

PE

Curriculum



At St Mary's Bryanston Square CE Primary School we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education. The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. PE lessons encourage children to compete against themselves and others whilst being challenged to improve their physical, social, emotional and thinking skills. These skills are embedded in the heart of our planning.

We aim to develop:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

To read the rest of our policy on PE – please see our school website: <https://www.stmarys.bryanston.net/>

The Complete PE scheme of work is used as a good practice guide for our curriculum. It aligns with our physical activity policy, our whole child approach to PE and the objectives laid out in the National Curriculum. In Nursery, the curriculum is guided by the Early Years Foundation Stage (EYFS) Framework.



Long Term Curriculum Plan 2022-23						
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	ELG: Gross Motor Skills. Children at the expected level of development will: ➤ Negotiate space and obstacles safely, with consideration for themselves and others ➤ Demonstrate strength, balance and coordination when playing ➤ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.					
Reception	Locomotion - Walking	Ball skills - Hands	Gymnastics – High, Low, Over, Under	Dance – Nursery rhymes	Ball skills - Feet	Attack and defence
Year 1	Team building	Ball skills – Hands 1	Ball skills – Hands 2	Ball skills – Feet	Locomotion – Running	Locomotion – Jumping
	Gymnastics – Wide, narrowed, curled	Dance – The Zoo	Dance – Growing	Gymnastics – Body Parts	Attack and defence	Health and wellbeing
Year 2	Gymnastics – Pathways	Ball skills – Hands 1	Attack and defence (PT)	Ball skills – Hands 2	Locomotion – Jumping	Health and wellbeing
	Team building	Dance - Exploring	Dance – Water	Gymnastics - Linking	Ball skills – Feet	Locomotion - Dodging
Year 3/4	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Invasion Games – Basketball	Gymnastics – Bridges	Invasion Games –Tag rugby (PT)	Dance – Wild Animals	Outdoor Adventure – Problem Solving	Athletics
Year 5	Dance – The Circus	Invasion Games - Basketball	Invasion Games - Netball	Striking & Fielding – Cricket	Net and Wall - Tennis	Net and Wall – Tennis
	Outdoor Adventure – Orienteering	Gymnastics – Balance+Counterbalance	Invasion Games – Tag Rugby (PT)	Invasion Games – Tag rugby	Dance – The Greeks	Athletics
Year 6	Invasion Games - Netball	Invasion Games – Basketball	Invasion Games – Tag Rugby (PT)	Invasion Games – Tag rugby	Net and Wall – Badminton	Net and Wall – Badminton
	Outdoor Adventure - Orienteering	Dance – Titanic	Gymnastics - Matching and Mirroring	Striking & Fielding – Cricket	Dance - Carnival	Athletics HRE – Strength and Cardio

PT = Project Touchline

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Long Term Curriculum Plan 2023-24						
PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	ELG: Gross Motor Skills. Children at the expected level of development will: ➤ Negotiate space and obstacles safely, with consideration for themselves and others ➤ Demonstrate strength, balance and coordination when playing ➤ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.					
Reception	Locomotion - Walking	Ball skills - Hands	Gymnastics – High, Low, Over, Under	Dance – Nursery rhymes	Ball skills - Feet	Attack and defence
Year 1	Ball skills – Hands 1 Gymnastics – Wide, narrowed, curled	Ball skills – Hands 2 Gymnastics – Body Parts	Ball skills – Feet Dance – The Zoo	Team building Dance – Growing	Locomotion – Running Attack and defence	Locomotion – Jumping Health and wellbeing
Year 2	Ball skills – Hands 1 Gymnastics – Pathways	Ball skills – Hands 2 Gymnastics – Linking	Ball skills - Feet Dance – Exploring	Team building Dance – Water	Locomotion – Jumping Attack and defence	Locomotion - Dodging Health and wellbeing
Year 3	Dance – Weather Health, Wellbeing and Fitness	Dance – Wild Animals Outdoor Adventure – Communication and Tactics	Invasion Games – Tag Rugby (PT) Gymnastics – Symmetry+Asymmetry	Invasion Games – Tag rugby Invasion Games - Basketball	Net and Wall – Tennis Invasion Games – Basketball	Striking & Fielding - Cricket Athletics
Year 4	Swimming Gymnastics – Bridges	Swimming Dance - Cats	Swimming Invasion Games –Tag rugby (PT)	Swimming Striking & Fielding - Cricket	Swimming Outdoor Adventure – Problem Solving	Swimming Athletics
Year 5	Invasion Games – Netball Outdoor Adventure – Orienteering	Invasion Games – Netball Health Related Exercise – Strength and Cardio	Gymnastics – Balance + Counterbalance Invasion Games – Tag Rugby (PT)	Striking & Fielding – Cricket Invasion Games –Tag rugby	Net and Wall – Tennis Dance – The Greeks	Net and Wall – Tennis Athletics
Year 6	Invasion Games - Basketball Health Related Exercise – Circuits OAA – Sayers Croft	Invasion Games – Basketball Dance – Titanic	Invasion Games – Tag Rugby (PT) Gymnastics - Matching and Mirroring	Invasion Games – Tag rugby Striking & Fielding – Cricket	Net and Wall – Badminton Dance - Carnival	Net and Wall - Badminton Athletics

