

## Physical Education (PE)

### Curriculum Principles

#### **By the end of Year 6, a student of PE at Dixons Manningham Primary will:**

- Have developed a secure foundation of basic movement, balance, co-ordination, flexibility and agility skills which allow students to apply these basic principles to a range of sports.
- Have a secure knowledge of how the body works in response to physical exercise and diet; being able to confidently articulate the changes which occur physiologically during a warm-up and cool down as well as the increased physical demands sport has on their body.
- Know the physical, mental and social benefits of lifelong participation in physical activity and have considered the negative impacts of a sedentary lifestyle.
- Have developed a knowledge of a secure range of Primary level sports and activities alongside leadership and team building skills which will allow them to make informed choices about future sports participation.

In order to maximise participation and enjoyment within PE, units were adapted in 2022-2023. Research shows that students within KS1 exercise fully during PE lessons and generally more active outside of PE lessons. Whereas students in KS2 are less active outside of PE lessons. As such we are trialling a different approach this year with one structured PE lesson per class in KS2 (which follows the National Curriculum) and one Active Lesson, where students are encouraged to choose an activity that they enjoy and be active with that for at least 30 minutes.

Our focus throughout 2022-2023 will be to increase engagement in activity and reduce sedentary time over the course of the year all students will access physical activity in a range of ways including through Forest School.

#### **The sequence of knowledge is underpinned by the following strategic anchors:**

- being able to talk about the changes to their body when exercising and explain why these changes occur
- lead appropriate warm up and cool downs for others
- utilise running, jumping, throwing and catching in isolation and combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- perform dances using a range of movement patterns and take leadership with designing personal routines alongside others
- develop secure flexibility, strength, balance and co-ordination, technique and control
- demonstrate team work and leadership skills across a variety of areas
- demonstrate secure communication skills with others across all areas of learning

#### **The PE curriculum will address social disadvantage by addressing gaps in students' knowledge and skills:**

- on the benefits of how physical activity positively impacts on health and well-being across all areas of life, not just during the time when active sports participation is taking place
- promote how being positively engaged with sport/physical activity can have a positive impact on other aspects of 'self', such as self-confidence, resilience, perseverance and relationship development
- PE will work closely with our Science, PSHCE and Heart, Mind, Soul & Health (HMSH) curriculum topics in order to create a well-rounded, fully balanced learning experience which ties in knowledge across the curriculum areas for every key stage

