

# Hadley Wood Primary School

## PE Curriculum Overview



### Our Vision

...that every child will leave our school **confident** in their own abilities and excited about the future, with the strategies and skills to tackle tasks and situations in a **capable** manner and **caring** about their planet and their fellow humans.

## Introduction

PE lessons at Hadley Wood are based on the development of fundamental skills which provide the foundation of competitive sport and curricular PE. Given the opportunity to learn a wide range of physical skills, children acquire the basic building blocks for the competence, confidence, and motivation, to try many physical activities and sports.

We have developed a curriculum which we believe encourages creativity, collaboration and promotes confidence whilst simultaneously promoting the physical and social development of each and every child in group, partnered and paired learning.

The skills children are encouraged to learn are:

- Personal skills
- Social skills
- Cognitive skills
- Creative skills
- Physical skills
- Health related fitness

In Reception and Key Stage 1, children explore the multi-abilities and fundamental skills through gross and fine motor control. Children begin to develop the notion of teamwork and collaboration, whilst beginning to develop the fundamental movement skills that underpin competitive sport and curricular PE.

During year 3 and 4, we begin to look at how the fundamental skills can be combined, and how they can be utilised in sporting activities. Children are given the framework to learn 'how' to perform different sporting

activities, considering 'why' these may be beneficial in a range of sporting contexts; considering tactics, performance and motivation. By applying the fundamental movement skills to a range of sporting contexts, children gain a knowledge and understanding of the transference of skills across a range of activities – applying what they know to unfamiliar games/challenges.

Throughout Year 5 and 6, children consolidate and further develop their sporting skills through a range of competitive activities, ranging from outdoor and adventurous team building challenges, to more traditional games such as tag rugby, football, cricket, high-5 netball, gymnastics and athletics. Children will continue to explore strategies, tactics and techniques, and develop the skills needed to decide when and where to apply them. They experience different roles in sport including a coach, performer and team manager; developing a deeper understanding of rules, ethics and motivation.

We participate in a swimming programme in Years 5 and 6, which provides children with the necessary skills for water confidence, water safety and specific stroke technique. Our programme aims to have every child swimming confidently by the end of Year 6 with the target of 25 metres as an ideal for children.

Pupils in Years 2, 4, 5 and 6 have one lesson per week taught by specialised music caches from Get Set for Sport. Class teachers deliver the rest of the school Physical Education programme of study.

## Get Set For Sports Curriculum Overview

	<b>Autumn Term 1</b>	<b>Autumn Term 2</b>	<b>Spring Term 1</b>	<b>Spring Term 2</b>	<b>Summer Term 1</b>	<b>Summer Term 2</b>
EYFS	Intro to PE  Outdoor (weather dependent)	Dance  Indoor	Gymnastics  Indoor	Fundamentals  Outdoor (weather dependent)	Games  Outdoor (weather dependent)	Ball skills  Outdoor (weather dependent)
KS1	Fundamentals  Outdoor (weather dependent)	Dance  Indoor	Gymnastics  Indoor	Ball skills  Outdoor (weather dependent)	Net and wall  Outdoor (weather dependent)	Striking and fielding  Outdoor (weather dependent)
KS2	Basketball  Outdoor (weather dependent)	Dance  Indoor	Gymnastics  Indoor	Athletics  Outdoor (weather dependent)	Tennis  Outdoor (weather dependent)	Rounders and cricket  Outdoor (weather dependent)

