



Biscovey Academy P.E Curriculum



INTENT: Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. John F. Kennedy

P.E National Curriculum Requirements

<u>KS1</u>	<u>KS2</u>
<u>Pupils should develop knowledge about –</u> Fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. <u>They should –</u> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. • participate in team games, developing simple tactics for attacking and defending. • perform dances using simple movement patterns.	<u>Pupils should –</u> 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 enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. <u>They should –</u> • use running, jumping, throwing and catching in isolation and in combination. • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. • perform dances using a range of movement patterns. • take part in outdoor and adventurous activity challenges both individually and within a team. • compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- perform safe self-rescue in different water-based situations.

P.E Strands

Running 	Jumping 	Throwing and Catching 	Strength 	Flexibility 	Control 	Balance 	Adventure 	Achievement 	Competition 	Swimming 	Cycling 
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Biscovey Academy P.E Sequence of Learning
LKS2

<u>Cycle A- Autumn 1</u> Invasion Games	<u>Cycle A- Autumn 2</u> Gymnastics	<u>Cycle A- Spring 1</u> Dance	<u>Cycle A- Spring 2</u> Invasion Games	<u>Cycle A- Summer 1</u> Striking and Fielding	<u>Cycle A- Summer 2</u> Athletics
Netball	Symmetry and Asymmetry	Machines	Hockey	Cricket	Track and Field
1. Can I accurately pass the ball in three different ways? 2. Can I understand and use the footwork rule? 3. Can I move into a space to receive a ball by dodging and /or accelerating? 4. Can I perform a netball shot using good technique? 5. Can I play a game of netball and have an understanding of the roles of different positions? 6. Can I objectively evaluate my previous performance to achieve the next level?	1. Can I create symmetrical shapes and balances and link them together with control and good body tension? 2. Can I link a jump, roll and balance in which all elements are symmetrical, with good body tension? 3. Can I create asymmetrical shapes, travelling movements and balances and link them together with good body tension? 4. Can I explore asymmetrical jumps and rolls? 5. Can I create a sequence? 6. Can I evaluate my sequence from last week for improvement to the next level and practise for performance?	1. Can I develop a sequence of machine moves which have action and reaction? 2. Can I work as a pair to create and perform a short dance sequence? 3. Can I create and perform a duet and a while class dance, working in unison and canon based on machines? 4. Can I perform a longer sequence of movements which include a range of dynamics and body percussion? 5. Can I perform a longer sequence of moves developing your performance skills? 6. Can I practise and perform and dance based on machines?	1. Can I dribble the ball holding the hockey stick correctly? 2. Can I pass and receive the ball to and from another player? 3. Can I pass and receive the ball whilst moving? 4. Can I select the best ways to defend? 5. Can I select the best ways to attack? 6. Can I evaluate my performance in games?	1. Can I throw and receive a ball accurately? 2. Can I strike a ball with increasing accuracy? 3. Can I strike a bowled ball? 4. Can I intercept and stop a ball as a fielder? 5. Can I decide the most effective areas to hit a ball to score runs? 6. Can I work as part of a team to prevent others from scoring runs?	1. Can I develop speed technique in sprinting? 2. Can I run as fast as possible in a straight line in a shuttle relay race? 3. Can I combine different jumping and landing actions? 4. Can I develop coordination for different types of jumps? 5. Can I throw a ball for distance and height? 6. Can I develop throwing with increasing accuracy?
		Swimming			

<u>Cycle B- Autumn 1</u> Invasion Games	<u>Cycle B- Autumn 2</u> Gymnastics	<u>Cycle B- Spring 1</u> Dance	<u>Cycle B- Spring 2</u> Invasion Games	<u>Cycle B- Summer 1</u> Net and Wall Games	<u>Cycle B- Summer 2</u> Athletics
Tag Rugby	Flight	Shake, Rock and Roll	Basketball	Tennis	Track and Field
1. Can I throw a rugby ball with accuracy? 2. Can I pass the ball backwards in a line of players? 3. Can I select the best ways to attack and defend the opposing team? 4. Can I select the best ways to defend? 5. Can I select the best ways to attack and defend? 6. Can I objectively evaluate my previous performance to achieve the next level?	1. Can I find the 5 different ways to take off and land when jumping? 2. Can I perform and name 4 different jumps (Straight, star, half turn, tuck)? 3. Can I link jumps with sideways rolls with quality and body tension? 4. Can I link together a jump, roll and balance neatly on the floor and apparatus? 5. Can I create a sequence? 6. Can I evaluate my sequence from last week for improvement to the next level?	1. Can I develop a sequence of moves to tell a story of a Stone Age person's day? 2. Can I work as a pair to create and perform a short dance sequence. 3. Can I create and perform a whole class dance. 4. Can I improve and practise the whole class dance. 5. Can I perform a longer sequence of moves developing my performance skills. 6. Can I practice and perform a dance to an audience.	1. Can I dribble a basketball with control? 2. Can I adapt my body position to attack/ defend an opponent? 3. Can I demonstrate a successful chest pass? 4. Can I show the features of a successful basketball shot? 5. Can I demonstrate my skills in games? 6. Can I evaluate my performance?	1. Can I return a tennis ball? 2. Can I rally with a partner? 3. Can I serve a tennis ball? 4. Can I move around the court well? 5. Can I demonstrate my skills in matches? 6. Can I evaluate my performance?	1. Can I develop speed technique in sprinting? 2. Can I run as fast as possible in a straight line in a shuttle relay race? 3. Can I combine different jumping and landing actions? 4. Can I develop coordination for different types of jumps? 5. Can I throw a ball for distance and height? 6. Can I develop throwing with increasing accuracy?