## PE Curriculum Overview

YEAR 1

Cycle 1	Cycle 2	Cycle 3
<p><b>Gymnastics (Indoor)</b></p> <p>Can perform various shapes Perform basic jump (straight jump, Star jump) Perform a tuck rock and a tuck roll and rocket roll with pointed toes Perform a simple balance holding for 3 seconds Perform a bunny hop- hands first then feet Perform a basic sequence (roll, jump and roll) Moving on and off apparatus with control</p> <p><b>Ball Skills / Invasion Games (Outdoor)</b></p> <p>Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object) Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet Move into a space in a game, looking to throw/pass the ball to someone in a space Follow an opponent in a game/adapted game Scoring in a variety of ways- into hoops, goals or targets Begin to develop tactics for attacking and defending. Children begin to learn rules of adapted games. They learn that rules are there to keep you safe and encourage fair play</p> <hr/> <p><b>Dance (Indoor)</b></p> <p>Listen to the music and begin to move in time to it Perform basic dance movements Perform dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping Perform simple dance moves with some control</p> <p><b>Tag Rugby (Outdoor)</b></p> <p>Follow a partner to steal their bib - introducing tag games Passing an object to another child Move with different objects in their hands Trying to get around a static player in a coned area Scoring points with beanbag treasure in a simple hoop invasion game Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails</p>	<p><b>Dance (Indoor)</b></p> <p>Listen to the music and begin to move in time to it Perform basic dance movements Perform dance movements showing some levels Perform basic dance travelling movements e.g. stepping, skipping, jumping Perform simple dance moves with some control</p> <p><b>Ball Games / Invasion Games (Outdoor)</b></p> <p>Catch/receive a ball safely. Pass a ball with some control (using either hands, feet or object) Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet Move into a space in a game, looking to throw/pass the ball to someone in a space Follow an opponent in a game/adapted game Scoring in a variety of ways- into hoops, goals or targets Begin to develop tactics for attacking and defending. Children begin to learn rules of adapted games. They learn that rules are there to keep you safe and encourage fair play</p> <hr/> <p><b>Gymnastics (Indoor)</b></p> <p>Can perform various shapes Perform basic jump (straight jump, Star jump) Perform a tuck rock and a tuck roll and rocket roll with pointed toes Perform a simple balance holding for 3 seconds Perform a bunny hop- hands first then feet Perform a basic sequence (roll, jump and roll) Moving on and off apparatus with control</p> <p><b>Football Fundamentals (Outdoor)</b></p> <p>Explore stopping a ball with different parts of the body Experiment kicking the ball with feet to a partner Move a bean bag/ball on the floor using inside of foot Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space) Shooting into a target on the floor Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)</p>	<p><b>Multi-skills (Indoor)</b></p> <p>Balance on lines with control and use equipment to balance on various parts of the body Changing direction with some control (agility) Co-ordinating body whilst beginning to move with equipment Co-operate, compete and challenge themselves as a team in various games</p> <p><b>Kwik Cricket (Outdoor)</b></p> <p>Rolling and stopping a ball with one/two hands Throw and catch a ball with some control Bowl underarm towards a target Hit a ball off a tee using various bats Play a modified game hitting off a tee Small-sided adapted games. Begin to develop tactics for striking and fielding</p> <hr/> <p><b>Gymnastics (Indoor)</b></p> <p>Can perform various shapes Perform basic jump (straight jump, Star jump) Perform a tuck rock and a tuck roll and rocket roll with pointed toes Perform a simple balance holding for 3 seconds Perform a bunny hop- hands first then feet Perform a basic sequence (roll, jump and roll) Moving on and off apparatus with control</p> <p><b>Athletics (Outdoor)</b></p> <p>Running/ pumping arms at various speeds Throw a variety of objects with some accuracy Jumping, bending knees and pushing off – being competitive to improve distance as a pair Co-operate and compete in a team in various running games. Leaping over throw down strips and low hurdles when moving</p>

