

## **P.E. Curriculum Coverage 2017**

A high quality Physical Education curriculum inspires all pupils to succeed and excel in physically demanding activities and competitive sports. It provides pupils with opportunities to become physically confident in a way which supports their health and fitness. Being able to compete in sport and other activities helps build character and embeds values such as fairness and respect.

As a school, we use the RCS scheme of work for games, athletics, gymnastics and OAA, and the imovesdance scheme of work for dance. We ensure that we are fulfilling the aims for musical learning stated in the English National Curriculum:

### **KS1**

In KS1 pupils develop the fundamental movement skills and become increasingly competent and confident across a broad range of activities. These activities aim to extend their agility, balance, and coordination, individually and with others. Pupils will be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

### **KS2**

In KS2 pupils 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 be communicating, collaborating and competing with each other, as well as learning how to evaluate and recognise their own success. Pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor adventurous activity challenges both individually and in a team.
- Compare their performances with previous to better their personal best.

### **Swimming and water safety**

All schools should provide swimming instruction, and in particular pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres,
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

**2016/2017 Yearly Topic Overview**

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<b>KS1</b>	Dance /Gymnastics  Team Games	Dance / Gymnastics  Net & Wall Games / Striking & Fielding Games	Athletics  OAA /Team Games
<b>YEAR 3</b>	Gymnastics  Invasion Games	Dance / Swimming  Striking & Fielding Games	Athletics  Dance / OAA
<b>YEAR 4</b>	Dance  Invasion Games	Swimming / Net & Wall Games  Dance / Gymnastics	Athletics  Gymnastics/OAA
<b>YEAR 5</b>	Swimming  Gymnastics	Dance  Invasion Games	Athletics  Striking & Fielding Games / OAA
<b>YEAR 6</b>	Dance  Invasion Games	Gymnastics  Indoor Athletics / Striking & Fielding Games	Swimming  Striking & Fielding Games / Athletics