

PE Curriculum – 2 Year Cycle - KS1



Intent

Learning is a change to long term memory. Our aims are to ensure that our students experience a wide breadth of study based on the national curriculum and have, by the end of each key stage, long-term memory of curriculum knowledge.

We aim to inspire all pupils to engage in competitive sports and other physical activities in a way which supports their health, well-being and fitness. Participation in these will help to embed values such as fairness, teamwork, perseverance, positivity and respect, and enable them to become physically confident.

Teaching will equip children with knowledge about Movement, Tactics and Strategy, Leadership, Personal and Social, Healthy Lifestyle and a growing vocabulary related to physical education.

Through our PE curriculum, we intend to inspire pupils to develop a love of PE, enabling them to lead healthy and active lives.

Implementation

PE is taught through the 'Threshold Concept' of Developing Practical Skills in order to participate, compete and lead a healthy lifestyle. The threshold concept is broken down into the knowledge categories of Movement, Tactics and Strategy, Leadership, Personal and Social, Healthy Lifestyle and a growing vocabulary related to physical education. Deliberate practise of these, whereby knowledge will be revisited again and again, will enable a gradual deepening of their understanding. We believe that learning is most effective with this spaced repetition and the interleaving between topics and frequently revisiting them, aids long term retention.

Teaching will develop fundamental movement skills, becoming increasingly competent and confident, accessing a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will engage in competitive and cooperative physical activities, in a range of increasingly complex situations.

Pupils will develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.

Impact

Because learning is a change to long term memory it is impossible to see impact in the short term. However, we do use probabilistic assessment based on deliberate practise. This means that we look at the practices taking place to determine whether they are appropriate, related to our end of key stage goals. We use comparative judgements against Milestone statements, in the tasks we set (POP tasks) and in tracking students' work over time. We use lesson observations to see if the pedagogical style matches our depth expectations.

Impact is also measured through key questioning skills built into lessons, child-led assessment against the objective (WAGBA), and summative assessments aimed at targeting next steps in learning.

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Year Group	Cycle	Autumn	Spring	Summer
1/2	A	Dance Gymnastics	Invasion Games Target games	Tennis Striking & Fielding games
		Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
	B	Dance Gymnastics	Invasion Games Target games	Tennis Striking & Fielding games
		Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle

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Key Stage 1 Teaching Sequence for (Milestone 1) CYCLE A			
Weeks	Autumn Term	Spring Term	Summer Term
Topic Title:	Gymnastics & Dance	Invasion & Target Football Games	Striking & Fielding Tennis
1	Gymnastics-simple sequences Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Triangle Passing / Two on One Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding Give Me Five Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
2	Gymnastics-simple sequences Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Triangle Passing / Two on One POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding Give Me Five POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
3	Gymnastics – apparatus Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Dribble & Score Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding All Together Now Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
4	Gymnastics – apparatus Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Dribble & Score POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding All Together Now POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
5	Gymnastics – vault Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Fair & Square Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding Plank & Weave Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle

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6	Gymnastics – vault Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Fair & Square POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding <i>It's time to shine!</i> Plank & Weave POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
7	Dance-Based on a book Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle Room on a Broom	Target Python Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis Net & Wall - Racket Fun Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
8	Dance-Based on a book Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle Room on a Broom	Target Python POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis Net & Wall - Racket Fun POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
9	Dance- Mystery dance Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Beanbag Bocce/Bowls Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis Net & Wall – On the Spot Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
10	Dance- Mystery dance Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Beanbag Bocce POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis Net & Wall – On the Spot POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
11	Dance-Superheroes Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Tag – Mr Wolf Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis Net & Wall – Throwing Tennis Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
12	Dance-Superheroes Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tag – Mr Wolf POP TASK Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis Net & Wall – Throwing Tennis POP TASK Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle

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Key Stage 1 Teaching Sequence for (Milestone 1) CYCLE B			
Weeks	Autumn Term	Spring Term	Summer Term
Topic Title:	Gymnastics & Dance	Invasion & Target – Tag Rugby Games	Striking & Fielding Tennis/Badminton Athletics
1	Gymnastics-simple sequences Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Triangle Passing / Two on One Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding Give Me Five Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
2	Gymnastics-simple sequences Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Triangle Passing / Two on One POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding Give Me Five POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
3	Gymnastics – apparatus Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Dribble & Score Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding All Together Now Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
4	Gymnastics – apparatus Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Invasion Dribble & Score POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding All Together Now POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
5	Gymnastics – vault Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Fair & Square Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding Plank & Weave Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle

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6	Gymnastics – vault Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Fair & Square POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Striking & Fielding <i>It's time to shine!</i> Plank & Weave POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
7	Dance-Based on a book Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle The Gruffalo https://www.bbc.co.uk/teach/school-radio/ks1-dance-lets-move-the-gruffalo-julia-donaldson/zmcqbdm	Target Python Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis or Badminton Net & Wall - Racket Fun Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
8	Dance-Based on a book Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle The Gruffalo	Target Python POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis or Badminton Net & Wall - Racket Fun POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
9	Dance- Christmas Performance Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Beanbag Bocce/Bowls Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis or Badminton Net & Wall – On the Spot Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
10	Dance- Christmas Performance Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Beanbag Bocce POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Tennis or Badminton Net & Wall – On the Spot POP Task Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
11	Dance-Christmas Performance Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Tag/ Acky 1-2-3 Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Athletics Sports Day Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
12	Dance-Christmas Performance Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Target Tag/ Acky 1-2-3	Athletics Sports Day

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		Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
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