



Learn Enjoy Succeed Together

DINNINGTON FIRST SCHOOL PHYSICAL EDUCATION CURRICULUM

Curriculum Intent

- Our 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.

We do this by timetabling at least 2 hours PE each week. This comprises of PE lessons led by teachers and trained specialists and the Daily Mile.

Five Key Concepts: Basic Movement (running, jumping, throwing & catching, striking) , Balance & Agility (Gymnastics, coordination, flexibility & strength), Dance, Team Games, Outdoor Adventurous
3 Key Team Sports: Football, Hockey, Cricket

Topic Title Concepts Skills

| | Block 1 | Block 2 | Block 3 | Block 4 | Block 5 | Block 6 |
|----|--|--|--|---|--|--|
| Y1 | <p>Multiskills: – Basics of under arm throwing accuracy with a range of balls. Developing power and catching skills. Basic Movement: Throwing & Catching</p> <p>Football Dribbling the ball with some control. Passing and receiving. Applying learning to small sided games.. Basic Movement & Team Games (Running, Jumping, Striking & Simple tactics)</p> | <p>Dance (Linked to Christmas Shows) – Work independently and in small groups to perform a simple sequence of movements in time to music. Link movements to a theme. Dance : Simple movements, sequences, teamwork</p> <p>Curling Learn the basics of how to use an indoor curling stone. Start to develop accuracy and power by improving balance and smoothness of movements. With guidance work in teams to develop winning tactics. . Balance & Agility & Team Games Collaborating & Simple Tactics</p> | <p>Gymnastics: – Develop simple sequences of balances on mats. Apply some balances on apparatus. Know how to land a jump safely. Begin to learn some gymnastic positions eg standing stretch, tuck, star Balance & Agility : Simple movements, sequences, core strength flexibility & Teamwork</p> <p>Beanbag Golf / Cornhole: – Develop accuracy of underarm throws by competing in team games. Basic Movement & Team Games Throwing & Catching, Running & Jumping, Teamwork,</p> | <p>Hockey: Quicksticks – Learn to hold a hockey stick correctly. Dribbling the ball with some control. Passing and receiving. Applying learning to small sided games. Basic Movement & Team Games: Running, Jumping, Striking, Teamwork & Simple tactics)</p> <p>Multiskills: SAQ& Intro to skipping Develop footwork, running, single foot and two footed jumps and balance through SAQ drills and simple skipping drills. Balance & Agility / Basic Movement: Jumping, Balance, Coordination, Core Strength</p> | <p>Basketball Dribbling the ball with some control. Passing and receiving. Applying learning to small sided games. Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> <p>Scatterball Rounders: Improve striking and fielding skills. With support develop tactics in competitive games. Basic Movement & Team Games Running, Jumping, Throwing, Catching Striking & Simple tactics & Competition</p> | <p>Athletics – Begin to develop correct mechanics for running. Develop speed and stamina for running short and long distances. Learn to throw a foam javelin. Compete against personal best scores. Basic Movement / Balance & Agility Running, Jumping, Throwing & Catching, Balance, Core Strength, Competition</p> <p>Cricket: Non Stop Cricket Learn the basics of how to hold a cricket bat and hit the ball. Learn about fielding and improve throwing and catching skills. Develop tactics in small sided adapted cricket games. Basic Movement / Team Games: Running, Jumping, Striking, Teamwork, Simple tactics & competition</p> |
| Y2 | <p>Multiskills: Throwing & Catching – Developing under and over arm throwing with improved power and accuracy. Catching with more success. Basic Movement: Throwing & Catching</p> <p>Football Dribbling with the ball with improved control. Passing over greater distances and receiving ready to create the next action of play. Applying learning to small sided games. Basic Movement & Team Games (Running, Jumping, Striking & Simple tactics)</p> | <p>Dance (Linked to Christmas Shows) – Work independently and in small groups to perform a sequence of movements in time to music. Link movements to a theme. Dance : Simple movements</p> <p>Archery Learn the basics of how to use an indoor bow. Develop accuracy and power through controlled movements. Work in teams to develop winning tactics Balance & Agility & Team Games Core Strength, Balance & Simple Tactics</p> | <p>Gymnastics: – Develop sequences of balances on mats. Apply some balances on apparatus. Know how to land a jump safely. Learn & demonstrate and increased range of gymnastic positions eg standing stretch, tuck, star, front support, back support</p> <p>Balance & Agility : Simple movements, sequences, core strength flexibility & Teamwork</p> <p>Boccia Develop accuracy of underarm throws and team tactics by competing in team games. Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork,</p> | <p>Hockey : Quicksticks – Dribbling with the ball with improved control. Passing over greater distances and receiving ready to create the next action of play. Applying learning to small sided games. Basic Movement & Team Games: Running, Jumping, Striking Teamwork & Simple tactics)</p> <p>Multiskills: Skipping & SAQ Develop more complex footwork patterns, running, single foot and two footed jumps and balance through SAQ drills and a range of skipping drills.. Balance & Agility / Basic Movement: Jumping, Balance, Coordination, Core Strength</p> | <p>Basketball – Dribbling with the ball with improved control. Passing over greater distances and receiving ready to create the next action of play. Shooting with some accuracy. Applying learning to small sided games Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> <p>Tri Golf Learn the purpose of different clubs. Learn to hold clubs correctly. Begin to hit balls in the desired direction with a wedge. Put over short distances with some accuracy. Play small adapted games to develop skills. Basic Movement & Team Games Striking & Simple tactics & Competition</p> | <p>Athletics – Continue to develop correct mechanics for running. Improve speed and stamina for running short and long distances. Develop technique to throw a foam javelin. Compete against personal best scores. Basic Movement / Balance & Agility Running, Jumping, Throwing & Catching, Balance, Core Strength, Competition</p> <p>Cricket: Jail Break Begin to hit the ball more consistently in the desired direction using the correct grip. Learn to bowl underarm with some accuracy. Improve tactics for fielding through competitive small sided games. . . Basic Movement / Team Games: Running, Jumping, Striking, Teamwork, Simple tactics & competition</p> |



