



PE **CURRICULUM OVERVIEW**

PE

INTENT AND IMPLEMENTATION

INTENT:

At Corporation Road, we believe that physical education and sport have a vital role to play in the physical, social, emotional and intellectual development of children. Physical education and sport are important in giving children the knowledge, understanding and tools to make informed choices about healthy living and well-being. Our PE Curriculum aims to provide opportunities for pupils to increase self-confidence through being able to manage themselves successfully in a variety of situations. Children will have the opportunity to participate in a wide range of sports and physical activities, carried out in a safe and supportive environment. We want to teach our children that by working together, as part of a team, they can succeed. Effort and hard-work as well as success is celebrated and enjoyment and working cooperatively is promoted. We aim to deliver high-quality teaching and learning opportunities which inspire all children to participate and succeed in physical activities. We aim to improve the mental health and well-being of every child in our school, and show them how they can lead a healthy, happy lifestyle.

IMPLEMENTATION:

We have chosen seven key concepts which are colour-coded to give an 'at a glance guide' to demonstrate how a spiral curriculum develops throughout Early Years, Key Stage 1 and Key Stage 2 – it is recognised that these concepts overlap.

GYMNASTICS	THROWING AND CATCHING	FOOT SKILLS	HEALTH AND WELL-BEING
DANCE	RUNNING	HAND-EYE COORDINATION	

PE CONCEPTS

CONCEPTS:

GYMNASTICS

The focus of this learning is to develop a child's strength, balance, coordination and flexibility through various movements and exercises, often involving apparatus.

THROWING AND CATCHING

The focus of this learning is for pupils to explore different ways of using their hands to move with a ball, keeping control.

FOOT SKILLS

The focus of this learning is to enable pupils to explore moving with a ball and using their feet.

HEALTH AND WELL-BEING

The focus of this learning is for pupils to understand the link between body and mind. Children will learn the effect exercise has on the body.

DANCE

The focus of this learning is to enable pupils to explore different movements whilst using emotion and expression.

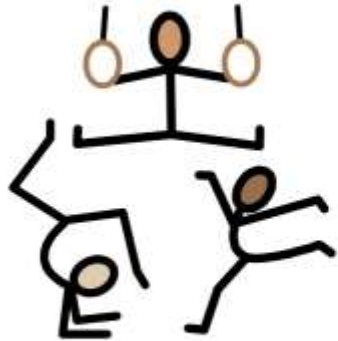
RUNNING

The focus of this learning is for pupils to explore moving their bodies in different directions and different speeds.

HAND-EYE COORDINATION

The focus of this learning is for pupils to develop their ability to keep a ball controlled, using a racket.

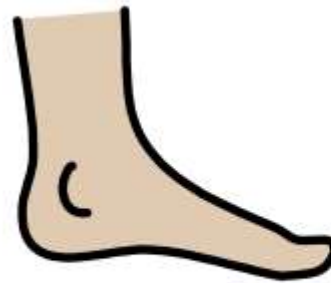
PE WIDGETS



Gymnastics



Throwing And
Catching



Foot Skills



Health And
Well-Being



Dance



Running



Hand-Eye
Coordination

PE IMPACT

IMPACT:

We know we will have achieved our intent when PE aids the physical, social, emotional and intellectual development of our children. We will have children who make informed decisions about how to live a healthy lifestyle and who consider their well-being. We will provide our children with plenty of opportunities to increase their self-confidence and ability to participate in a wide range of sports and physical activities. Within PE lessons, we know we will have achieved our intent when children work hard, work collaboratively as a team and celebrate their individual success, for example setting a new personal best. Furthermore, we know we will have achieved our intent when children participate and succeed in a variety of different sports and children are engaged in physical activity enabling them to experience success outside of the classroom.

GYMNASTICS	THROWING AND CATCHING	FOOT SKILLS	HEALTH AND WELL-BEING
DANCE	RUNNING	HAND-EYE COORDINATION	

PE

NATIONAL CURRICULUM

PURPOSE OF STUDY:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

AIMS:

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.

