

## HIPPINGS METHODIST PRIMARY CURRICULUM DOCUMENTS



PE OVERVIEW	AUTUMN	SPRING	SUMMER
<b>EYFS</b>	<p><b>Fundamental Skills:</b> Jump, Run, Hop, Skip, Throw, Catch, Kick</p> <p>EYFS Fundamental Movement Skills FMS – Elmer FMS – Castles FMS – Jack &amp; the Beanstalk</p>	<p><b>Fundamental Skills:</b> Jump, Run, Hop, Skip, Throw, Catch, Kick</p> <p>FMS – Space FMS- How to Catch a Star FMS – Rosie’s Walk FMS - Superworm</p>	<p><b>Fundamental Skills:</b> Jump, Run, Hop, Skip, Throw, Catch, Kick</p> <p>FMS – Hungry Caterpillar FMS – Mini Beasts FMS – Seaside FMS – Transport</p>
<b>YEAR 1</b>	<p>Fundamental Movement Skills Baseline Unit FMS – Kicking Unit Gymnastic Activities 1 FMS – Tri Throlf</p>	<p>Dance - Robots FMS –Zog Dance – Toy Story Gymnastic Activities 2</p>	<p>FMS – Rolling a Ball FMS - Catching and Bouncing a Ball Athletics FMS – Overarm Throw</p>
<b>YEAR 2</b>	<p>OAA – The Great Outdoors FMS – Bounce A Ball Dance – Fire, Fire! Gymnastics Activities 1</p>	<p>Dance – Moving Along FMS – Kicking Unit Games – Piggy in the Middle FMS – Playground Games in the 20<sup>th</sup> Century</p>	<p>Athletics Activities Games – Net and Wall Games – Striking and Fielding Fundamental Movement Skills End of KS1 Assessment</p>
<b>YEAR 3</b>	<p>OAA – Teamwork and Problem Solving Invasion Games – Handball Target Games – Dodgeball Dance – Rock and Roll</p>	<p>Gymnastics Activities 1 Invasion Games – Netball Dance – Ironman Gymnastics Activities 2</p>	<p>Games – Net and Wall Creative Games – Tag and Target Striking and Fielding - Cricket Athletics Activities</p>

<p><b>YEAR 4</b></p>	<p>OAA – Trust and Trails  Invasion Games – Basketball  Target Games – Boccia  Gymnastic Activities 1</p>	<p>Gymnastic Activities 2  Dance – The Great Plague  Invasion Games – Rugby  Dance – Myths and Legends</p>	<p>Games – Net and Wall  Swimming  Striking and Fielding – Rounders  Athletics Activities</p>
<p><b>YEAR 5</b></p>	<p>Swimming x 2  OAA – Orienteering  Dance - Earthlings</p>	<p>Swimming  Gymnastic Activities  Creative Games  Invasion Games – Rugby</p>	<p>Net/Wall Games – Tennis  Invasion Games – Hockey  Athletics  Striking and Fielding - Cricket</p>
<p><b>YEAR 6</b></p>	<p>Invasion Games – Netball  OAA  Gymnastic Activities 1  Dance – Food Glorious Food</p>	<p>Dance – Heroes and Villains  Gymnastic Activities 2  Badminton  Invasion Games – Rugby</p>	<p>Athletics  OAA – Teambuilding  Striking and Fielding – Rounders  Swimming</p>

## **Physical Education**

### **Intent for our Programme of Study - Knowledge, Progression, Coverage**

During Early Years, we aim to ensure that children have a continuous thread of fundamental skill development throughout the year. Work is programmed so that children work in dance, gymnastics and a variety of team and individual games. This will enable children to establish a skill set which can be progressively developed during Key Stage 1.

Fundamental skills are present throughout Key Stage 1. From the baseline assessment at the start of Year 1 through to the End of Key Stage assessment at the end of Year 2, lessons are delivered to allow children to consolidate, develop and excel in the ten fundamental areas. Teaching of these skills is delivered through themed units of work which link to other curriculum areas. Focus on the fundamental skills provides a platform for application of these into increasingly complex and demanding individual and team activities in Key Stage 2. It is aimed that children access a broad range of different games by the end of Key Stage 1 (cricket, tennis, dodgeball).

Mastery of the fundamental skills is a priority at the start of Lower Key Stage 2, with intervention for children needing to catch up. Skills are applied in all areas of the curriculum; games, gymnastics, dance and athletics. Competitive team games are taught in the hall, on the recently resurfaced playground and on the school field, and we have recently extensively improved the quantity and quality of sporting equipment for indoor and outdoor use, with specific equipment for every activity (including unusual activities such as boccia and curling).

Sporting activities have been carefully chosen to ensure children experience a full range of sports, and that skills can be applied and developed year-on-year. Sports covered in one year are revisited (e.g. Cricket in Year 3 and 5) which allows skills and tactics to be advanced, and progress to be measured. Development of skills and tactics are transferable between different activities. As the children move through Key Stage 2, different Attacking and Defending scenarios are experienced and applied to a wide range of sports.

Children in Year 4 & 5 take part in Swimming lessons, with focused Intervention sessions for children in Years 5 & 6 in the Summer term. Specialist coaches are used on occasions to boost the children's learning and improve staff development and competence in areas of the curriculum needing improvement. Opportunities for children to further develop skills and gain experience in a wide range of sports are offered through extra-curricular activities at lunchtime and after school (we are working to re-establish as wide a selection of sports as possible following the disruption during Covid – in 2019/20, 22 different sporting activities were offered – free of charge – to children).

## PHYSICAL EDUCATION Vocabulary

<sup>6y</sup> <b>EYFS</b>	space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, backwards, forwards, equipment, speed, direction, bounce, push, pull, roll
<b>Year 1</b>	<p><b>Games:</b> throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules</p> <p><b>Gymnastics:</b> curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, perform, feedback, hold, independent</p>
<b>Year 2</b>	<p><b>Dance:</b> move, copy, perform, create, rhythm, control, coordination, linking mood or feeding</p> <p><b>General:</b> copy, compare, contrast, repeat</p>
<b>Year 3</b>	<p><b>Games:</b> throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics</p> <p><b>Gymnastics:</b> adapt sequences, apparatus, criteria, strength, suppleness, performance, compare, contrast, sequences, stamina, improve</p> <p><b>Dance:</b> change speed and direction, share and create, plan, repeat, remember, perform, communicate</p>
<b>Year 4</b>	<p><b>Athletics:</b> change speed and direction, underarm, overarm, throwing technique, distance, sprint, accuracy, personal best</p> <p><b>Outdoor and Adventurous:</b> follow, route, appropriate equipment, safely, familiar context, manage risks/problems</p>
<b>Year 5</b>	<p><b>Games:</b> possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble, shoot, striking implement, rules, umpire, strategy</p> <p><b>Gymnastics:</b> complex extended sequences, combine, perform, consistency, audience, link, vault, spring</p>
<b>Year 6</b>	<p><b>Dance:</b> compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy, consistency, style, interpret, precise, posture</p> <p><b>Athletics:</b> control, accuracy, techniques, combine, distance, compete, improve personal best, stamina</p> <p><b>Outdoor and Adventurous:</b> location, compass, navigate, overcome problems, plan, route, safety, danger, leadership</p>

