



Sherborne St John CE Primary School

Curriculum Overview – PE

Conditions/Rationale for programme:

- To encourage ALL children to lead healthy, active lives
- develop the competence to excel in a broad range of physical activities and school sports using physical literacy for life long learning
- ensure that all children from Years 1 – 6 have the opportunity to have swimming lessons
- give children some 'WOW' activities to broaden their physical activity knowledge
- to be physically active for sustained periods of time – with an obligation of an extra 30 minutes of physically activity a day. These is being developed through daily activities such as golden mile, activate in the classroom, physical activities brought into other subjects – eg Maths, Literacy, making links in Science to physical activity/healthy living/heart rate etc
- To give all children the opportunity to engage in competitive sports and activities – this is on a personal level ( through personal challenges throughout the year) , level 1 competitions to help use skills learnt in lessons to play against peers and level 2 competitions to help develop sport specific competitions.
- to embed the school games values of honesty, passion, determination, teamwork, self-belief and respect
- to achieve a gold school games mark to recognise the importance of physical activity in our school
- Children are given the opportunity to lead activities – Year 6 playmaker award, Year 5 teaching lower years how to play dodgeball ( or other sport), Year 6 leaders visiting other schools and teaching/leading Tri-Golf activities
- to extend learners physical fitness through structured lunchtime activities/opportunities at break times to be physically active ( basketball hoops, table tennis tables, access to skipping ropes/hoola hoops etc), football)
- opportunities for children to be physically active through before school and after school clubs – putting into place strategies to ensure all children have the chance to join these clubs.
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	Autumn Term	Spring Term	Summer Term
<ul style="list-style-type: none"> <li>Class 1</li> </ul>	<ul style="list-style-type: none"> <li>Multiskills/fundamental movement skills <i>develop balance, agility and coordination and apply these: athletic – send and receive/run, jump, throw and strike</i></li> <li>'WOW' activities – keeping fit/understanding of healthy body/healthy mind <i>to lead healthy, active lives</i></li> <li>multiskills/athletics type activities – throwing/catching <i>master basic movements such as running, jumping, throwing and catching</i></li> <li>gymnastics type activities <i>extend and develop agility, balance and coordination</i></li> </ul>	<ul style="list-style-type: none"> <li>swimming <i>develop core movement, extend their agility, balance and coordination</i></li> <li>Team games – attacking and defending – invasion games with others <i>participate in team games, developing simple tactics for attacking and defending</i></li> <li>dance – use simple movement patterns <i>perform dances using simple movement patterns</i></li> <li>gymnastics type activities <i>developing balance, agility and co-ordination individually and with others – sequence of movements</i></li> </ul>	<ul style="list-style-type: none"> <li>Strike/field - throwing, catching, send and receive <i>master basic movements such as running, jumping, throwing and catching</i> <i>participate in team games, developing simple tactics for attacking and defending</i></li> <li>athletics type activities <i>master basic movements such as running, jumping, throwing and catching</i> <i>participate in team games, developing simple tactics for attacking and defending</i></li> <li>Cooperative games – invasion</li> <li>'WOW' activity – strike/field – cricket type activities</li> <li>Judo gymnastics</li> </ul>
Class 2	<ul style="list-style-type: none"> <li>Multiskills/fundamental movement skills (stability, locomotion, object control, balance, coordination, agility, travel, send/receive, mump, strike through)</li> <li><i>develop balance, agility and coordination and apply these: athletic – send and receive/run, jump, throw and strike</i></li> <li>'WOW' activities – keeping fit/understanding of healthy body/healthy mind</li> <li>multiskills/athletics type activities – throwing/catching</li> <li><i>master basic movements such as running, jumping, throwing and catching</i></li> <li>gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>swimming <i>develop core movement, extend their agility, balance and coordination</i></li> <li>net/wall through multiskill activities <i>master basic movements such as running, jumping, throwing and catching</i> <i>participate in team games, developing simple tactics for attacking and defending</i></li> <li>invasion type games – leading to focus on football skills <i>master basic movements such as running, jumping, throwing and catching</i> <i>participate in team games, developing simple tactics for attacking and defending</i></li> <li>gymnastics type activities <i>developing balance, agility and co-ordination individually and with others – sequence of movements</i></li> </ul>	<ul style="list-style-type: none"> <li>Cooperative games - Strike/field – scatterball type games <i>master basic movements such as running, jumping, throwing and catching</i> <i>participate in team games, developing simple tactics for attacking and defending</i></li> <li>Athletic type activities – run, jump, throw, strike/send and receive <i>master basic movements such as running, jumping, throwing and catching</i></li> <li>'WOW' activity – strike/field – cricket type activities</li> <li>Cooperative games – invasion</li> <li>Judo gymnastics</li> </ul>
KS1 Competitions	skipping gymnastics	Football	Scatterball Athletics Whole school games day
Class 3	<ul style="list-style-type: none"> <li>swimming <i>swim competently, confidently and proficiently over a distance of at least 25 metres</i> <i>use a range of strokes effectively such as front crawl, backstroke and breaststroke</i> <i>perform safe self-rescue in different water-based situations</i></li> <li>gymnastics – focus on balancing and coordination <i>develop flexibility, strength, technique, control and balance</i></li> <li>invasion games – apply to tag rugby games <i>use running, jumping, catching and throwing in isolation and in combination</i> <i>play competitive games and apply basic principles suitable for attacking and defending</i></li> </ul>	<ul style="list-style-type: none"> <li>'WOW' activity – Judo gymnastics <i>use running, jumping in isolation and in combination</i> <i>develop flexibility, strength, technique, control and balance</i></li> <li>net/wall physical activity <i>use running, jumping, catching and throwing in isolation and in combination</i> <i>play competitive games</i></li> <li>invasion games – apply to dodgeball as competition at end <i>use running, jumping, catching and throwing in isolation and in combination</i> <i>play competitive games and apply basic principles suitable for attacking and defending</i></li> <li>strike/target – apply to Tri-Golf as a competition</li> </ul>	<ul style="list-style-type: none"> <li>athletics type activities <i>develop flexibility, strength, technique, control and balance</i> <i>use running, jumping, catching and throwing in isolation and in combination</i></li> <li>strike/field activities <i>use running, jumping, catching and throwing in isolation and in combination</i> <i>play competitive games and apply basic principles suitable for attacking and defending</i></li> <li>outdoor and adventurous activity challenges – orienteering</li> <li>dance <i>perform dances using a range of movement patterns</i> <i>compare their performance with previous ones to achieve their personal best</i></li> </ul>