SWIMMING AND WATER SAFETY:

Pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 meters.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- Perform safe self-rescue in different water-based situations.

PE

NATIONAL CURRICULUM

KEY STAGE ONE:

Pupils 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.

Pupils 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 TWO:

Pupils 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.

Pupils 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.

PE

EYES IN THE CURRICULUM

PHYSICAL DEVELOPMENT:

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

LITTLE ROCKETS, NURSERY & RECEPTION:

GYMNASTICS	THROWING AND CATCHING	FOOT SKILLS	HEALTH AND WELL-BEING
DANCE	RUNNING	HAND-EYE COORDINATION	

LONG TERM PLAN

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Little Rockets	Rolling And Crawling		Hands		Gymnastics		Dance		Feet		Jumping	Sports Day
Nursery	Crawling And Walking		Hands		Gymnastics		Dance		Feet		Jumping	Sports Day
Reception	Locomotion: Walking	Locomotion : Jumping	Dance	Ball Skills: Hands (1)	Gymnastics	Ball Skills: Feet	Ball Skills: Hands (2)	Play: Playing Through Games	Rackets, Bats, Balls And Balloons	Health And Well-Being	Locomotion : Walking And Jumping	Games For Understanding
Year 1	Locomotion: Running	Locomotion : Jumping	Dance	Ball Skills: Hands (1)	Gymnastics	Ball Skills: Feet	Ball Skills: Hands (2)	Team Building	Rackets, Bats, Balls And Balloons	Health And Well-Being	Locomotion : Jumping And Running	Games For Understanding
Year 2	Locomotion: Jumping	Locomotion : Dodgeball	Dance	Ball Skills: Hands (1)	Gymnastics	Ball Skills: Feet	Ball Skills: Hands (2)	Team Building	Rackets, Bats, Balls And Balloons	Health And Well-Being	Locomotion : Jumping And Running	Games For Understanding
Year 3	Athletics	Dodgeball	Dance	Basketball	Gymnastics	Football	Netball	Communication And Tactics	Cricket	Mindfulness	Athletics	Rounders
Year 4	Athletics	Dodgeball	Dance	Basketball	Gymnastic	Football	Netball	Communication And Tactics	Cricket	Mindfulness	Athletics	Rounders
Year 5	Swimming											
	Athletics	Dodgeball	Dance	Basketball	Gymnastics	Football	Netball	Communication And Tactics	Cricket	Health Related Exercise	Athletics	Rounders
Year 6	Problem-Solving	Dodgeball	Dance	Basketball	Gymnastics	Football	Netball	Communication And Tactics	Cricket	Health Related Exercise	Athletics	Rounders

PE

VOCABULARY PROGRESSION

VOCABULARY:

Key vocabulary has been identified for each unit of work. It is explicitly taught by staff and used by children. To ensure progression, the key vocabulary for each topic has been categorised into the seven concepts that underpin the PE curriculum at Corporation Road.

GYMNASTICS The focus of this learning is to develop a child's strength, balance, coordination and flexibility through various movements and exercises, often involving apparatus.	THROWING AND CATCHING The focus of this learning is for pupils to explore different ways of using their hands to move with a ball, keeping control.	FOOT SKILLS The focus of this learning is to enable pupils to explore moving with a ball and using their feet.	HEALTH AND WELL-BEING The focus of this learning is for pupils to understand the link between body and mind. Children will learn the effect exercise has on the body.
DANCE The focus of this learning is to enable pupils to explore different movements whilst using emotion and expression.	RUNNING The focus of this learning is for pupils to explore moving their bodies in different directions and different speeds.	HAND-EYE COORDINATION The focus of this learning is for pupils to develop their ability to keep a ball controlled, using a racket.	

