



Physical Education scheme of work

Christian values underpinning learning: To develop a life of faith in God and **respect** for the dignity of all human beings; to nurture **resilient** thinkers rather than mere reflectors of others' thoughts; to promote **compassion, co-operation** and **happiness** through loving service rather than selfish ambition; to ensure maximum development of each individual's potential; and to embrace all that is true, good, and beautiful.

Intent

The National Curriculum (2014) forms the basis for all subject teaching ensuring continuity and progression in an age-related curriculum. In addition, teachers make sure the content is relevant and stimulating. We believe that all children are entitled to receive a high-quality of education regardless of their needs or disabilities. Teachers will ensure that all pupils needs are identified and reviewed regularly, and that appropriate support is put in place. We work in collaboration with the children's parents, external agencies and other professionals to ensure that there is a collaborative approach to supporting our pupils with SEND. Teachers will provide a learning environment that is tailored to the needs of all pupils including those with additional needs. It is our intention that our children will be equipped with the skills needed to become independent learners, both inside and outside of the classroom. All pupils should expect to receive an education that enables them to achieve the best possible outcomes, and become confident, able to communicate their own views and ready to make a successful transition into secondary school and then adulthood.

At Fletewod School, we believe that:

Children will develop a life-long desire for health and fitness.

- Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We also want to teach children how to cooperate and collaborate with others as part of an effective team,

understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

All pupils including those with SEND will be provided with high quality teaching and resources adapted to meet their individual needs. Where appropriate, pupils may be supported 1:1 or in a small group to enable them to access the curriculum.

PE provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance and outdoor & adventure.

The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

Subject overview:

Year A

Class	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Class 1 (EYFS)	Be increasingly independent as they get dressed and undressed for example putting coat on, doing the zip up.		Collaborate with others to manage large items such as move along plank safely carrying large, hollow blocks.		Develop overall body-strength, balance, co-ordination and agility. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	
Class 2 (Y1/2)	Games This Invasion Games unit will teach the class the basic skills they need to participate in simple invasion games. The skills are taught in an engaging and motivational manner, with all lessons having a fairground theme. Children will	Games This 'Running and Jumping' unit will develop the class' understanding of different ways of travelling and different types of jumps. They will learn to travel at different speeds by walking, jogging, running and sprinting, and develop	Dance – Toys The Dance – Toys Unit encourages children to think about the speed, weight and size of their movements in the context of toys from the past and present. The children pretend to be and play with imaginary toys. They work in different formations,	Gym- Under the sea This unit of gymnastics provides opportunities for children to learn and practise a variety of skills, including rolls, jumps and balances. Inspired by items and creatures found under the sea, children will develop their control, agility and	Athletics In this Multi-Skills unit, children will take part in a variety of activities which are designed to teach them the skills they will need to participate in a range of sports day events. The children will learn the key skills needed for traditional	Outdoor Education This 'Throwing and Catching' unit will teach the class basic ball handling skills. They will learn to control a ball when they are rolling and bouncing, throwing and catching, on their own, with a partner and in a group. The unit progresses the