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|----|---|---|---|---|--|---|
| Y3 | <p>Orienteering: – Basics of map reading. Complete orienteering challenges around coned courses. Develop speed and accuracy of map reading.</p> <p>Outdoor Adventurous: Map Reading & Collaboration & Tactics)</p> <p>Football Dribble with speed and accuracy. Change directions quickly. Pass with accuracy and power. Begin to develop more tactical awareness, Apply tactics in small sided games.</p> <p>Basic Movement & Team Games Running, Jumping, Striking & Simple tactics & Competition</p> | <p>Dance (Linked to Christmas Shows) – Work independently and in small groups to perform a sequence of movements that includes elements such as repetition and changes in pace or height. Link movements to a theme and the pulse of the music.</p> <p>Dance : Range of movements, sequences, teamwork</p> <p>Curling Build on the basics of how to use an indoor curling stone. Develop accuracy and power through more controlled and balanced movements. Work in teams to develop winning tactics.</p> <p>Balance & Agility & Team Games Collaborating & Simple Tactics, Teamwork, Competition</p> | <p>Gymnastics: – Develop extended sequences of balances on mats. Apply balances on apparatus. Know how to perform a several rolls. Learn & demonstrate and increased range of gymnastic positions eg standing stretch, tuck, star, front plank, back support, pike, straddle</p> <p>Balance & Agility : Simple movements, sequences, core strength flexibility & Teamwork</p> <p>Dodgeball Develop accuracy and power of under and over arm throws. Combine throwing and catching with other movements. Develop tactics and teamwork through competitive games.</p> <p>Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> | <p>Hockey : Quicksticks – Dribble with speed and accuracy. Change directions quickly. Pass with accuracy and power. Begin to develop more tactical awareness, Apply tactics in small sided games.</p> <p>Basic Movement & Team Games: Running, Jumping, Striking, Teamwork & Simple tactics)</p> <p>Tennis: Learn to hold a racket correctly and to hit and return with an underarm stroke. Improve accuracy of shots. Develop tactics in small sided games.</p> <p>Basic Movement / Team Games: Running, Jumping, Striking, Teamwork, Simple tactics & competition</p> | <p>Basketball: – Dribble with speed and accuracy. Change directions quickly. Use a range of passes with accuracy and power. Shoot with improved accuracy and consistency. Begin to develop more tactical awareness, Apply tactics in small sided games.</p> <p>Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> <p>Ultimate Frisbee Learn how to grip a Frisbee for both forehand and backhand throws. Throw a pass to a teammate with some accuracy over a range of distances. Learn to catch a Frisbee with a pancake catch and crocodile catch. Develop tactics to win small sided games.</p> <p>Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> | <p>Athletics: – Continue to develop correct mechanics for running. Improve speed and stamina for running short and long distances. Develop technique to throw a foam javelin and shotput. Compete against personal best scores.</p> <p>Basic Movement / Balance & Agility Running, Jumping, Throwing & Catching, Balance, Core Strength, Competition</p> <p>Cricket: 2-4-6 Learn to hit the ball with more power and accuracy. Develop an understanding of cricket scoring. Develop fielding and batting tactics in competitive small sided games. .</p> <p>Basic Movement / Team Games: Running, Jumping, Striking, Teamwork, Simple tactics & competition</p> |