GYMNASTICS

Early Years			Key Stage One		
Little Rockets	Nursery	Reception	Year 1	Year 2	
Big Small High Low Over Under Walk Crawl Jump	Big Small High Low Over Under Walk Crawl Jump Hop Slide Roll Safe Shape Space Straight	Big Small High Low Over Under Walk Crawl Jump Hop Slide Roll Safe Shape Space Straight Apparatus Balancing Control Sequence Star Jump Arch Tuck	Big Small High Low Over Under Walk Crawl Jump Hop Slide Roll Safe Shape Space Straight Apparatus Balancing Control Sequence Star Jump Arch Tuck Flow Landing Narrow Wide Curled Sequence Pike Straddle Front Support Back Support Pencil Roll	Big Small High Low Over Under Walk Crawl Jump Hop Slide Roll Safe Shape Space Straight Apparatus Balancing Control Sequence Star Jump	Arch Tuck Flow Landing Narrow Wide Curled Sequence Pike Straddle Front Support Back Support Pencil Roll Starting Position Finishing Position Teddy Bear Roll Forwards Roll Full Turn Half Turn Quarter Turn Linking

GYMNASTICS

KEY STAGE TWO

YEAR 3

Big
Small
High
Low
Over
Under
Walk
Crawl
Jump
Hop
Slide
Roll
Safe
Shape
Space
Straight
Apparatus
Balancing
Control
Sequence
Star Jump
Arch
Tuck
Flow
Landing
Narrow
Wide
Curled
Sequence
Pike

Partner
Communication
Symmetry
Asymmetry
Straddle
Front Support
Back Support
Pencil Roll
Starting
Position
Finishing
Position
Teddy Bear
Roll
Forwards Roll
Full Turn
Half Turn
Quarter Turn
Linking

YEAR 4

Big
Small
High
Low
Over
Under
Walk
Crawl
Jump
Hop
Slide
Roll
Safe
Shape
Space
Straight
Apparatus
Balancing
Control
Sequence
Star Jump
Arch
Tuck
Flow
Landing
Narrow
Wide
Curled
Sequence
Pike

Partner
Communication
Symmetry
Asymmetry
Straddle
Front Support
Back Support
Pencil Roll
Starting Position
Finishing
Position
Teddy Bear Roll
Forwards Roll
Full Turn
Half Turn
Quarter Turn
Linking
Bridge
Perform

YEAR 5

Big
Small
High
Low
Over
Under
Walk
Crawl
Jump
Hop
Slide
Roll
Safe
Shape
Space
Straight
Apparatus
Balancing
Control
Sequence
Star Jump
Arch
Tuck
Flow
Landing
Narrow
Wide
Curled
Sequence
Pike

Partner
Communication
Symmetry
Asymmetry
Straddle
Front Support
Back Support
Pencil Roll
Starting Position
Finishing Position
Teddy Bear Roll
Forwards Roll
Full Turn
Half Turn
Quarter Turn
Linking
Bridge
Perform
Creativity
Counterbalance
Canon
Unison

YEAR 6

Big
Small
High
Low
Over
Under
Walk
Crawl
Jump
Hop
Slide
Roll
Safe
Shape
Space
Straight
Apparatus
Balancing
Control
Sequence
Star Jump
Arch
Tuck
Flow
Landing
Narrow
Wide
Curled
Sequence
Pike

Partner
Communication
Symmetry
Asymmetry
Straddle
Front Support
Back Support
Pencil Roll
Starting Position
Finishing Position
Teddy Bear Roll
Forwards Roll
Full Turn
Half Turn
Quarter Turn
Linking
Bridge
Perform
Creativity
Counterbalance
Canon
Unison
Matching
Mirroring
Extension

THROWING AND CATCHING

Early Years			Key Stage One	
Little Rockets	Nursery	Reception	Year 1	Year 2
Safe Sharing	Safe Sharing Roll Throw Catch Partner	Safe Sharing Roll Throw Catch Partner Underarm Overarm Control Aim Accuracy	Safe Sharing Roll Throw Catch Partner Underarm Overarm Control Aim Accuracy Distance Power Stop	Safe Sharing Roll Throw Catch Partner Underarm Overarm Control Aim Accuracy Distance Power Stop Chest Pass Attacker Defender Space Possession Personal Best