<p><b>Gymnastics (Indoor)</b></p> <p>Can perform shapes with a strong body and control  Perform jumps (straight, star, tuck jump) with control and a strong body  Perform a tuck rock, tuck roll, forward roll and dish/arch roll  Perform a balance on one or more parts of body  Perform a bunny hop – hands flat with straight arms  Perform a sequence on apparatus– (roll, jump and balance)  Moving on and off apparatus with strong body and control</p> <p><b>Ball Skills (Outdoor)</b></p> <p>Introduce a various passes (hands/feet/object) continuing to develop control of pass  Adapted games - developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball  Move into a space to catch/recieve a ball.  Pass the ball to someone in a space  Follow/mark an opponent and trying to win (intercept) the ball  Scoring in a variety of ways and begin to use in a game situation  Develop tactics for attacking and defending  Play adapted games-learning different rules.  Encouraging fair play and respect</p> <hr/> <p><b>Dance (Indoor)</b></p> <p>Move in time to the music showing some expression  Perform dance movements with control  Perform dance movements showing a variety of levels  Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing  Remember simple dance steps, perform with control in time to the music</p> <p><b>Tag Rugby (Outdoor)</b></p> <p>Tag a player when facing your partner - raise hand and call "Tag"  Move with the ball, holding it with hands-chest height  Pass the ball sideways- with smile technique  Dodge around a defender in a small area  Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet  Small-sided games using various types of equipment.  Develop tactics for attacking and defending</p>	<p><b>Gymnastics (Indoor)</b></p> <p>Can perform shapes with a strong body and control  Perform jumps (straight, star, tuck jump) with control and a strong body  Perform a tuck rock, tuck roll, forward roll and dish/arch roll  Perform a balance on one or more parts of body  Perform a bunny hop – hands flat with straight arms  Perform a sequence on apparatus– (roll, jump and balance)  Moving on and off apparatus with strong body and control</p> <p><b>Ball Games (Outdoor)</b></p> <p>Introduce a various passes (hands/feet/object) continuing to develop control of pass  Adapted games - developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball  Move into a space to catch/recieve a ball.  Pass the ball to someone in a space  Follow/mark an opponent and trying to win (intercept) the ball  Scoring in a variety of ways and begin to use in a game situation  Develop tactics for attacking and defending  Play adapted games-learning different rules.  Encouraging fair play and respect</p> <hr/> <p><b>Dance (Indoor)</b></p> <p>Move in time to the music showing some expression  Perform dance movements with control  Perform dance movements showing a variety of levels  Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing  Remember simple dance steps, perform with control in time to the music</p> <p><b>Football Fundamentals (Outdoor)</b></p> <p>Stopping a ball with the sole and inside of feet  Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy  Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space  Improve tackling by using adapted games-introduce intercepting play  Scoring in a variety of ways and begin to use in a game situation  Begin to include some basic tactics for attacking and defending in conditioned games  Play an adapted and conditioned games 5v5.</p>	<p><b>Multi-skills (Indoor)</b></p> <p>Balance on low equipment with good control  Changing direction quickly with good balance and control (agility)  Co-ordinating body whilst beginning to move at different speeds with various equipment  Complete challenges as a team in various running/obstacle games and working to improve performance</p> <p><b>Kwik Cricket (Outdoor)</b></p> <p>Roll and stop a ball with control/accuracy  Throw underarm with some accuracy and catch a ball  Bowl underarm towards a target with control and accuracy  Begin to hold the bat in correct position and hit a ball off a tee  Play a modified game encouraging teamwork when fielding  Small-sided games using various types of equipment. Develop tactics for striking and fielding</p> <hr/> <p><b>Gymnastics (Indoor)</b></p> <p>Can perform shapes with a strong body and control  Perform jumps (straight, star, tuck jump) with control and a strong body  Perform a tuck rock, tuck roll, forward roll and dish/arch roll  Perform a balance on one or more parts of body  Perform a bunny hop – hands flat with straight arms  Perform a sequence on apparatus– (roll, jump and balance)  Moving on and off apparatus with strong body and control</p> <p><b>Athletics</b></p> <p>Using arms and keeping head still when exploring running patterns  Throw in correct stance 'Usain Bolt position'  Use arms to improve jumping technique – beating their own score  Compete in a team in various running/obstacle games and working together to improve team performance  Leaping over hurdles beginning to compete against self and others</p>