	<p>learn different ways of travelling, including moving backwards, sidestepping and changing direction. They will apply these different methods of travelling as they move on to travelling with a ball. Children will have the opportunity to learn about passing a ball to another player, beginning by practising this skill more simply and then applying it to a game situation. Finally, children will consolidate and apply all their skills in a simple invasion game.</p>	<p>an understanding of when these speeds are most useful. By using different pathways and moving in different directions, the children will explore how to use working space in PE. The unit builds on the children's knowledge of jumping by looking at jumping for distance and height. It also gives your class time to explore a variety of other ways of jumping, apply these skills to jumping games and creating jumping sequences. The importance of landing safely after jumping is a key focus for the unit, and the children will learn the importance of landing steadily with control. The unit encourages them to think about the changes that occur in our bodies when we exercise, why we need to warm up and cool down, including how we can best do those things.</p>	<p>synchronizing their movements with their partner's and within larger groups. They move to different rhythms, speed up and slow down and use their own bodies to produce rhythms. They move on to holding rigid group formations to a steady beat. The children act and react in pairs through movement and expression. They copy and improvise movement patterns putting them together to build motifs of their own to convey ideas in response to stimuli. They are able to describe their own and other's movements and suggest improvements as they watch each other perform.</p>	<p>coordination. Each lesson focuses on a particular skill and children have the chance to apply their learning in a variety of ways. Self and peer assessment is used throughout the unit to allow children to monitor their progress. The final two lessons of the unit give children a chance to build their own gymnastic sequences, both individually and with a partner.</p>	<p>running, jumping and throwing activities and they will practise these in a range of fun activities. They will also learn how to travel with equipment in the egg and spoon race and football race and across equipment in the obstacle race. Each lesson is designed so children learn the skill, practise the skill then apply the skill in a race situation, so they will know what to expect when they compete on sports day. In addition to this, they will learn how the different sports day events will be organised; how they will start and finish and what certificates the teachers will be looking to award.</p>	<p>children from simple underarm catching to simple overarm throwing and onto an underarm sling for throwing quoits. They will also develop tracking and receiving skills and learn to move in different ways, changing direction, speed and locomotors quickly. These are essential skills for playing ball games. The children will also gain experience of playing some simple team games, following rules, competing, and supporting each other to win. The unit encourages them to think about the changes that occur in our bodies when we exercise, why we need to warm up and cool down and how we can best do those things.</p>
Class 3 (Y3/4)	<p>Games- Invasion games (Y3) Tag rugby The class will learn about the basic and fundamental principles of invasion games such as keeping possession and teamwork. The</p>	<p>Games - Circuit training (Y3/4) This unit will allow the class to focus on different types of exercise, participating in a range of activities that focus on the upper body, lower</p>	<p>Dance- Carnival of the animals This Dance Carnival of the Animals unit will teach the class a variety of dance techniques, taking inspiration from Carnival of the</p>	<p>Gym-Shape (Y4) In this Gymnastics: Shape and Balance unit, children will learn how to use gymnastics shapes and balances to communicate their learning about key</p>	<p>Games- striking and fielding (Y3) The children will learn how to catch and throw across different distances with accuracy. They will develop their skills of cooperation, exploring</p>	<p>Athletics - (Y3) In this Athletics unit, children will have the opportunity to develop their existing running, jumping and throwing skills. They will be learning about an effective sprint</p>

