel levels high low inclines steep steps forward roll	<u>Key vocabulary</u> Throw catch moving partner team target distance force unopposed opposed tactics score winning good sport rules adapt	<u>Key vocabulary</u> Effect exercise body heart breath faster slower pulse direction safely techniques competition run pace speed jump high long

	Lower Key Stage 2					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Odd Years	<b>Tag Rugby</b> To evade a defender when attacking. To tag a player when defending. To demonstrate an accurate pass when static. To work constructively within a group. To move or pass a ball into open space.	<b>Basketball</b> To be able to pivot on one foot to change direction. To dribble the ball with control. To use a chest pass. To shoot at a target with increased accuracy. To employ attacking and defending tactics.	<b>Gymnastics</b> To rock to standing on two and one legs. To learn how to perform a backward roll and a teddy bear roll. To perform a range of gymnastic rolls in a sequence with and without a partner.	<b>Athletics</b> To understand the different effects exercise has on the body. To explore different throwing techniques. To decide on appropriate techniques for a given task.	<b>Outdoor and Adventurous</b> To learn basic problem-solving skills. To follow/read a simple map in order to identify current location. To understand and identify basic symbols on a map.	<b>Rounders &amp; Sports Day</b> To throw and catch a ball underarm and overarm. To use fielding tactics. To striking a ball accurately. To use basic game rules.
	<u>Key Vocabulary</u> Tag rugby evade attack player defending attacking accurate pass static moving team-work ball space	<u>Key Vocabulary</u> Basketball pivot one foot change direction dribble control chest pass accurate shoot force target attack defend tactics	<u>Key Vocabulary</u> Gymnastics rock two legs one leg balance rhythm perform backward roll teddy bear roll sequence individual partner	<u>Key Vocabulary</u> Athletics exercise body heart pulse sweat throw techniques under-arm over-arm purpose accurate aim	<u>Key Vocabulary</u> Problem-solving follow read map follow key symbols identify location place	<u>Key Vocabulary</u> Throw catch underarm overarm fielding tactics trike accurate run speed pace sprint games rules races sport
Year 3 Even	<b>Netball</b> To perform a chest and shoulder pass. To move into space and stop when catching a pass. To mark an opponent.	<b>Hockey</b> To dribble the ball under control at speed. To use the push pass whilst finding space. To employ attacking and defending techniques.	<b>Dance</b> To move to a rhythmic pattern. To link dance movements to form a sequence. To work in a small group to create a short dance phrase.	<b>Athletics</b> To understand the different effects exercise has on the body. To explore different throwing techniques. To decide on appropriate techniques for a given task.	<b>Gymnastics</b> To perform a rock to standing. To perform a backward roll landing in a variety of shapes. To perform a range of rolls including a teddy bear roll. To perform a sequence of movements.	<b>Cricket</b> To throw a ball under-arm and over-arm effectively. To strike a stationary ball using the correct technique. <b>Tennis</b> To use a forehand and backhand groundstroke. To maintain a rally. <b>Sports Day</b>
	<u>Key Vocabulary</u> Chest shoulder pass bounce space catch opponent mark footwork stationary defender attacker	<u>Key Vocabulary</u> Dribble control circular speed push pass bent knees send receive bounce space defend attack tactics	<u>Key Vocabulary</u> Beat rhythm action bend jump count pattern movements tap sequence dynamics theme team perform combine	<u>Key Vocabulary</u> Athletics exercise body heart pulse sweat throw techniques under-arm over-arm purpose accurate aim	<u>Key Vocabulary</u> Perform shape rock standing straddle pike tuck backward roll technique knees feet front support teddy bear roll log egg forward jumps	<u>Key Vocabulary</u> Bowl strike catch under-arm over-arm technique bat field racket forehand groundstroke backhand rally swing
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4 Odd	<b>Tag Rugby</b> To use recall, evade and defend tactics. To demonstrate an accurate pass when static and moving. To beat a defender by moving with and/or passing the ball into an open space. To use strategies for retaining a ball in a match scenario.	<b>Basketball</b> To be able to perform jump and stride stops. To dribble using both hands. To pass a ball using a bounce pass. To employ attacking and defending tactics in a game situation.	<b>Gymnastics</b> To perform a confident and powerful run-up and correct take-off for the vault. To take off and land safely from height. To travel confidently across apparatus. To perform a successful vault to the rest of the class.	<b>Athletics</b> To understand how heart rate changes during exercise. To throw different objects for distance. To throw different objects for accuracy. To perform a range of jumps while demonstrating consistent technique.	<b>Outdoor and Adventurous</b> To understand and follow a simple map in order to identify surroundings. To plan and execute journeys around the school site by using features.	<b>Rounders &amp; Sports Day</b> To throw and catch accurately in a game situation. To strike a ball effectively. To work as a team to employ attacking and defending tactics in a match.