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Progression of Skills							
Skills focus area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Soft skills (Applicable to all topics)	Confidence Perseverance Turn-taking	Gratitude Fairness Curiosity Honesty	Courage Empathy Self-belief Concentration Imagination	Cooperation Encouragement Problem-solving Resilience	Decision-making Responsibility Communication Trust	Integrity Resourcefulness Self-discipline Reflection	Respect Evaluation Self-motivation
Gymnastics	Introduction to high, low, over and under Introduction to the apparatus	Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled movements Linking two movements together	Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and performance	Introduction to symmetry and asymmetry Application of learning onto apparatus Sequence formation	Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion	Introduction to counter balance Introduction to counter tension Application of counter balance and counter tension learning onto apparatus Sequence formation Sequence completion	Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development
Dance	Responding in movement to words and music Creating their own movement	Responding to rhythm Introduction to motifs Creating motifs Creating movement sequences Relationships and performance	Responding to stimuli Developing whole group movement Improvisation and physical description Creating contrasting movement sequences Beginning to explore sequences, relationships and performance	Responding to stimuli Developing character and thematic dance into a motif Developing and extending sequences with a partner in character	Exploring two contrasting relationships and interlinking dance moves Developing sequences with a partner that show relationships Developing sequences, relationships, choreography and performance	Exploring a theme using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive Refining and evaluating sequences	Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery Refining and evaluating sequences

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Outdoor Adventure Activities / Team Building	Games for understanding:	Introducing teamwork	Develop teamwork	Creating and applying simple tactics	Focus on cooperation and responsibility	Introduce the concept and meaning of orienteering	Orientate a map and locate points on the map in a set order
	Taking turns/keeping the score	Building trust and developing communication	Explore simple strategies	Developing leadership	Develop communication and collaboration	Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate	Consolidate pupils understanding of how to orientate a map, locate points on the map, then travel to them, recording what they find
	Understanding and playing by the rules	Cooperation and communication	Problem solving: Consolidate teamwork	Developing communication as a team/ collaborating effectively as a team Create defending and attacking tactics as a team	Understand why motivating each other is important when working in a team		
Netball / Ball Skills (Hands)	Explore pushing and rolling	Introduce sending with control	Develop passing and receiving	Refine passing and receiving		Refine passing and receiving	Consolidate keeping possession, develop officiating
	Combine pushing and rolling	Introduce aiming with accuracy	Combine passing and receiving, keeping possession	Develop passing and dribbling creating space		Apply passing, footwork and shooting into mini games, introduce officiating	Consolidate defending
		Introduce power and speed when sending a ball	Develop passing and receiving to score a point	Develop passing, moving and shooting		Introduce defending	Create, understand and apply attacking/defending tactics in game situations
Basketball / Ball Skills (Hands)	Explore pushing, rolling and bouncing	Introduce sending (bouncing) with control	Develop dribbling/passing and receiving	Introduce basketball dribbling; keeping control		Recap and refine dribbling and passing to create attacking opportunities	Consolidate keeping possession
	Explore bouncing into space	Introduce aiming with accuracy	Combine dribbling, passing and receiving, keeping possession	Introduce passing and receiving in a team		Develop marking	Develop officiating
	Combine pushing and rolling	Introduce power and speed when sending a ball	Develop dribbling/passing and receiving to score a point	Combine dribbling and passing to create space		Refine shooting	Consolidate defending
		Introduce/develop stopping, combining sending skills	Combine dribbling, passing and receiving to score a point	Develop passing, receiving and dribbling		Refine attacking skills, passing, dribbling and shooting	Create, understand and apply attacking tactics in game situations
		Combine sending and receiving skills		Introduce shooting		Introduce officiating	Create, understand and apply defending tactics in game situations