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	<b>Autumn Term 1</b>	<b>Autumn Term 2</b>	<b>Spring Term 1</b>	<b>Spring Term 2</b>	<b>Summer Term 1</b>	<b>Summer Term 2</b>
EYFS	<p>Games: The Olympics</p> <p>-learning how to move confidently and safely in a range of ways</p>	<p>Dance: Dance 'til you drop</p> <p>- developing the ability to create and change movements in response to music</p>	<p>Gymnastics: Gym in the Jungle</p> <p>- developing the ability to move in a range of different ways under, over and through equipment</p>	<p>Games: Best of Balls</p> <p>- learning how to control a ball in a range of ways</p> <p>- using rackets to move and control objects</p>	<p>Dance: Dinosaurs</p> <p>-creating movements as a team to perform, evaluate and improve a group dance</p>	<p>Gymnastics: Jumping Jacks and Rock n' Roll</p> <p>- controlling our bodies when travelling</p> <p>- learning to perform a sequence of movements</p>
Year 1	<p>Fundamentals</p> <p>Outdoor (weather dependent)</p>	<p>Dance</p> <p>Indoor</p>	<p>Gymnastics</p> <p>Indoor</p>	<p>Ball skills</p> <p>Outdoor (weather dependent)</p>	<p>Net and wall</p> <p>Outdoor (weather dependent)</p>	<p>Striking and fielding</p> <p>Outdoor (weather dependent)</p>
Year 2	<p>Gymnastics (Balance)</p>	<p>Games (Dribbling)</p>	<p>Dance (Summer festivals and Latin dances)</p>	<p>Games</p> <p>- sending skills</p>	<p>Dance</p> <p>- exploring patterns and pathways</p> <p>- developing a repertoire</p> <p>- dances from our heritage</p>	<p>Gymnastics</p> <p>-spinning and turning</p>

Year 3	<p>Dance</p> <ul style="list-style-type: none"> <li>- linking dance actions</li> </ul> <p>-----</p> <p>Outdoor and Adventurous Activity</p> <ul style="list-style-type: none"> <li>- simple orientation activities using maps and diagrams</li> </ul>	<p>Invasion Games</p> <ul style="list-style-type: none"> <li>- passing</li> </ul> <p>-----</p> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>- travelling with a change of direction</li> </ul>	<p>Gymnastics</p> <ul style="list-style-type: none"> <li>- stretching and curling</li> </ul> <p>-----</p> <p>Invasion Games</p> <ul style="list-style-type: none"> <li>-creating space</li> </ul>	<p>Net / wall Games</p> <ul style="list-style-type: none"> <li>-directing the ball</li> </ul> <p>-----</p> <p>Dance</p> <ul style="list-style-type: none"> <li>-cultural places and time</li> </ul>	<p>Athletics x2 sessions</p> <ul style="list-style-type: none"> <li>-running</li> <li>- endurance throwing for accuracy</li> <li>- jumping for height</li> </ul>	<p>Striking/fielding Games</p> <ul style="list-style-type: none"> <li>- how to hit or strike the ball into space</li> <li>- fielding as a team</li> </ul> <p>-----</p> <p>Athletics</p> <ul style="list-style-type: none"> <li>-travelling, throwing and jumping</li> </ul>
Year 4	<p>Outdoor and adventurous games:</p> <ul style="list-style-type: none"> <li>- following map and symbol trails</li> <li>-building trust and communication</li> </ul>	<p>Invasion Games</p> <ul style="list-style-type: none"> <li>- controlling and receiving</li> </ul>	<p>Invasion Games:</p> <ul style="list-style-type: none"> <li>-keeping possession of the ball.</li> </ul>	<p>Dance:</p> <ul style="list-style-type: none"> <li>-portraying characters</li> </ul>	<p>Gym</p> <ul style="list-style-type: none"> <li>-balancing body weights</li> <li>- forming shapes</li> </ul>	<p>Athletics</p> <ul style="list-style-type: none"> <li>- developing good running, throwing and jumping techniques</li> </ul>
Year 5	Swimming at Furzefield Centre		Dance	Gymnastics	Athletics	Cricket
Year 6	Gymnastics	Invasion Games -	Invasion	Swimming at Furzefield Centre		

	- matching and mirroring	tactics (Hockey)	Games – attacking and defending (Tag Rugby)	
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