| Y4 | <p>Orienteering: – Build on basic map reading skills. Complete orienteering courses using a site map. Recognise symbols. Compete against other teams or beat personal best times.</p> <p>Outdoor Adventurous: Map Reading & Collaboration & Tactics)</p> <p>Football Dribble and change direction quickly. Pass and shoot with power and accuracy. Use different parts of the foot to move and pass the ball. Demonstrate greater tactical awareness in small sided games.</p> <p>Basic Movement & Team Games Running, Jumping, Striking & Simple tactics & Competition</p> | <p>Dance (Linked to Christmas Shows) – Work independently and in small groups to perform an extended sequence of movements that includes elements such as repetition and changes in pace or height. Link movements to a theme and the pulse of the music.</p> <p>Dance : Range of movements, sequences, teamwork</p> <p>Archery Build on the basics of how to use an indoor bow. Develop accuracy and power through more controlled and balanced movements. Work in teams to develop winning tactics.</p> <p>Balance & Agility & Team Games Core Strength, Balance & Simple Tactics</p> | <p>Gymnastics: – Develop extended sequences of more complex balances on mats. Apply balances on apparatus. Know how to perform a several rolls with improved control. Learn & demonstrate and increased range of gymnastic positions eg standing stretch, tuck, dish, bridge</p> <p>Balance & Agility : Simple movements, sequences, core strength flexibility & Teamwork</p> <p>Benchball Develop accuracy and power of under and over arm throws. Combine throwing and catching with other movements. Develop tactics and teamwork through competitive games.</p> <p>Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> | <p>Hockey: Quicksticks: – Dribble and change direction quickly. Pass and shoot with power and accuracy. Use different parts of the foot to move and pass the ball. Demonstrate greater tactical awareness in small sided games.</p> <p>Basic Movement & Team Games: Running, Jumping, Striking & Simple tactics</p> <p>Tennis Using a correct racket grip hit and return with an underarm strokes with power and accuracy. Learn to serve overarm. Develop tactics in small sided games.</p> <p>Basic Movement / Team Games: Running, Jumping, Striking, Teamwork, Simple tactics & competition</p> | <p>Basketball: – Dribble and change direction quickly. Pass and shoot with a good level of accuracy and consistency. Select appropriate passes to attack and develop movement to enable others to pass the ball. Demonstrate greater tactical awareness in small sided games.</p> <p>Basic Movement & Team Games: Throwing & Catching, Running & Jumping, Teamwork, Competition</p> <p>Tri-Golf Continue to develop a correct golf club grip. Hit balls into the air in a desired direction with a wedge. Put over increased distances with reasonable accuracy. Play small adapted games to develop skills.</p> <p>Basic Movement & Team Games Striking & Simple tactics & Competition</p> | <p>Athletics: – Continue to develop correct mechanics for running. Improve speed and stamina for running short and long distances. Develop technique to throw a foam javelin and shotput. Compete against personal best scores.</p> <p>Basic Movement / Balance & Agility Running, Jumping, Throwing & Catching, Balance, Core Strength, Competition</p> <p>Cricket: 4-Wicket-Cricket (Diamond Cricket) Continue to hit the ball with more power and accuracy. Working in teams begin to think more about shot placement. Develop throwing and catching consistency to improve fielding outcomes .</p> <p>Basic Movement / Team Games: Running, Jumping, Striking, Teamwork, Simple tactics & competition</p> |
| | | | <p>Gymnastics Basic Shapes</p> | | | |