Biscovey Academy P.E Sequence of Learning
UKS2

<u>Year 5 Autumn 1</u> Invasion Games	<u>Year 5 Autumn 2</u> Gymnastics	<u>Year 5 Spring 1</u> Dance	<u>Year 5 Spring 2</u> Invasion Games	<u>Year 5 Summer 1</u> Net and Wall Games	<u>Year 5 Summer 2</u> Athletics
Tag Rugby	Counter Balances and Counter Tensions	Developing Dance	Basketball	Tennis	Track and Field
1. Can I throw a rugby ball whilst travelling with accuracy? 2. Can I pass the ball backwards in a line of players? 3. Can I select the best ways to attack and defend the opposing team? 4. Can I select the best ways to defend? 5. Can I select the best ways to attack and defend? 6. Can I objectively evaluate my previous performance to achieve the next level?	1. Can I work with a partner to show 3 counter balances on the floor, with good body tension? 2. Can I work with a partner to show 3 quality balances with counter tension on the floor and apparatus? 3. Can I work with a partner to link 2 different balances showing counter balance / tension neatly together using the floor and apparatus on different levels? 4. Can I show 3 different ways to travel in between balances showing a variety of speeds? 5. Can I create a sequence? 6. Can I evaluate my sequence from last week for improvement to the next level and practise for performance?	1. Can I develop a dance motif using mobile phone numbers as a stimulus? 2. Can I develop a dance motif using visual stimulus? 3. Can I develop a dance from a narrative stimulus and include emotions within the dance? 4. Can I develop a dance through body shapes and gesture for others to interpret? 5. Can I practise and refine the performance and composition of a dance? 6. Can I practise and perform a dance based on a variety of forms of communication?	1. Can I identify my strengths and areas for development? 2. Can I select an appropriate angle and range for my pass? 3. Can I adapt my body position to attack/ defend an opponent? 4. Can I recall the features of a successful basketball shot? 5. Can I demonstrate my skills in games? 6. Can I evaluate my performance?	1. Can I return a tennis ball accurately and with pace? 2. Can I rally with a partner? 3. Can I serve a tennis ball accurately? 4. Can I move around the court efficiently? 5. Can I demonstrate my skills in matches? 6. Can I evaluate my performance?	1. Can I develop sprinting techniques in the circular relay? 2. Can I sustain exercise to improve stamina? 3. Can I hurdle with control and rhythm? 4. Can I demonstrate appropriate body positions for throwing greater distances? 5. Can I improve distance from take-off to landing in one jump?
		Swimming			

<u>Year 6 Autumn 1</u> Invasion Games	<u>Year 6 Autumn 2</u> Gymnastics	<u>Year 6 Spring 1</u> Dance	<u>Year 6 Spring 2</u> Invasion Games	<u>Year 6 Summer 1</u> Striking and Fielding	<u>Year 6 Summer 2</u> Athletics
Netball	Partner Sequences	Developing Dances	Hockey	Cricket	Track and Field
- Can I apply the footwork rule on its own and when passing the ball? - Can I accurately pass the ball in 3 different ways, choosing the best way' for the situation? - Can I show tactical knowledge by moving into a space to receive a ball when playing against the opposition? - Can I show defending skills within a game? - Can I demonstrate positions and their role within a game? - Can I objectively evaluate my previous performance to achieve the next level?	- Can I work with a partner to show a variety of balances on the floor and apparatus with good body tension? - Can I work with a partner to develop part and full body weight partner balances? - Can I work with a partner to practise jumping and rolling in unison and cannon with good body tension? - Can I work with a partner to practise meeting and parting using different gymnastic elements? - Can I demonstrate positions and their role within a game? - Can I objectively evaluate my previous performance to achieve the next level?	- Can I develop a dance motif using mobile phone numbers as a stimulus? - Can I develop a dance motif using visual stimulus? - Can I develop a dance from a narrative stimulus and include emotions within the dance? - Can I develop a dance through body shapes and gesture for others to interpret? - Can I practise and refine the performance and composition of a dance? - Can I practise and perform a dance based on a variety of forms of communication?	- Can I dribble the ball at speed holding the hockey stick correctly? - Can I pass and receive the ball to and from another player? - Can I pass and receive the ball whilst moving? - Can I select the best ways to defend? - Can I select the best ways to attack? - Can I evaluate my performance in games?	- Can I bat effectively, using different types of shots? - Can I vary how the ball is bowled? - Can you restrict the runs batters can score by fielding in key positions and fielding the ball accurately? - Can I play a competitive striking game? - Can I hit a moving ball with a cricket bat? - Can I play a competitive game using the skills taught?	- Can I develop sprinting techniques in the circular relay? - Can I sustain exercise to improve stamina? - Can I hurdle with control and rhythm? - Can I demonstrate appropriate body positions for throwing greater distances? - Can I improve distance from take-off to landing in one jump?
		Swimming			