THROWING AND CATCHING

KEY STAGE TWO

YEAR 3

Safe
Sharing
Roll
Throw
Catch
Partner
Underarm
Overarm
Control
Aim
Accuracy
Distance
Power
Stop
Chest Pass
Attacker
Defender
Space
Possession
Personal Best
Footwork
Dominant Hand
Dribble
Block
Dodge

YEAR 4

Safe
Sharing
Roll
Throw
Catch
Partner
Underarm
Overarm
Control
Aim
Accuracy
Distance
Power
Stop
Chest Pass
Attacker
Defender
Space
Possession
Personal Best
Footwork
Dominant Hand
Dribble
Block
Dodge
Shoot
Contact
Bounce Pass

YEAR 5

Safe
Sharing
Roll
Throw
Catch
Partner
Underarm
Overarm
Control
Aim
Accuracy
Distance
Power
Stop
Chest Pass
Attacker
Defender
Space
Possession
Personal Best
Footwork
Dominant Hand
Dribble
Block
Dodge
Shoot
Contact
Bounce Pass
Double Dribble
Marking
Shoot
Shoulder Pass
Officiate
Netball Positions

YEAR 6

Safe
Sharing
Roll
Throw
Catch
Partner
Underarm
Overarm
Control
Aim
Accuracy
Distance
Power
Stop
Chest Pass
Attacker
Defender
Space
Possession
Personal Best
Footwork
Dominant Hand
Dribble
Block
Dodge
Shoot
Contact
Bounce Pass
Double Dribble
Marking
Shoot
Shoulder Pass
Officiate
Netball Positions
Obstruction
Transition
Tactics

FOOT SKILLS

Early Years			Key Stage One	
Little Rockets	Nursery	Reception	Year 1	Year 2
Space Safe Sharing	Space Safe Sharing Speed Stopping	Space Safe Sharing Speed Stopping Attacker Defender Opponent Control Dribbling Possession Power	Space Safe Sharing Speed Stopping Attacker Defender Opponent Control Dribbling Possession Power Passing Aiming Communication Team Teamwork	Space Safe Sharing Speed Stopping Attacker Defender Opponent Control Dribbling Possession Power Passing Aiming Communication Team Teamwork Sportsmanship Score

FOOT SKILLS

KEY STAGE TWO

YEAR 3

Space
Safe
Sharing
Speed
Stopping
Attacker
Defender
Opponent
Control
Dribbling
Possession
Power
Passing
Aiming
Communication
Team
Teamwork
Sportsmanship
Score
Change Of Direction
Turn
Shoot
Tactics
Pass

YEAR 4

Space
Safe
Sharing
Speed
Stopping
Attacker
Defender
Opponent
Control
Dribbling
Possession
Power
Passing
Aiming
Communication
Team
Teamwork
Sportsmanship
Score
Change Of Direction
Turn
Shoot
Tactics
Pass
Goalkeeper
Block

YEAR 5

Space
Safe
Sharing
Speed
Stopping
Attacker
Defender
Opponent
Control
Dribbling
Possession
Power
Passing
Aiming
Communication
Team
Teamwork
Sportsmanship
Score
Change Of Direction
Turn
Shoot
Tactics
Pass
Goalkeeper
Block
Referee
Officiate
Rules

YEAR 6

Space
Safe
Sharing
Speed
Stopping
Attacker
Defender
Opponent
Control
Dribbling
Possession
Power
Passing
Aiming
Communication
Team
Teamwork
Sportsmanship
Score
Change Of Direction
Turn
Shoot
Tactics
Pass
Goalkeeper
Block
Referee
Officiate
Rules
Tackle
Mark