	<p>children will learn how to pass, receive and travel with the ball using a variety of balls and techniques. They will develop their understanding of the principles of attacking and defending in invasion games and learn skills such as marking and dodging. Children will apply their skills to playing tag rugby. The 'Tag Rugby' unit will teach your class the skills players need to play both defensively and offensively as a tag rugby player. The children will learn how to catch and throw while both stationary and on the move. They will develop their skills of tagging and sidestepping as well as making tactical decisions about when to make passes and tags. They will also learn the skill of intercepting, following the offside rule. Children will have the opportunity to play a mini-tournament to put their newly developed skills into practise.</p>	<p>body and core muscles. Children will learn about aerobic and anaerobic exercise and will be asked to continually consider the benefits gained through participating in these. Children will develop their skills in travelling and changing travel, ball control skills and balance and coordination. They will be encouraged to keep a personal score for each exercise and to adapt and improve their performance to beat their score.</p>	<p>Animals by Camille Saint-Saëns. The skills are taught in an engaging and motivational manner, with children using dance techniques and styles to represent the different animals featured in the piece of music. Children will learn to dance in unison and in canon and will discover how to use dynamics in their dancing in order to fit the mood and the tempo of a piece of music.</p>	<p>aspects of the ancient Egyptian civilisation. The children will use their bodies to create shapes which represent ancient Egyptian icons and themes. They will work individually and with a partner to create and hold balances to depict hieroglyphs as well as characters and events from the Egyptian creation story. They will also combine their gymnastics skills and historical knowledge to create and perform a gymnastic routine with a festival or funeral theme, while linking sections creatively using a range of movements and linking actions. Throughout each lesson, children will be encouraged to evaluate their own and others' performances and suggest ideas for improvement. The unit culminates with an Egyptian Extravaganza where children combine all their learning to create and perform a final showcase.</p>	<p>how working as a team helps to prevent the opposition from scoring points. Children will develop tactical skills, understanding effective ways to gain points/runs.</p> <p>Rounders - this unit will begin to teach your class a range of skills to equip them for playing a competitive rounders game. The children will learn correct techniques for different types of throws and catches, practise batting and bowling techniques and learn all about the roles and responsibilities of different fielding positions.</p>	<p>technique, including sprinting over obstacles. The children will be given opportunities to use a variety of throwing techniques, including the underarm and overarm throws, to throw for distance and for accuracy. They will learn the technique for throwing the shot-put (push throw) and how to execute the standing long jump. Throughout the unit, they will be encouraged to try and achieve their personal best and will be working independently, in pairs and working collaboratively within a group.</p>
Class 4 (Y5/6)	Games – Invasion games -	Games - Circuit training (Y5/6)	Dance- Outer Space The Outer Space Unit	Gym- Movement (Y5) <i>Introduction</i>	Games- striking and fielding (Y5)	Athletics - (Y5) In this athletics unit, the children will have

	<p>The class will revise the basic and fundamental principles of invasion games such as keeping possession and teamwork. The children will pass, receive and travel with the ball using a variety of balls and techniques. They will revise the principles of attacking and defending in invasion games and skills such as marking and dodging. Children will apply their skills to playing tag rugby. Tag rugby</p> <p>This 'Tag Rugby' unit will teach the class the skills players need to play both defensively and offensively as a tag rugby player. The children will learn how to catch and throw while both stationary and on the move. They will develop their skills of tagging and sidestepping as well as making tactical decisions about when to make passes and tags. They will also learn the skill of intercepting, following the offside rule. Children will have the opportunity to play a mini-tournament to put their newly</p>	<p>This unit will allow the class to focus on a range of different types of exercise and sporting values. Children will learn about the effects of different types of exercise and they will take part in upper body, lower body and core muscle exercises. They will focus on sporting abilities such as being a good sportsperson, taking part in respectful competition, working as a team and playing to each other's strengths. Children will have a chance to plan their own circuit of exercises to develop someone's all round fitness and will evaluate their own progress each lesson and throughout the unit. They will learn about safe exercise practices, and healthy ways to exercise for full wellbeing.</p>	<p>This aims to develop students' movement skills, creativity, and collaboration. By exploring various dance concepts and incorporating elements of outer space themes, students will have the opportunity to apply and develop a wide range of movements. They will also learn to evaluate and improve their own performances, fostering a sense of self-awareness and personal growth.</p> <p>The unit progresses from individual exploration to group collaboration, allowing students to work both independently and cooperatively. Throughout the unit, students will be encouraged to reflect on their progress and set targets for improvement.</p>	<p>This Gymnastics Movement unit will teach your class how to perform a variety of floor and vault movements. The children will learn stag jumps, split leaps, pike rolls, round-offs and the squat through vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. Children will have the opportunity to choreograph their own sequences and routines and perform individually and as part of a pair or group.</p>	<p>The children will revise how to catch and throw across different distances with accuracy. They will further develop their skills of cooperation, exploring how working as a team helps to prevent the opposition from scoring points. Children will develop tactical skills, understanding effective ways to gain points/runs.</p> <p>Rounders - this unit will teach your class a range of skills to equip them for playing a competitive rounders game. The children will learn correct techniques for different types of throws and catches, practise batting and bowling techniques and learn all about the roles and responsibilities of different fielding positions. In addition to this, they will learn how to think strategically and choose and apply a range of tactics to help them perform their best.</p>	<p>the opportunity to develop their existing running, jumping and throwing skills. They will be running for speed and endurance as well as learning the technique for the standing vertical jump. They will also learn the technique for throwing the discus (the fling throw) and practise other types of throwing techniques, including the one-handed pull throw (javelin) and the one-handed push throw (shot-put). The children will have the opportunity to take part in individual, paired and group activities and games.</p>
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	developed skills into practise.					
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Year B