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<p><b>Gymnastics (Indoor)</b></p> <p>Can perform a variety of shapes with good control Perform a straight jump with a half turn Perform a Teddy bear roll Perform Point and Patch balances Perform a bunny hop across a mat run and onto/across low benches and apparatus Perform a short sequence on mats (using levels directions control) Hopscotch on throw down feet- introduction to hurdle step onto apparatus</p> <p><b>Hockey: Quicksticks (Outdoor)</b></p> <p>Dribble the ball holding the stick in correct position Perform a pass and look for a space in an adapted game to receive the ball Pass and receive a ball with some control Begin to tackle a player safely- when stationary and moving Score whilst the ball is stationary. Adapted games to focus on accuracy Adapted games, with variations of rules, begin to apply some basic principles for attacking &amp; defending</p>	<p><b>Multi-skills (Indoor)</b></p> <p>Balancing on various body parts while moving Agility focus -changing direction at speed Co-ordinate body to perform a combination of movements Complete a variety of fitness tests successfully and achieve a personal best</p> <p><b>Basketball (Outdoor)</b></p> <p>Ball Awareness-moving ball around different parts of the body Dribbling and bouncing a ball in a variety of ways 'push not pat' Pass and receive a ball with some control Scoring into smaller targets Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking Protecting the ball in an adapted game Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules</p>	<p><b>Dance (Indoor)</b></p> <p>Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform in canon with a group Use some different levels and pathways</p> <p><b>Athletics (Outdoor)</b></p> <p>Begin to perform 'FAST' technique Throw a javelin/vortex using correct stance, rotating hips forward Perform a hop, step and jump (standing triple jump) in isolation and in combination Develop running for distance In warm ups Run and take off over obstacles at some speed Develop relay change over techniques</p>
<p><b>Kwik Cricket (Outdoor)</b></p> <p>Roll the ball with one hand and stop the ball from different directions using barrier method Bowl at a wicket underarm/overarm with accuracy and control Throw and catch under pressure in modified games Hit a drop fed ball and/or moving ball with a bat Play a game communicating as a team Play adapted games, Children encouraged to think of tactics when striking and fielding</p> <p><b>Football (Outdoor)</b></p> <p>Move body to correct position to stop and control a ball Pass the ball with inside of feet, whist on the move Dribble the ball using inside, outside hook and drag back, beginning to accelerate Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass Shooting- Strike a moving ball (past a goal keeper) with some accuracy Encourage children to talk about tactics when attacking and defending Small sided games - up to 7v7</p>	<p><b>Tag Rugby (Outdoor)</b></p> <p>Play a tag game whilst moving at speed, keeping close to an opponent Pass the ball backwards/ sideways with control whist moving Move with control in a variety of directions holding the ball in the correct position Use speed and space to avoid a passive defender Beat a defender at speed to score a try in an isolated game situation Play adapted games, Children encouraged to think of tactics when attacking and defending</p> <p><b>Kwik Cricket (Outdoor)</b></p> <p>Roll the ball with one hand and stop the ball from different directions using barrier method Bowl at a wicket underarm/overarm with accuracy and control Throw and catch under pressure in modified games Hit a drop fed ball and/or moving ball with a bat Play a game communicating as a team Play adapted games, Children encouraged to think of tactics when striking and fielding</p>	<p><b>Football (Outdoor)</b></p> <p>Move body to correct position to stop and control a ball Pass the ball with inside of feet, whist on the move Dribble the ball using inside, outside hook and drag back, beginning to accelerate Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass Shooting- Strike a moving ball (past a goal keeper) with some accuracy Encourage children to talk about tactics when attacking and defending Small sided games - up to 7v7</p> <p><b>Tag Rugby (Outdoor)</b></p> <p>Play a tag game whilst moving at speed, keeping close to an opponent Pass the ball backwards/ sideways with control whist moving Move with control in a variety of directions holding the ball in the correct position Use speed and space to avoid a passive defender Beat a defender at speed to score a try in an isolated game situation Play adapted games, Children encouraged to think of tactics when attacking and defending</p>