HEALTH AND WELL-BEING

Early Years			Key Stage One		Key Stage Two			
Little Rockets	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Movement	Movement Exercise Heartbeat Heart	Movement Exercise Heartbeat Heart Breaking Oxygen Warm-Up	Movement Exercise Heartbeat Heart Breaking Oxygen Warm-Up Attacker Defender Agility Balance Coordination Hand-Eye Throwing Aiming	Movement Exercise Heartbeat Heart Breaking Oxygen Warm-Up Attacker Defender Agility Balance Coordination Hand-Eye Throwing Catching Dribbling	Emotions Relaxed Anxious Balanced	Emotions Mindfulness Relaxed Expression Relaxation Techniques Meditative Balances Deep Breathing Mime	Cardiovascular System Strength Flexibility Fitness Circuits Personal Best	Cardiovascular System Strength Flexibility Fitness Circuits Personal Best

DANCE	Early Years			Key Stage One		Key Stage Two			
	Little Rockets	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Moving Dance Dancers	Moving Dance Dancers Sequence	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression Tempo	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression Tempo Opposite	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression Tempo Opposite Creativity Emotion Motif Interconnecting Character	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression Tempo Opposite Creativity Emotion Motif Interconnecting Character Choreography Stage Presence	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression Tempo Opposite Creativity Emotion Motif Interconnecting Character Choreography Stage Presence Unison	Moving Dance Dancers Sequence Beat Control Rhythm Timing Expression Tempo Opposite Creativity Emotion Motif Interconnecting Character Choreography Stage Presence Unison Improvisation

RUNNING	Early Years			Key Stage One		Key Stage Two			
	Little Rockets	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Walking Marching	Walking Marching Change Of Direction Space	Walking Marching Change Of Direction Space Speed Defender Tag	Walking Marching Change Of Direction Space Speed Defender Tag Acceleration	Walking Marching Change Of Direction Space Speed Defender Tag Acceleration Dodge	Walking Marching Change Of Direction Space Speed Defender Tag Acceleration Dodge Attacker Control Distance Relay Change Over	Walking Marching Change Of Direction Space Speed Defender Tag Acceleration Dodge Attacker Control Distance Relay Change Over Pace Power Stride	Walking Marching Change Of Direction Space Speed Defender Tag Acceleration Dodge Attacker Control Distance Relay Change Over Pace Power Stride Tactics Evaluation Personal Best Lap	Walking Marching Change Of Direction Space Speed Defender Tag Acceleration Dodge Attacker Control Distance Relay Change Over Pace Power Stride Tactics Evaluation Personal Best Lap False Start Teamwork Events

Hand-Eye Coordination	Early Years			Key Stage One		Key Stage Two			
	Little Rockets	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Bat Ball	Bat Ball Score Hitting	Accuracy Space Control Power Aiming Score Hitting Bat Ball	Accuracy Space Control Power Aiming Score Hitting Bat Ball Possession Team	Accuracy Space Control Power Aiming Score Hitting Bat Ball Possession Team Opponent Batter Fielder Bowler	Accuracy Space Control Power Aiming Score Hitting Bat Ball Possession Team Opponent Batter Fielder Bowler Racquet Base Posts Block Bowling Out Rounder Dominant Hand	Accuracy Space Control Power Aiming Score Hitting Bat Ball Possession Team Opponent Batter Fielder Bowler Racquet Base Posts Block Bowling Out Rounder Dominant Hand Retrieving Strategy	Accuracy Space Control Power Aiming Score Hitting Bat Ball Possession Team Opponent Batter Fielder Bowler Racquet Base Posts Block Bowling Out Rounder Dominant Hand Retrieving Strategy Backhand Forehand Volley Tactics Serve	Accuracy Space Control Power Aiming Score Hitting Bat Ball Possession Team Opponent Batter Fielder Bowler Racquet Base Posts Block Bowling Out Rounder Dominant Hand Retrieving Strategy Backhand Forehand Volley Tactics Serve No Ball Officiate Run Out Wicket Keeper

PE SMSC

SPIRITUAL DEVELOPMENT

Pupils develop their knowledge and understanding of the body's performance when exercising; this allows pupils to discover the ability of the body. This is also linked to endurance, as pupils have to show endurance when exploring the body's capabilities. Through Dance and Gymnastics, pupils are being creative, expressing feelings and emotions in their performances. Allowing pupils' reflection time to evaluate their experiences, allows them to build a positive mind set and promotes progression.