Class	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Class 1 (EYFS)	Be increasingly independent as they get dressed and undressed for example putting coat on, doing the zip up.		Collaborate with others to manage large items such as move along plank safely carrying large, hollow blocks.		Develop overall body-strength, balance, co-ordination and agility. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	
Class 2 (Y1/2)	Games This unit is designed to build the overall fitness of your children through a circuit of eight activities, each of which is based on a different skill. Fun practices are used each week before the children are introduced to two of the circuit activities. Throughout the unit, the children will complete a scorecard allowing them to see the progress they have made. Many opportunities are provided for the children to watch others and to	Games This Target Games unit focuses on activities and games that require players to send an object towards a target. Children will be learning how to send the ball in different ways towards both stationary and moving targets, including rolling, underarm throwing, overarm throwing and kicking. They will be taught about the skills of aiming, precision and accuracy, which are the fundamental skills	Gym –Animals The Gymnastics – Animals Unit teaches children to lift, carry and use gymnastic apparatus safely. Children learn to travel safely in different ways, at different speeds and levels. They bounce, hop, hopscotch, gallop, skip, tiptoe and run in different directions. They learn to jump safely on the ground and onto and from equipment. They jump and roll	Dance- Plants Each lesson in this unit has a different focus linked to the topic of plants. Children will explore movements based on working in the garden, different types of seeds and how plants grow. The final two lessons of the unit are based on the traditional story of Jack and the Beanstalk. Throughout the unit, children will dance on their own, with partners and in groups. This unit also teaches children the importance of determination, teamwork and	Athletics This Animal Olympics unit will allow your class to focus on a range of different athletics skills including running, jumping and throwing. Children will also focus on the Olympic Values, considering how these fit into both the lesson and their daily lives. The skills and values are taught in an engaging and motivational manner, with children taking inspiration from the animal world. Children will learn about animals such as penguins,	Outdoor Education This 'Invasion Games' unit builds upon many of the skills the children will have already learnt. They will further develop their understanding of the basic and fundamental principles of invasion games such as attacking, defending, scoring and teamwork. They will learn how to dribble with a football, to pass and receive the ball in a variety of ways for a range of invasion games and to use space effectively in a

	<p>evaluate their own performance. This unit has a strong health and fitness focus and the children will learn about the effects of exercise on their body and about the role of the human heart.</p>	<p>needed for target games such as croquet, golf and bowling. The children will also be developing their understanding of using tactics and teamwork in a range of different target games and will be given the opportunity to try playing some target games including bocchia, golf, croquet and a variation on dodgeball.</p>	<p>into different shapes, and put contrasting movements together to make sequences that they remember, repeat and perform. They think about why they exercise and consider each other's performances, evaluating and improving their work.</p>	<p>respect, as well as providing regular opportunities for peer and self assessment.</p>	<p>turtles, archerfish, hares and cheetahs. They will develop their skills in changing speed and direction when running, jumping for height and distance and throwing underarm accurately. To round off the unit, the children will take inspiration from the unit and work together to create their own mini Animal Olympics event.</p>	<p>game. Children will learn how to dodge to get free from a defender to receive a pass as well as how to mark an opposition player – all important skills needed to play invasion games. They will practise aiming for and protecting a target. Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills. The unit also encourages them to think about the effects of exercise on their bodies and why it is important to warm up and cool down.</p>
<p>Class 3 (Y3/4)</p>	<p>Games – Invasion Games (4) This 'Invasion Games' unit will recap on many of the essential and universal skills needed to play a range of invasion games, such as dodging, dribbling, passing and marking an</p>	<p>Games- Basketball This Basketball unit will teach the class the skills players need to play both defensively and offensively. The children will learn how to dribble and pass the ball using a range of different techniques.</p>	<p>Dance: Water Through this unit, the children will learn a range of different dance techniques, with the aim of producing an interesting and varied dance phrase that represents the water cycle. In each</p>	<p>Gym- Movement (4) This Gymnastics: Movement unit will teach the class how to perform a variety of floor and vault movements. The children will learn straight jump full turns, cat leap half turns, straddle rolls, lunges into</p>	<p>Striking and fielding - (Y4) The children will learn how to catch and throw across different distances with accuracy. They will develop their skills of cooperation, exploring how working as a team helps to prevent</p>	<p>Athletics - In this Athletics unit, the children will have the opportunity to develop their existing running, jumping and throwing skills. They will be refining their sprint technique and learning how to work as a relay</p>