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Tag Rugby / Locomotion (Running) + Ball Skills (Hands)	Explore/develop walking in different pathways	Explore running	Explore/develop dodging	Introduce moving with the ball, passing and receiving	Develop passing, moving and creating space	Refine passing and moving to create attacking opportunities	Consolidate passing and moving
	Apply walking into a game	Apply running into a game	Apply dodging: Explore attacking and defending	Introduce tagging	Apply learning to 3v3 mini games	Explore different passes that can be used to outwit defenders	Consolidate defending
		Explore running at different speeds	Apply dodging in teams	Create space when attacking	Develop defending in game situations	Refine defending as a team	Create, understand and apply attacking/defending tactics in game situations
		Combine sending and receiving skills	Develop passing and receiving	Develop passing and moving	Combine passing and moving to create an attack and score	Create and apply defending tactics	Consolidate attacking and defending in mini games
Health Related Exercise / Health and Wellbeing		Combine passing and receiving, keeping possession	Combine passing and receiving to score a point	Combine passing/moving to create attacking opportunities		Introduce officiating	Develop officiating
	Play with friends	Introduce and explore agility	Consolidate agility	Exploring warm ups		Introduce exercises for: Cardio fitness	Develop understanding of exercises for:
	Take turns/sharing	Introduce and explore balance	Consolidate balancing: Explore balancing on apparatus	Continuous training		Flexibility	Cardio fitness
		Introduce and explore coordination: Bouncing, rolling and throwing	Introduce and explore coordination: Dribbling and kicking	Interval training		Strength	Flexibility
							Strength
Tennis / Ball Skills (Hands)							Design own workout
	Explore throwing overarm and underarm	Introduce power and speed when sending a ball	Introduce throwing with accuracy	Introduction to tennis, outwitting an opponent		Introduce the backhand	Consolidate forehand, backhand and volley shots
	Explore rolling, stopping a ball and catching	Introduce/develop stopping, combining sending skills	Introduce stopping a ball	Creating space to win a point		Applying the forehand and backhand in game situations	Refine application of shots to game situation
		Combine sending and receiving skills	Develop sending (rolling) skills to score a point	Introduce the forehand		Introduce/develop the volley	Game application
			Consolidate sending and stopping to win a game			Controlling the game from the serve	Mixed ability doubles
						Doubles, understanding and applying tactics to win a point	Round robin games

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Badminton / Ball Skills (Hands) + Tennis	Explore throwing overarm and underarm	Introduce power and speed when sending a ball	Introduce throwing with accuracy	Introduction to tennis, outwitting an opponent		Introduction to badminton	Exploring different forehand /backhand shots
	Explore rolling, stopping a ball and catching	Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Creating space to win a point in net and wall games Use of rackets in tennis		Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand Creating space to win a point Controlling the game from the serve	Applying different forehand/ backhand shots to win a point Consolidate outwitting an opponent Doubles: Understanding and applying tactics to win a point
Cricket / Ball Skills (Hands)	Explore throwing overarm and underarm	Introduce power and speed when sending a ball	Develop underarm throwing	Understand the concept of batting and fielding	Develop an understanding of batting and fielding	Refine batting, understand and develop batting and bowling tactics	Consolidate batting/ fielding/bowling
	Explore rolling, stopping a ball and catching	Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Apply underarm throwing to win a game Apply underarm throwing to beat an opponent Introduce overarm throwing	Develop throwing overarm Refine throwing underarm Introduce catching Striking with intent	Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds	Refine fielding, stooping, catching and throwing Combine bowling and fielding, creating and applying tactics Introduce umpiring and scoring	Create, understand and apply attacking/defensive tactics in game
Athletics / Locomotion	Explore/develop jumping	Explore running	Consolidate jumping	Explore running for speed	Develop running at speed	Finishing a race	Running for speed competition
	Sustain walking	Introduce running for speed: Acceleration Explore running in a team Develop jumping Explore how jumping affects our bodies	Apply jumping into a game Explore jumping combinations Develop jumping combinations	Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump	Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Introduce the Javelin Standing triple jump	Evaluating our performance Sprinting: My personal best Relay changeovers Introduce the Shot Put Introducing the hurdles	Running for distance competition Throwing competition Jumping competition