SOCIAL DEVELOPMENT

The nature of PE allows all pupils to develop the necessary skills to work in teams or pairs, as many activities are based around team games, or creating sequences in pairs or groups, therefore co-operation with others is paramount to success. Giving pupils roles such as coaches, or umpires offers pupils the opportunity to develop their independence, communication skills, resilience and leadership skills. Pupils are encouraged to reflect upon their feelings such as enjoyment of PE and how successful they were and why.

MORAL DEVELOPMENT

Living a healthy lifestyle and promoting healthy living is apparent in each P.E lesson. Pupils develop the ability to tell between right and wrong through fair play in sporting events. Participating in competitive situations, (inter or intra) gives pupils a sense of justice, and how to respond appropriately when they feel there is an injustice. The opportunities given to pupils to umpire and referee small-sided games supports the importance of abiding by rules. Pupils are challenged to consider ethical and moral issues, for example by discussing the use of enhancement drugs in sport and how fair or unfair this may be.

CULTURAL DEVELOPMENT

Pupils are given the opportunity to explore dances and learn games from different traditions and cultures including their own. Compassion and respect for other culture and traditions is also displayed by all when exploring unfamiliar games or dances. Pupils also recognise and discuss the differences between male and female roles within sport, at both elite and amateur levels. Pupils can discuss how culture affects what sports different nations excel at and how cultural traditions can affect which sports men and women participate in.

PE

FUNDAMENTAL BRITISH VALUES

DEMOCRACY

Pupils are taught about the need for different roles and responsibilities, including teamwork and decision-making, within a variety of different sports.

RULE OF LAW

Pupils are taught about rules, fairness and respect through all PE activities. Pupils learn to work individually, in pairs and in teams. Values are established in PE with regard to competing fairly, following the rules and being respectful to others. Competition against oneself is encouraged in addition to competition with others.

INDIVIDUAL LIBERTY

PE recognises individual differences. At Corporation Road, PE involves the physical, emotional, social and cognitive development of all children and through our Sports Council the views of pupils are listened to and respected.

MUTUAL RESPECT & TOLERANCE

Mutual respect is taught and given when children express their opinions and beliefs. Children are taught and encouraged to show respect to each other in all areas of PE. At Corporation Road, we engage in different competitions, and we encourage competition within and across the community. Furthermore, we believe PE can strengthen self-belief when improvements and success are celebrated.

PE VIRTUES

KINDNESS

Children know how to support each other and are proud of their own achievements and the performances of the group or team.

In PE, pupils learn to cope with successes and also recognise where improvements can be made.

RESPECT

PE allows children the opportunity to reflect upon the need for rules and fair play, where strategies and tactics are being introduced and followed.

Children become aware of different cultural attitudes towards aspects of physical activity. Children can discover the role of sport and dance within society including learning dances and games from different traditions.

HONESTY

PE allows children to reflect upon issues, such as how to improve performance as well as listening to the opinions of others. The role of coaches, leaders and umpires are used to develop a sense of right and wrong.

COURAGE

Children are given the opportunity to try new sports and are encouraged to play in different roles/positions.

RESILIENCE

Pupils learn to cope with their emotions during competitive situations and show resilience when they find a sport or exercise challenging. Furthermore, children are encouraged to show resilience when trying to beat their personal best.

INDEPENDENCE

During PE, pupils are given opportunities to challenge themselves and improve their performance. Pupils are given opportunities to be creative, expressive and show emotions in their performances.

PE ASSESSMENT

FORMATIVE ASSESSMENT

Every lesson includes formative assessment opportunities for teachers to use. These opportunities are identified in the lesson plan and are included to ensure that misconceptions are recognised and addressed if they occur. They vary from teacher observation to verbal questioning.