	<p><i>compare their performances with previous ones to achieve their personal best</i></p> <ul style="list-style-type: none"> <li>• dance type activities</li> </ul> <p><i>perform dances using a range of movement patterns</i></p> <p><i>compare their performance with previous ones to achieve their personal best</i></p> <p>‘WOW’ activity – trip to Rock Up – rock climbing</p> <p><i>take part in adventurous activity challenges both individually and within a team</i></p>	<p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <p><i>play competitive games</i></p> <p>Maypole and country dancing – <i>perform dances using a range of movement patterns</i></p>	<ul style="list-style-type: none"> <li>• Keeping fit/developing fitness levels</li> </ul>
Class 4	<ul style="list-style-type: none"> <li>• swimming</li> </ul> <p><i>swim competently, confidently and proficiently over a distance of at least 25 metres</i></p> <p><i>use a range of strokes effectively such as front crawl, backstroke and breaststroke</i></p> <p><i>perform safe self-rescue in different water-based situations</i></p> <ul style="list-style-type: none"> <li>• attacking and defending/invasion games – linked to football</li> </ul> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <p><i>play competitive games and apply basic principles suitable for attacking and defending</i></p> <ul style="list-style-type: none"> <li>• gymnastics type activities</li> </ul> <p><i>develop flexibility, strength, technique, control and balance</i></p> <ul style="list-style-type: none"> <li>• strike/field activities</li> </ul> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <p><i>play competitive games and apply basic principles suitable for attacking and defending</i></p> <ul style="list-style-type: none"> <li>•</li> </ul> <p>‘WOW’ activity – young leader training</p>	<ul style="list-style-type: none"> <li>• dance type activities</li> </ul> <p><i>perform dances using a range of movement patterns</i></p> <p><i>compare their performance with previous ones to achieve their personal best</i></p> <ul style="list-style-type: none"> <li>• gymnastics type activities</li> </ul> <p><i>develop flexibility, strength, technique, control and balance</i></p> <ul style="list-style-type: none"> <li>• athletics type activities</li> </ul> <p><i>develop flexibility, strength, technique, control and balance</i></p> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <ul style="list-style-type: none"> <li>• strike/target – apply to Tri-Golf as a competition</li> </ul> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <p><i>play competitive games and apply basic principles suitable for attacking and defending</i></p>	<ul style="list-style-type: none"> <li>• strike/field activities</li> </ul> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <p><i>play competitive games and apply basic principles suitable for attacking and defending</i></p> <ul style="list-style-type: none"> <li>• net/wall activities</li> </ul> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <p><i>play competitive games and apply basic principles suitable for attacking and defending</i></p> <ul style="list-style-type: none"> <li>• athletics type activities</li> </ul> <p><i>develop flexibility, strength, technique, control and balance</i></p> <p><i>use running, jumping, catching and throwing in isolation and in combination</i></p> <ul style="list-style-type: none"> <li>• ‘WOW’ activity – pound? –keeping fit/increase fitness levels</li> </ul>
KS2 Competitions – Level 2	Sports Hall Athletics Football Tag Rugby	Sports Hall Athletics Badminton Tag rugby cross country	Tri-Golf Tennis Whole school games day boccia/new age kurling Rounders

Alongside this:

- Playmakers running lunchtime activities for all classes
- Clubs available to children include dance ( 2x clubs per week), football ( both KS1 and KS2), gymnastics, Judo, Tag Rugby
- Personal Challenges run throughout the year – linked to school games mark
- golden mile carried out by all classes