	<p>opponent. It focuses specifically on attacking and defending skills, such as fake dodging, interception and goalkeeping and the children will also develop their understanding of both attacking and defending strategies of invasion games and working as a team. Children will have the opportunity to apply their skills to playing hockey and basketball.</p> <p>Hockey - This 'Hockey' unit will give the class opportunities to teach the younger children about the basic skills players need to play hockey. The children will teach class 3 how to pass, receive and travel with the ball as well as tackle and shoot. They will develop their own understanding of the principles of attacking and</p>	<p>Defensively, they will develop their skills of marking including man-to-man marking. Offensively, they will learn how to get free from a defender, how to shield the ball and the skill of pivoting. They will also learn some of the rules of the game and to play as part of a team in a mini-tournament, putting their newly developed skills into practise.</p>	<p>session, children will explore a different stage of the water cycle and will practise and apply dance techniques. The children will learn a variety of skills: to design their own dance phrases; link and combine movements; perform with expression; respond to a changing stimulus; create and perform a dance phrase using a range of techniques. They will develop their skills of cooperation, working both in pairs and small groups to create these movement phrases.</p>	<p>cartwheels and the straddle on vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. Children will have the opportunity to choreograph their own sequences and routines, performing individually and as part of a small group.</p>	<p>the opposition from scoring points. Children will develop tactical skills, understanding effective ways to gain points/runs.</p> <p>Cricket - This cricket unit will teach the class the skills and techniques needed to take part in Kwik Cricket games and matches. The children will learn the fundamental skills of both batting and bowling, developing their ability to hit and strike a ball towards different areas of a cricket ground, as well as learning the technique for bowling overarm from a standing position. Children will develop their fielding skills by learning how to catch balls travelling along different trajectories or pathways and will be introduced to the different ways of stopping a ball travelling along the ground. This set of</p>	<p>team, by practising an effective baton changeover. They will learn the technique for throwing the javelin (pull throw) and how to do the standing triple jump. The unit culminates in a class pentathlon that the children will compete in. They will be using and applying the running, throwing and jumping techniques they have learnt throughout the unit. Throughout the unit they will be trying to improve their own performance as well as helping others to achieve their personal best.</p>
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	defending in invasion games. Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills.				lessons culminates with the children using their skills in a competitive match of Kwik Cricket.	
Class 4 (Y5/6)	Games – Invasion Games (Y6) This 'Invasion Games' unit recaps on the fundamental skills needed to play a range of invasion games, such as dribbling with the ball, passing and keeping possession. It also covers attacking skills, such as shooting and changing direction with the ball in soccer using the drag back and stop turn. Defending skills such as shadowing and tackling are also covered. There are numerous opportunities for leading others	Games- Basketball In this Basketball unit, the class will revise the skills players need to play both defensively and offensively, including dribbling and passing the ball using a range of different techniques. Defensively, they will further develop their skills of marking including man-to-man marking. Offensively, they will practice getting free from a defender, how to shield the ball and the skill of pivoting. They will revise some of the rules of the game	Dance through the decades(Y6) This Y6 Dance Through the Decades unit covers the 1960s to the 2010s, looking at key dance styles from each decade. These dances and the associated music genres, provide the stimulus for children's dance learning. Children will learn about using characteristics and elements of particular dance styles to develop their own dances with similar specific styles. They will develop their understanding of the evolution of	Gym- Riverds and Mountains (Y6) In this Gymnastics: Shape and Balance unit, children will learn how to use gymnastics shapes and balances to communicate their learning about rivers and mountains. The children will learn and perform individual point balances and partner balances and will use these to create group formations to represent mountains and mountain ranges. They will also perform some rhythmic gymnastics to represent the	Striking and fielding (Y6) The children will learn how to catch, throw and bat across different distances with accuracy. They will develop their fielding skills by learning how to 'attack the ball'. They will develop their skills of cooperation, exploring how working as a team helps to prevent the opposition from scoring points. Children will develop tactical skills,	Athletics In this Athletics unit, children will have the opportunity to develop their existing running, jumping and throwing skills as well as learn new skills. They will be running for speed and endurance as well as recapping on relay running, including the baton exchange and running over hurdles. They will be trying to achieve their personal best in the standing long jump, triple jump and vertical jump and will be involved in setting up various