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Swimming					Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively Perform safe self-rescue in different water-based situations	Consolidate swimming confidently and proficiently over a distance of at least 25 metres Consolidate effective use of a range of strokes Consolidate safe self-rescue performance in different water-based situations	
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Vocabulary Development

Skills focus area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Soft skills	Confidence Perseverance Turn-taking	Gratitude Fairness Curiosity Honesty	Courage Empathy Self-belief Concentration Imagination	Cooperation Encouragement Problem-solving Resilience	Decision-making Responsibility Communication Trust	Integrity Resourcefulness Self-discipline Reflection	Respect Evaluation Self-motivation
Gymnastics	champion gymnastics, high, low, over, under, shapes, apparatus, transition	wide, narrow, curled, big, small, interesting, linking	flow, jump, roll, sequence, zig-zag, curved	excellent gymnastics, extension, symmetrical, asymmetrical	control, bridge, levels	counter balance, counter tension, unison, canon	matching, mirroring
Dance	champion dancers, beat, moving, control, rhythm, timing, sequence, tempo	opposite, motif, expression	emotion, choreography, unison	excellent dancers, stimulus, flow, timing, creativity, stage presence,	character	compositional, improvisation	
Outdoor Adventure Activities / Team Building	turn-taking, together	teamwork, inclusion, communication, trust, cooperation, team member, fairness	strategy, courage, motivation	tactics, attacker, defender, tag	non-verbal communication, verbal communication	control point, scale	navigate, leadership, responsibility
Locomotion	defender, change of direction, space, speed, walking, marching, tag	jumping, distance, skipping, landing, speed, acceleration	dodge				
Ball Skills	space, control, defender, bouncing, rolling, pushing, opponent, dribbling, control	passing, possession, accuracy, power, batter, fielder, aiming, throwing, catching, attacker	team, chest pass				
Netball				attacker, defender, possession, chest pass, footwork		tactics, transition, marking, shoulder pass, bounce pass	umpire, Goal Keeper, Goal Defence, Centre, Goal Attack, Goal Shooter
Basketball				attacker, defender, possession, dribbling, triple threat, chest pass, space		marking, bounce pass, pivot, rebound, travelling, double dribble	tactics, transition, counter attack, high press, backcourt violation, man-to-man marking

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Tag Rugby				attacker, defender, possession, dodge, try, tag, tagging, ball carrier	space, forward pass, offside	tactics, transition, outwit, loop pass, miss pass	formations, knock on, advantage
Health Related Exercise / Health and Wellbeing		attacker, defender, agility, balance, coordination, hand-eye coordination, throwing, aiming	dribbling, warm up	cool down, continuous, interval		cardiovascular system, strength, flexibility, fitness, circuits, fitness assessment	
Tennis				outwit, space, return, recover, baseline, forehand, rally, out		accuracy, power, backhand, tactics, volley, serve	doubles
Badminton						outwit, space, return, recover, forehand, backhand, serve	tactics, lob, drop
Cricket				throwing, catching, outwit, strike, batting, fielder, out, run	retrieving, bowling, the long barrier	tactics, run out, wicket keeper, no ball, wide, bye	umpire, boundary, four runs, six runs, over
Athletics				tactics, speed, acceleration, distance, accuracy, relay, change over, standing long jump	pace, power, stride pattern, javelin, standing triple jump	evaluation, change over, personal best, lap, sprint, shot put, hurdle	teamwork, false start, events
Swimming					front crawl, backstroke, breast stroke, self-rescue		

Definitions can be found on the relevant knowledge organiser on Complete PE.

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Competition

Children engage in competitive sports and activities in a number of ways through our PE curriculum:

- Competitions and mini-games within PE lessons
- Intramural 'Sports Day' competing individually against one another and in teams
- Interschool competitions and tournaments with other Westminster schools

Healthy Active Lives

There are a range of initiatives to encourage children and their families to live healthy, active lifestyles. These include:

- Encouraging children to walk, cycle or scoot to school
- Promoting 'Walk To School Week'
- Encouraging active play at playtimes, through investment in high-quality playground equipment and staff training
- Offering of a range of subsidised after-school clubs, such as gymnastics, multi-skills and dance

External Partnerships

We have partnered with a number of external organisation to promote a love of sport, develop the whole child and provide CPD for teachers. We work with Lords Cricket Ground, our local cricket club, which provides high-quality coaching and CPD for teachers; Project Touchline – an organisation focusing on values-first sport and promoting our school's Christian values through tag rugby; and Chelsea FC, who run programmes campaigning for equality and diversity in sport.

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