<p><b>Gymnastics (Indoor)</b></p> <p>Can perform complex shapes with control and some flexibility Perform more complex jumps, tuck, pike and a scissor kick Perform a T-roll Perform symmetrical and asymmetrical balances Perform a 'squat on and squat off' on various apparatus Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others To perform a hurdle step on the floor/springboard Cartwheel on the floor using various apparatus</p> <p><b>Quicksticks: Hockey (Outdoor)</b></p> <p>Dribbling the ball in different directions, keeping head up Pass the ball over a variety of distances with some accuracy and power, in a game situation Perform a pass with some control, accuracy and with movement into a space Begin to defend against an opponent in a game situation - tackling and marking Hit a moving ball with some accuracy and control into a goal Begin to use techniques learned in a game situation and to have an understanding of key rules</p>	<p><b>Dance (Indoor)</b></p> <p>Co-operate and collaborate to create a warm up displaying a variety of movement patterns Translate ideas from a stimulus showing control and fluency Dance in unison in a group keeping in time with each other Dance in canon showing good timing Perform using a variety of levels and using the space</p> <p><b>Basketball (Outdoor)</b></p> <p>Ball Awareness-copying a partner and moving with the ball Dribbling the ball, changing direction, and turning, using either hand Pass, receive and move with the ball (chest and bounce pass) Learn the BEEF technique when shooting in isolation and begin to use in a game situation Dribble the ball and perform the correct footwork when stopping Offensive play in a conditioned, game, beating your partner when dribbling a ball Defense techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation Begin to use techniques learned in a game situation and to have an understanding of key rules</p>	<p><b>Multi-skills (Indoor)</b></p> <p>In combination with different skills, can balance equipment while moving and coordinating another action Agility focus – change direction quickly and efficiently with equipment Agility focus – change direction quickly and efficiently with equipment Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best</p> <p><b>Athletics (Outdoor)</b></p> <p>React quickly and accelerate over short distances Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance Perform a variety of jumps (Long jump and triple jump) and measure for distance Develop pace when running longer distance Pass a relay baton with control and timing in a pairs change over Run and jump over hurdles with fluency</p>
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<p><b>Kwik Cricket (Outdoor)</b></p> <p>Positioning in a modified game to field a ball (both throwing and stopping it)          Making correct decisions with the type of throw to use in a modified game.          Move body into a position to catch the ball          Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket          In a competitive game begin to tactically hit/place a ball into a space          Use techniques learned and apply in a game situation.          Apply basic principles for attacking and defending          In a team, discuss tactics of attacking and defending (communicate and collaborate)</p> <p><b>Gymnastics (Indoor)</b></p> <p>Can perform complex shapes when performing Sequences and skills with flexibility          Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap          Side star roll, T-roll (with pointed toes), backwards roll          Perform various balances counter balance and counter tension          Perform a 'squat on and squat off 'apparatus with a run up (with or without a spring board)          Compete in teams to win points with sequences and a vault competition          Perform a hurdle step on the floor/springboard and onto apparatus          Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand</p>	<p><b>Football (Outdoor)</b></p> <p>Move into space to receive the ball and control with either foot in a game          Select the correct pass for various distances in a game situation          Dribble the ball in a game situation around a defender          Communicate with team when defending in a game -making interceptions, cover space          To work as a team to score, shooting from various angles          In a team, discuss tactics and how to win as a team (communicate and collaborate)          Use techniques learned and apply in a game situation.          Apply basic principles for attacking and defending          Understanding the positions and rules of the game</p> <p><b>Dance (Indoor)</b></p> <p>Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing          Translate ideas from a stimulus into movement showing expression, precision, control and fluency          Dance in unison in a group showing good timing, energy and strength          Dance in canon in a group showing good timing, energy and strength          Use levels, travelling and space with timing and musicality</p>	<p><b>Tag Rugby (Outdoor)</b></p> <p>Tag a player using either hand when moving at full speed in a game situation          Dodge around a defender at speed with a ball in hands avoiding being tagged          Bring in pass and loop into a game situation          Looping around your teammate- to try and trick an opponent in game situation          Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs          Use techniques learned and apply in a game situation.          Apply basic principles for attacking and defending          In a team, discuss tactics of attacking and defending (communicate and collaborate)</p> <p><b>Athletics (Indoor)</b></p> <p>Accelerate quickly with speed and control in movement – timed/competitive races          Throw a javelin/vortex /shot put safely, with accuracy and power          Perform a jump for distance, varying techniques to improve performance          Pass a relay baton in competitive situations (timed)          Develop long distance running- learning how to pace and show good technique          Run and jump over hurdles with fluency and speed, improving time to achieve a personal best</p>
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