	<u>Key Vocabulary</u> Tag rugby recall evade defend tactics accurate pass static moving beat defender open space strategies team-work retaining match	<u>Key Vocabulary</u> Basketball perform jump stride stops dribble hands swap pass ball bounce attacking defending tactics game team-work	<u>Key Vocabulary</u> Gymnastics perform powerful run-up speed pace take-off vault landing safely travel apparatus	<u>Key Vocabulary</u> Body exercise heart rate pulse fast slow resting throw distance force technique accurate jump take-off landing height length	<u>Key Vocabulary</u> Outdoor adventurous map follow identify surroundings plan journeys features symbols follow	<u>Key Vocabulary</u> Rounders throw accurate pace speed strike catch team-work run sprint attacking defending good sport racket
Year 4 Even	<b>Netball</b> To develop a range of passing skills. To catch a pass on the move. To stop and pivot. To follow footwork rule. To close down space as a team.	<b>Hockey</b> To develop dribbling and begin dragging. To develop the push and slap pass. To use a hit shot when shooting. To demonstrate simple tactics to keep possession.	<b>Dance</b> To demonstrate clear dynamics. To perform with a partner using changes of level and direction. To create a character and narrative. To create an everyday activity dance sequence.	<b>Athletics</b> To understand how heart rate changes during exercise. To throw different objects for distance. To throw different objects for accuracy. To perform a range of jumps while demonstrating consistent technique.	<b>Gymnastics</b> To perform the correct take-off for the vault. To jump and land using shape jumps. To travel confidently across apparatus at different heights and inclines. To mount, travel and dismount a vault successfully.	<b>Cricket</b> To throw a ball over-arm at a target. To strike a moving ball into space. <b>Tennis</b> To strike a ball in a given direction using forehand and backhand. To hit an under-arm serve to begin a rally. <b>Sports Day</b>
	<u>Key Vocabulary</u> Passing pivot jump land footwork rule chest shoulder pass sprint reaction space receive opponent defend attack defensive man marking	<u>Key Vocabulary</u> Dribble dragging lock and key grip push slap pass accurate shoot hit shot tactics possession space defend attack	<u>Key Vocabulary</u> Movement dynamics theme change level direction unique sequence perform character narrative dance stimulus group formation everyday	<u>Key Vocabulary</u> Body exercise heart rate pulse fast slow resting throw distance force technique accurate jump take-off landing height length	<u>Key Vocabulary</u> Vault powerful run-up take-off landing obstacle tuck straight straddle pike shape balance control height incline mount travel dismount perform broad front support	<u>Key Vocabulary</u> Bowl over-arm strike catch field shot bat field forehand direction rally swing backhand serve groundstroke bounce service points racket
	<b>Upper Key Stage 2</b>					
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Year 5 Odd	<b>Tag Rugby</b> To accurately pass when under pressure. To work effectively as a team. To understand the rules for a full-scale match. To work as part of a team and successfully employ tactics.	<b>Basketball</b> To stop in the 'triple threat' position. To protect the ball from defenders when dribbling. To shoot the ball to a target in a competitive situation. To work as a team to employ attacking and defending tactics.	<b>Gymnastics</b> To perform a range of rolls, with different starting and finishing positions. To learn and practise the stages of a handstand. To know how the handstand links to the cartwheel. To link gymnastic movements together.	<b>Athletics</b> To move in a variety of different ways with control, balance and speed. To understand the concept of agility and apply this in sporting activities. To combine the four elements of jumping: approach, take-off, flight and landing.	<b>Outdoor and Adventurous/ Swimming</b> To read orienteering maps. To complete orienteering courses. To read scales on a map and introduce measuring distances. To create journey trails in various locations.	<b>Rounders &amp; Sports Day &amp; Swimming</b> To use throwing and catching techniques. To strike accurately and with force. To bowl a ball accurately at a target. To use the long barrier technique to stop the ball when fielding. To experiment with fielding.
	<u>Key Vocabulary</u> Side-step mark tag defend attack pass intercept lateral pass static catch space chest height possession try line restart carrier	<u>Key Vocabulary</u> Triple threat pass dribble shoot position control chest pass bounce intercept pivot possession middle overload areas goals	<u>Key Vocabulary</u> Forward roll range finishing positions tall crouch flat straight lean tuck backwards perform handstand in line cartwheel kick log teddy bear	<u>Key Vocabulary</u> Control balance speed shuttles relay agility hurdles slalom drive distance vortex howler shot put discus throw target sprint take-off flight landing approach	<u>Key Vocabulary</u> Trust route communication problem solve cooperation map roles orienteering map course distances markers scale location landmarks journey	<u>Key Vocabulary</u> Throw catch cushion ball weight strike communicate two hands strike stance bowl force backstop stumped aiming stop long barrier fielding tactics