	<p>within the lessons through warm-ups, cool-downs and other activities. Children will have the opportunity to practice and share their skills through hockey and basketball.</p> <p>Hockey - This 'Hockey' unit will give the children the opportunity to teach younger pupils about the basic skills players need to play hockey. They will teach Class 3 children how to pass, receive and travel with the ball as well as tackle and shoot. They will develop their own understanding of the principles of attacking and defending in invasion games. Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills.</p>	<p>and teach them to class 3. The children will evaluate their own performance throughout the unit.</p>	<p>dance over time, as well as the social importance of dance and their cultural impact.</p>	<p>features of the river course and learn how to create a range of shapes with their bodies, both on the floor and on apparatus. At the end of the unit, they will combine their skills to plan and perform group sequences which incorporate all the skills from across the unit by linking their shapes, movements and balances to music. Throughout each lesson, children will be encouraged to evaluate their own and others' performances and suggest ideas for improvement.</p>	<p>understanding effective ways to gain points/runs. Cricket - This cricket unit will teach the class the skills and techniques needed to take part in Kwik Cricket games and matches. The children will learn the fundamental skills of both batting and bowling, developing their ability to hit and strike a ball towards different areas of a cricket ground, as well as learning the technique for bowling overarm from a standing position. Children will develop their fielding skills by learning how to catch balls travelling along different trajectories or pathways and will be introduced to the different ways of stopping a ball travelling along the ground. This set of lessons culminates with the children using their skills in a competitive</p>	<p>jumping activities, including measuring the jumps. They will learn the technique for the overhead heave throw and will be evaluating their own and other's performances. The children will be given opportunities to take part in individual, paired and group activities and games.</p>
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					match of Kwik Cricket.	
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Impact

As a result of the provision above, all pupils including those with SEND will develop confidence and resilience in the classroom and will demonstrate high levels of engagement. All pupils will make progress from their starting points. They will develop both as independent and interdependent learners.

Long Term: We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

Assessment in PE

Effective assessment in physical education engages supports and motivates pupils to become competent, confident, creative and reflective movers. It can support and encourage young people to work together in order to excel in physically demanding and competitive activities.

Role of the co-ordinator:

Ensure the PE curriculum is appropriately resourced.

Highlight / Celebrate successes.

To review curriculum content in line with national expectations.

To monitor and evaluate the standard of both teaching and learning.

Where possible to provide training opportunities for staff.