All PE lessons start with retrieval questions which help children to prepare for their lesson. This includes a retrieval question from the previous and current topic as well as a thinking task that allows children to recognise cross-over skills between sports that could be applied in the current lesson, for example, how co-ordination skills in basketball can be applied to football.

At the end of every lesson, pupils are invited to assess how well they feel they have met the learning objective.

SUMMATIVE ASSESSMENT

At the end of a unit of work, the focus of the final lesson is to bring together the suggested sequence of learning into a tournament or performance. During this lesson, pupils are assessed on their knowledge of the area of PE they have studied through key questions, for example 'When we have possession of the ball what is our role?' or through teacher observations of children applying the skills they have learnt throughout the unit of work, for example 'Can pupils produce an attack and create a successful shooting opportunity?'

CAREERS IN THE CURRICULUM

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Captain Robert Barclay Allardice	Javier Sotomayor	Carlos Acosta	Michael Jordan	Jessica Gadirova	David Beckham	LeBron James	Alex Ferguson	Emma Raducanu	Dr Andy Cope	Javier Sotomayor	Karen Brown (Coaching)
Year 1	Usain Bolt	Mike Powell	Margot Fonteyn	Zoe Aldcroft	Joe Fraser	Harry Kane	Lynne Beatie	Maro Itoje	Rafa Nadal	Dr Ranj Singh	Mike Powell	Matt Busby (Coaching)
Year 2	Jonathon Broom-Edwards	Anthony Pettit	Matthew Bourne	Misty May-Treanor	Becky Downie	Mary Earps	Travis Kelcey	Lucy Bronze	Serena Williams	Fearne Cotton	Greg Rutherford	Sir Alex Ferguson (Coaching)
Year 3	Jessica Ennis-Hill	Ben Williams	Darcey Bussell	Luol Deng	James Hall	Christiano Ronaldo	Geva Mentor	Gary Lineker (Punditry)	Andrew Flintoff	Adriene Mishler	Tanni-Grey Thompson	Emma Raducanu
Year 4	Keely Hodgkinson	David Richardson	Wayne McGregor	Joel Freeland	Beth Tweddle	Alex Scott	Jo Harten	Clare Balding (Punditry)	Heather Knight	Vex King	Jonnie Peacock	Ben Stokes
Year 5	Rebecca Adlington			Tom Daley				Sarah Storey				
	Mo Farah	Stu Robertson	Akram Khan	Ben Gordon	Max Whitlock	Arthur Wharton	Helen Housby	Ian Wright (Punditry)	Stuart Broad	Joe Wickes	Holly Bradshaw	Richard Kettleborough
Year 6	Pep Guardiola	James Brindle	Ashley Banjo	Robert Archibald	Simone Biles	Lionel Messi	Jade Clarke	Sue Barker (Punditry)	Charlotte Edwards	Jay Shetty	Jesse Owen	Andrew Flintoff (Coaching)

READING IN THE CURRICULUM

	Autumn	Spring	Summer
Little Rockets	The Couch Potato	Giraffes Can't Dance	I Really Want To Win
Nursery	The Burpee Bears	Every Bunny is a Yoga Bunny	Claude Going For Gold
Reception	Michael Jordan Little People, Big Dreams	David Beckham Little People, Big Dreams	Winnie And Wilbur: The Witches Sports Day
Year 1	Usain Bolt Little People, Big Dreams	Harry Kane Little People, Big Dreams	Rafa Nadal Little People, Big Dreams
Year 2	My Encyclopedia Of Very Important Sport	Mary Earps Little People, Big Dreams	Lottie The Little Wonder
Year 3	Dream Big	Cristiano Ronaldo Little People, Big Dreams	Megan Rapinoe Little People, Big Dreams
Year 4	Action, Replay	Pele Little People, Big Dreams	Strong Like Me
Year 5	Splash		
	Ready Steady Mo!	Marcus Rashford Little People, Big Dreams	Wilma Rudolph Little People, Big Dreams
Year 6	You Can do It	Simone Biles Little People, Big Dreams	Jesse Owen Little People, Big Dreams