Year 5 Even	<b>Netball</b> To pass and receive a range of passes on the move. To perform footwork and pivoting technique when receiving a ball at speed. To mark opponents and close down space. To perform correct shooting technique.	<b>Hockey</b> To pass, dribble and shoot with control. To use the block tackle and jab tackle. To identify and use tactics to maintain possession. To pass and receive whilst on the move. To apply attacking and defending tactics.	<b>Dance</b> To dance using appropriate dynamics. To explore mirroring movements. To explore the term 'Retrograde' when applied to dance. To evaluate a performance giving constructive feedback.	<b>Athletics</b> To move in a variety of different ways with control, balance and speed. To understand the concept of agility and apply this in sporting activities. To combine the four elements of jumping: approach, take-off, flight and landing.	<b>Gymnastics</b> To perform a range of rolls with different start and finishing positions. To perform a handstand with support. To perform a cartwheel. To link two or more movement together.	<b>Cricket</b> To play a variety of different shots. To bowl over-arm using the correct technique. <b>Tennis</b> To strike the ball to a specified area. To use attacking and defending tactics. <b>Sports Day</b>
	<u>Key Vocabulary</u> Passes move pivot footwork rule receive at speed close down space opponents shooting technique boundaries intercepted defence rules	<u>Key Vocabulary</u> Pass dribble shoot control block tackle jab attack defend possession pass receive tactics game team support	<u>Key Vocabulary</u> Dynamics theme mirroring unison mimic timing phrase combine retrograde fluency precision feedback evaluate audience	<u>Key Vocabulary</u> Control balance speed shuttles relay agility hurdles slalom drive distance vortex howler shot put discus throw target sprint take-off flight landing approach	<u>Key Vocabulary</u> Log tuck teddy forward backward handstand cartwheel support start position finishing perform sequence	<u>Key Vocabulary</u> Wicket keeper bowling fielding cover straight drive pull sweep shot stumps runs bat racket attack defend serve rally volley
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Year 6 Odd	<b>Tag Rugby &amp; Swimming</b> To use evasive skills and marking to beat a defender. To use a accurate lateral passing technique. To break through a defence by both moving and passing the ball. To retain the ball and create try scoring opportunities.	<b>Basketball &amp; Swimming</b> To dribble the ball with both hands to beat a defender. To use a variety of passes in a game situation. To work collaboratively as part of a team and between teams.	<b>Gymnastics &amp; Swimming</b> To perform a variety of gymnastics elements safely from memory. To start and land in a range of ways. To understand the technique of a one-handed cartwheel. To perform longer sequences.	<b>Athletics &amp; Swimming</b> To select and apply an appropriate running pace for different distances. To apply the correct technique for sprint starts. To experiment with different types of athletic jumping events.	<b>Outdoor and Adventurous</b> To make efficient route planning decisions. To understand how to use bearings and distances. To identify basic landmarks. To design and build a basic shelter.	<b>Rounders</b> To work collaboratively as part of a team. To understand the role of the backstop and using them tactically in games. To use batting, bowling and fielding skills and tactics in a match.
	<u>Key Vocabulary</u> Evasive defend attack middle strategies lateral static pressure tagged backwards pass flat touch try line score tactics	<u>Key Vocabulary</u> Triple threat dribble defend position shoot pass pivot opponent bounce chest pass push sequence tactics	<u>Key Vocabulary</u> Handstand straight controlled landing strong cartwheel opposite legs take-off kick start land forwards backwards arabesque rolls	<u>Key Vocabulary</u> Athletic control balance speed relay obstacle long jump power precision push technique pull sling heave agility triple vertical standing	<u>Key Vocabulary</u> Adapt problem solve cooperation improve direction strategy viable solution roles planning route time pressure bearings distance	<u>Key Vocabulary</u> Target team cushion ball flat power accuracy strike bowl side stance step into hit pace trajectory knee shoulder backstop field tactics

