

P.E. Curriculum

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.

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. 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.

Curriculum Map and Key Knowledge Goals						
EYFS						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	All About Me <u>Warm up:</u> The Explorer <u>Body Awareness:</u> Super Mouse <u>Movement:</u> Musical Statues Mousetrap <u>Object Control:</u> The Magic Volcano <u>Stability:</u> At the Circus	Transport – Past and Present <u>Warm up:</u> Air Traffic Control <u>Body Awareness:</u> Dragon Eggs <u>Movement:</u> Top Gear <u>Object Control:</u> Star Striker <u>Stability:</u> Balance Dice	Space <u>Warm up:</u> Traffic Lights <u>Body Awareness:</u> Bubbles <u>Movement:</u> Sky Divers Stepping Stones <u>Object Control:</u> Hiding Nemo <u>Stability:</u> Balance in the City	Growing and Changing <u>Warm up:</u> The Bean Game <u>Body Awareness:</u> Bananarama <u>Movement:</u> Lily Pad Dash <u>Object Control:</u> Seal Tricks <u>Stability:</u> Crabs and Caterpillars	Kings and Queens <u>Warm up:</u> King/Queen of Cons <u>Body Awareness:</u> Bubbles <u>Movement:</u> Little Soldiers <u>Object Control:</u> Smugglers Cove <u>Stability:</u> At the Circus	Stories from the Past <u>Warm up:</u> The Explorer <u>Body Awareness:</u> Dragon Eggs <u>Movement:</u> Stepping Stones <u>Object Control:</u> The Volcano <u>Stability:</u> Bears and the Honey Pot
Key Stage 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games Unit 1 Find free space, avoiding others. Apply rolling, under-arm throwing and catching techniques in a series of challenges.	Games Unit 2 Throw over-arm to a target. Track and intercept a ball to retrieve to a partner or team. Apply throwing and retrieval skills within a game.	Dance A&B Basic balancing, travelling and jumping movements. Combining movements and balances to create a dance sequence.	Gymnastics Dish and arch shapes to perform a log roll. Front and back support balances. Developing take-off and landing skills.	Games Unit 3 Throw, hit and kick a ball in a variety of ways (attacking). Work as a team to retrieve objects (defending).	Athletics & Sports Day To run with control at different speeds. To do a range of races with control. To be a good sport.
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 2	Games Unit 1 Ball manipulation skills with control. Kick a ball with accuracy. Catch an object consistently. To apply ball skills within a game.	Games Unit 2 Throw in different direction over different distances. Apply tactics to a sending and receiving game.	Dance A&B Change the order of movements to create a dance sequence using contrasting feelings. Mirror the movements of a partner.	Gymnastics Perform shaped jumps and egg rolls. Travel at different levels and inclines. To learn the steps of a forward roll.	Games Unit 3 Work with a partner to reach a target unopposed and opposed. Apply tactics to various 2v2 games while keeping score.	Athletics & Sports Day The effects of exercise on the body. Changing direction safely and effectively. To apply athletics techniques.

