

Holy Trinity CE Primary Academy PE Curriculum

Curriculum Intent: To provide opportunities for pupils to become physically confident in a way which supports their health and fitness. To provide opportunities to compete in sport and other activities which build character and help to embed values such as fairness and respect. 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

	Stonehenge	Whitehorse	Sarum	Avebury	Silbury
Multi skills	<p>Practice basic movements including running, throwing and catching.</p> <p>Introduce balance, agility and co-ordination</p> <p>Run with head up and still, on toes and use arm movement. Use under arm throwing technique.</p>	<p>Develop techniques of running, throwing and catching.</p> <p>Develop balance, agility and co-ordination.</p> <p>Run at different speeds for different distances and change direction. Use overarm throws. Choose appropriate throw technique</p>	<p>Develop skills of running, throwing and catching in isolation and in combination.</p> <p>Warm up and cool down</p> <p>Throw and catch balls over varying distances. Develop running and changing direction.</p>	<p>Develop skills of running, jumping, throwing and catching in isolation and in combination</p> <p>Warm up and cool down</p> <p>Throw and catch different size balls over varying distances using various techniques. Jumping to catch a ball. How to gain height when jumping.</p>	<p>Develop skills of running, jumping, throwing and catching in isolation and in combination</p> <p>Lead their own warm up and cool down</p> <p>Throw and catch balls of different sizes over varying distances with improved accuracy selecting the appropriate technique. Combining running and catching.</p>

	Stonehenge	Whitehorse	Sarum	Avebury	Silbury
Team Games	Apply basic multi skills and participate in a team game.	Apply basic multi skills in a team game using basic tactics of attacking and defending. Co-operate with others.	Play competitive games [hockey and netball], to learn, select and apply skills in a game. Begin to identify suitable tactics for attacking and defending. Compare their performances with previous ones and evaluate their performance and suggest and demonstrate improvement.	<p>Play competitive games, [handball, football, hockey, netball, rounders and tennis], to select and apply skills and apply principles suitable for attacking and defending.</p> <p>Perform with consistency of ball striking, movement and awareness of other players.</p> <p>Compare their performances with previous ones and evaluate their performance and suggest and demonstrate improvement to achieve their personal performance</p>	<p>Play competitive games, modified where appropriate [volleyball, cricket, football, hockey, netball, rounders], to select and apply skills and apply principles suitable for attacking and defending</p> <p>Perform with greater consistency of ball striking, movement and awareness of other players both of your own team and opposition. Mark the man rather than chase the ball.</p> <p>Compare their performances with previous ones and evaluate their performance and suggest and demonstrate improvement in performance</p>

	Stonehenge	Whitehorse	Sarum	Avebury	Silbury
Dance	Perform a dance with simple repeated patterns	Perform a dance with simple repeated patterns on their own and with a partner with improved control and co-ordination.	Perform dances using a range of movement patterns as a whole group. Talk about their own and others performances	Perform dances using a range of movement patterns as a whole group. Devise, practice, review their own short routines in small groups which include a range of movements with increased accuracy, varying pace and fluency	Perform dances using a range of movement patterns as a whole group. Using a prop, devise, practice, review their own short routines in small groups. Each routine includes a gesture, turn, jump and stillness.
Gymnastics	Perform simple balances on side, back, tummy and hips. Perform a jump and travel movement.	Perform simple balances. Perform a roll, balance, jump and travel. Link the four actions together.	Develop flexibility, strength, technique, control and balance Practice a range of balances, rolls, travels and jumps. Perform a six sequence action. Review and improve.	Develop flexibility, strength, technique, control and balance. Practice a range of balances in pairs. Create and perform a six sequence action that involves a change of direction and speed. Review and explain what works well and what needs improving.	Develop flexibility, strength, technique, control and balance With a partner create and perform a sequence which includes a clear start and finish position, roll, balance, jump, canon, mirror and change of speed and direction. Compare, evaluate and improve performance.

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Athletics	<p>Practice basic movements of running, jumping and throwing. Run with head up and still, on toes and use arm movement. Use under arm throwing technique.</p>	<p>Practice further basic movements of running, jumping and throwing. Run at different speeds for different distances and change direction. Use overarm throws. Choose appropriate throw technique. Develop hurdle technique Introduce jumping technique</p>	<p>Develop flexibility, strength, technique, control and balance. Develop skills of running, jumping and throwing. Evaluate and recognise their own success and ways to improve.</p> <p>Jump bending knees and swinging arms with control and balance.</p> <p>Develop running technique, stride length and knee height.</p> <p>Practicing baton changes.</p> <p>Introduce over arm throw with howler.</p>	<p>Develop flexibility, strength, technique, control and balance. Develop skills of running, jumping and throwing. Evaluate and recognise their own success and ways to improve.</p> <p>Add consistency to jumping and increase distance. Introduce triple jump.</p> <p>Further develop distance running and sprinting technique</p> <p>Develop over arm throw with howler.</p>	<p>Develop flexibility, strength, technique, control and balance. Develop skills of running, jumping and throwing. Evaluate and recognise their own success and ways to improve.</p> <p>Children participate in quad kids, record and review performance. Work on technique to improve performance in throwing, sprinting, distance running and jumping. Practice and repeat in order to improve.</p>
Outdoor Activities			<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>

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Swimming			<p>Use a range of strokes (front crawl, breaststroke and backstroke)</p> <p>Swim a width</p>	<p>Use a range of strokes</p> <p>Swim a width competently and confidently</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>Enter the water with a straddle jump, swim 10m with a float, tread water for 20 seconds, demonstrate HELP position, float or scull waving one arm and shout for help exit deep end without using steps</p>	<p>Use a range of strokes competently</p> <p>swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>As Avebury plus Swim 25 metres to a floating object, In groups demonstrate the huddle position, Swim using a long front paddle to the side</p>