Year 6 Even	<b>Netball</b> To choose the correct passing technique. To shoot with the correct technique. To apply the correct footwork. To man mark effectively. To know the netball rules, positions and boundaries.	<b>Hockey</b> To outwit an opponent to retain possession of the ball. To attack from a defensive position. To apply tackling techniques. To select the best formations and tactics when defending as a team.	<b>Dance</b> To demonstrate accurate and consistent dynamics. To use expression and scale of movement to show character. To perform using accurate expressions and choreographic devices. To link narrative to a dance using a themed storyline.	<b>Athletics</b> To select and apply an appropriate running pace for different distances. To apply the correct technique for sprint starts. To experiment with different types of athletic jumping events.	<b>Gymnastics</b> To perform a handstand. To perform a cartwheel. To link a roll and a cartwheel together. To perform a range of cartwheels confidently.	<b>Cricket</b> To implement bowling and batting tactics to benefit the team. To use correct feet and hand movements when wicket-keeping. <b>Tennis</b> To use the volley as an attacking strategy. To use the over-arm serve as an attacking strategy. <b>Sports Day</b>
	<u>Key Vocabulary</u> Passing technique shoot footwork rule attack defend man mark close down space intercept positions boundaries	<u>Key Vocabulary</u> Outwit opponent retain possession attack defend tackling techniques formation tactics team space	<u>Key Vocabulary</u> Accurate consistent dynamics expressions choreographic devices themed narrative storyline	<u>Key Vocabulary</u> Athletic control balance speed relay obstacle long jump power precision push technique pull sling heave agility triple vertical standing	<u>Key Vocabulary</u> Handstand straight support cartwheel steps star shaped one knee arabesque log tuck forward backward teddy bear counter balance	<u>Key Vocabulary</u> Shot field bat attack defend fielders position tactics wicket-keeper stump groundstrokes attack volley serve racket over-arm direction space points rally

## Impact

The impact of the P.E. curriculum at the Primary Phase will be evident when observing children engaged and excited by our P.E. opportunities. P.E. will have a high profile and children will be able to discuss their learning knowledgeably. Progress will be shown by children progressing through the P.E. curriculum which will enable them to meet the expectations of the National Curriculum. Children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports, and understand that success is underpinned by teamwork, sportsmanship, self-motivation and resilience. They will, hopefully, grow up to live happy and healthy lives utilising the skills and knowledge acquired through P.E.

## Values

Children demonstrate the Primary Phase values of Care, Challenge and Succeed throughout their P.E. learning.



### Care:

Children demonstrate the school values of Care, Challenge and Succeed throughout their P.E. learning. They show care by supporting each other to succeed when learning a new skill and showing sportsmanship when they or their team do not win. Care is evident when showing respect when dances from around the world (Africa, Bollywood, Egyptian and Brazil) are taught as part of the dance curriculum. They treat P.E. equipment with care and understand that they have to use it safely.



### Challenge:

Children are taught to learn challenging new knowledge, concepts and skills throughout the P.E. curriculum. New vocabulary is learnt in P.E. lessons and children are encouraged to use these new words in context when discussing new learning. Children are challenged throughout the P.E. curriculum and they learn about significant people who have, themselves, faced challenge and overcome these to succeed in their chosen sport e.g. The Paralympics, Wheelchair Rugby, The Solheim Cup and The Invictus Games.



### Succeed:

Children have opportunities to succeed in all their P.E. learning. Scaffolds are put into place to support less confident participants and encouragement ensures that all children perform within units. All children's sport efforts are appreciated and shared in a supportive way within the class and their 'Best Work' is demonstrated to the class. Children that represent the school in sporting activities are celebrated in the weekly achievement assemblies. Children who have particular sporting talents and achievements outside of school can send in photographs to be shared on our 'Beyond TDS' display board.