	Lower Key Stage 2					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3 Odd Years	Tag Rugby Evade a defender when attacking. Tag a player when defending. To move or pass a ball into open space.	Basketball Pivot to change direction. Dribble with control. Shoot at a target. Employ attacking and defending tactics.	Gymnastics Perform a backward roll and a teddy bear roll. Perform a range of gymnastic rolls in a sequence with and without a partner.	Athletics The different effects exercise has on the body. Different throwing techniques. Appropriate techniques for a given task.	Outdoor and Adventurous Problem-solving skills. Follow/read a simple map to identify location. Identify basic symbols on a map.	Rounders & Sports Day Throw and catch a ball underarm and overarm. Use fielding tactics. Strike a ball accurately.
Year 3 Even	Netball Perform a chest and shoulder pass. Move into space and stop when catching a pass. Mark an opponent.	Hockey Dribble the ball under control at speed. Push pass whilst finding space. Attacking and defending techniques.	Dance Rhythmic patterns. Linking dance movements to form a sequence. Work in a group to create a dance phrase.	Athletics The different effects exercise has on the body. Different throwing techniques. Appropriate techniques for a given task.	Gymnastics Perform a rock to standing. Perform a range of rolls including a teddy bear roll. Perform a sequence of movements.	Cricket Throw a ball under-arm and over-arm. Strike a stationary ball. Tennis Use forehand and backhand groundstroke. Sports Day
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4 Odd	Tag Rugby Beat a defender by moving with and/or passing the ball into an open space. Use strategies for retaining a ball in a match scenario.	Basketball Perform jump and stride stops. Dribble using both hands. Use a bounce pass. Employ attacking and defending tactics.	Gymnastics Perform powerful run-up and correct take-off for the vault. Take off and land safely from height. Perform a successful vault.	Athletics Understand how heart rate changes during exercise. Throw different objects for distance and accuracy.	Outdoor and Adventurous Follow a simple map to identify surroundings. Plan and execute journeys by using features.	Rounders & Sports Day Throw and catch accurately in a game situation. To work as a team to employ attacking and defending tactics in a match.
Year 4 Even	Netball Develop a range of passing skills. Catch a pass on the move. Stop and pivot. Close down space as a team.	Hockey Develop dribbling and dragging. Develop the push and slap pass. Use a hit shot when shooting.	Dance To demonstrate clear dynamics. To perform with a partner using changes of level and direction. To create a character and narrative.	Athletics Understand how heart rate changes during exercise. Throw different objects for distance and accuracy.	Gymnastics Perform the correct take-off for the vault. Jump and land using shapes. Mount, travel and dismount a vault successfully.	Cricket Throw a ball over-arm at a target. Strike a moving ball into space. Tennis Strike a ball in a using forehand and backhand. Sports Day
	Upper Key Stage 2					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5 Odd	Tag Rugby Accurately pass when under pressure. Work as part of a team and successfully employ tactics.	Basketball Stop in the 'triple threat' position. Protect the ball from defenders when dribbling. Shoot the ball to a target in a competitive situation.	Gymnastics Perform a range of rolls, with different finishing positions. Learn the stages of a handstand.	Athletics Move in a variety of ways with control, balance and speed. To combine the four elements of jumping: approach, take-off, flight and landing.	Outdoor and Adventurous/ Swimming Read orienteering maps. Complete orienteering courses. Read scales on a map.	Rounders & Sports Day & Swimming Use throwing and striking techniques. Strike accurately and with force. Use the long barrier technique.
Year 5 Even	Netball Perform footwork and pivoting technique when receiving a ball at speed. Mark opponents and close down space. Perform shooting techniques.	Hockey Pass, dribble and shoot with control. Use the block and jab tackle. Apply attacking and defending tactics.	Dance Explore mirroring movements. Explore the term 'Retrograde' in dance. To evaluate a performance and give constructive feedback.	Athletics Move in a variety of ways with control, balance and speed. Combine the four elements of jumping: approach, take-off, flight and landing.	Gymnastics Perform a handstand with support. Perform a cartwheel. Link two or more movement together.	Cricket Play a variety of shots. Bowl over-arm accurately. Tennis Strike the ball to a specified area. Use attacking and defending tactics. Sports Day

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6 Odd	Tag Rugby & Swimming Use evasive skills and marking to beat a defender. To use accurate lateral passing techniques. Retain the ball to create try scoring opportunities.	Basketball & Swimming Dribble the ball with both hands to beat a defender. Use a variety of passes in a game situation.	Gymnastics & Swimming Perform gymnastics elements safely. Start and land in a range of ways. Understand the technique of a one-handed cartwheel.	Athletics & Swimming Apply appropriate running pace for distances. Apply techniques for sprint starts. Experiment with types of athletic jumping events.	Outdoor and Adventurous Make efficient route planning decisions. Understand how to use bearings and distances. Identify basic landmarks.	Rounders Understand the role of the backstop and using them tactically in games. Use batting, bowling and fielding skills and tactics in a match.
Year 6 Even	Netball Choose the correct passing technique. Shoot with the correct technique. Apply the correct footwork. Man mark effectively.	Hockey Outwit an opponent to retain possession. Attack from a defensive position. Apply tackling techniques.	Dance Use expression and scale of movement to show character. Perform using accurate expressions and choreographic devices.	Athletics Apply running pace for different distances. Apply the correct technique for sprint starts.	Gymnastics Perform a handstand and cartwheel. Link a roll and a cartwheel. Perform a range of cartwheels.	Cricket Use bowling and batting tactics to benefit the team. Use correct feet and hand movements. Tennis Use the volley to attack. Use the over-arm serve to attack. Sports Day