



"Serve one another in love"

# Physical Education at Upton Heath Church of England Primary School

## Physical Education Curriculum Statement

Subject Lead: Briony Hodge

### Intent:

At Upton Heath C of E Primary School, we aim to provide a fun, high quality physical education curriculum that develops a life-long passion for sport and physical activity within our pupils as well as to excel individual pupils' abilities in competitive sport and other physically demanding activities. We instil in our pupils the importance of healthy lifestyles, a balanced diet, positive growth mindset and the resilience to persevere with activities that may feel difficult at first. We promote the six values of the school games: passion, self-belief, respect, honesty, determination and teamwork. These values also feed into the Christian values of our school and our school principles. The curriculum at UHPS is carefully planned and structured to encapsulate our curriculum intent of REACH (Relevant, Engaging, Aspirational, Creative and Holistic). We ensure that current learning is linked to previous learning as part of a sequential curriculum, enabling children to achieve the end of year expectations. In line with the national curriculum 2014, the PE curriculum at UHPS aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

### The Physical Education Curriculum

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Year 1	Autumn 1	Locomotion: Running	Develop pupils' abilities to run using different parts of their bodies, applying correct technique. Understand basic principles of attack and defence. Develop team skills	Knowledge Organisers: Weekly lessons (locomotion outside and gymnastics inside) Support cards for each lesson Tops cards	Children will have developed ability and skills for running at different speeds and applied running into competitive games.  Children will be able to transition between wide, curled and narrow movements – with control on apparatus and the floor. Children will be able to link two movements together.
		Gymnastics: wide, narrow, curled.	Develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow and curled ways on the floor and on apparatus		
Year 2		Locomotion: Dodging	Teach children how to attack and defend using dodging skills.	Knowledge Organisers: Weekly lessons – 2 per week Support cards for each lesson Tops cards	Children will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders.
		Team Building	Develop pupils' ability to apply effective teamwork, ensuring that		

			everyone is included and understands their role.		Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully
Year 3	Gymnastics: Symmetry and Asymmetry	Pupils will explore movements and balances in symmetrical and asymmetrical ways. Pupils will be taught to create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow.		Knowledge Organisers: Weekly lessons (Netball outside and gymnastics inside) Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will execute 'excellent' balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together
	Netball	Pupils will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving. Pupils will learn how to keep possession and eventually score in order to win a modified game			Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team Apply basic principles suitable for attacking and defending.  Collaborate and work together in a team.
Year 4	Invasion Games: Netball	Develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, and create a shooting opportunity.  Teach techniques of shooting accurately. How to shoot and where to shoot from (positioning)		Knowledge Organisers: Weekly lessons (Netball outside and gymnastics inside) Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team.  Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics.
	Gymnastics: Bridges	Explore movements and balances to create bridges. Explore ways of moving in and out of bridges on the floor and apparatus. Create sequences by combining movements and bridges individually and in pairs.			Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together.
Year 5	Invasion Games: Football	Challenge pupils to apply their prior learning of passing, moving and dribbling to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.		Knowledge Organisers: Weekly lessons – 2 sessions Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.  Pupils will begin to create and apply tactics that they can then adapt depending on the situation. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
	Health Related Exercise	Ensure that all pupils understand the meaning of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits developing their own fitness			Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness. Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility. Pupils will develop life skills such as encouragement and

					responsibility as they encourage their partners through the circuits
Year 6		Invasion games: Netball	Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly. Pupils will be taught the role of each netball position.	Knowledge Organisers: Weekly lessons (Netball outside and Health related exercise inside) Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently. Pupils will demonstrate resourcefulness and problem solving skills by creating, applying and then adapting a range of attacking and defending tactics. Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
		Swimming	To develop confidence and awareness of how to be safe around water. To develop knowledge and confidence of how to self rescue. Develop proficiency and stamina.		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

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Year 1	Autumn 2	Gymnastics – body parts	Develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements. Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movement
		Ball skills - hands	Develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why. Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball.		Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball. Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.
Year 2		Ball skills – hands	Challenge pupils to combine their developing dribbling, passing and receiving skills in order to keep possession and score a point. Pupils will apply these skills in teams in various games and activities.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points. Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
		Gymnastics - pathways	Challenge pupils to explore different ways that they can link movements and balances together while travelling along a variety of pathways		Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.
Year 3		OAA – communication and tactics	Explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing their communication skills, essential to working within a team to complete the activities.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will work within teams to complete the different problem solving challenges successfully. Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team

		Invasion Games - Dodgeball	Explore how to apply the principles of attack vs defence in dodgeball. Pupils will develop an understanding of when, where and why we need to dodge, throw, catch and change direction during a game		Pupils will develop their dodging, throwing and catching skills to outwit their opponents and win the game. Pupils will apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent.
Year 4		Invasion Games – Dodgeball	Develop pupils' ability to apply the principles of attack vs defence in games. Pupils will apply their throwing, catching and dodging skills combining these with their understanding of team work to try and win the game	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will be able to apply a secure understanding of dodging, throwing, jumping, ducking and catching skills to outwit their opponents and win the game  Pupils will work within teams to find effective strategies and tactics in order to complete the different challenges successfully. Pupils will apply an ability to evaluate and improve strategies to solve the problems.
		OAA – communication and tactics	Develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils applying effective communication skills, essential to working within a team to complete the activities.		
Year 5		Invasion games Tag Rugby	Challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where, when they are used in a game. Pupils will be able to develop tactics for both attacking and defending and apply them.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	.Pupils will be able to pass and move accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
		OAA Orienteering	Consolidate pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will consolidate their ability to collaborate with others and work as a team to complete the challenges.		Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible
Year 6		Swimming	To develop water confidence and safety and develop proficiency of stroke and stamina.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	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
		Invasion games – Hockey	Learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.		Pupils will apply a refined understanding of attacking skills when in possession and utilise effective defensive skills to regain possession. Pupils will demonstrate create a range of attacking and defending tactics, applying these to their games and adapting when applicable. Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated
		Health Related Fitness	Consolidate pupils understanding of strength, flexibility and the		

			cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.		Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness. Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
--	--	--	--	--	---

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Year 1	Spring 1	Dance – Growing	Challenge pupils to respond to rhythm and patterns through their movements. Pupils will learn how to control and co-ordinate their bodies to perform a motif. In addition, pupils will explore various dynamics and movement qualities as they create movement patterns.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear.
		Ball skills - Feet	Develop pupils' ability to apply effective dribbling skills.		Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.
Year 2		Dance – DRAGONS	The focus of learning is to explore and respond to music as a stimulus.  Pupils will use improvised movement to explore various changing sound dynamics.  Pupils will use basic actions as an individual and in sequence.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear Pupils will develop their concentration skills as they listen to the music and make decisions on how to move in response.
		Ball skills - Feet	Build on skills from year 1 to challenge pupils to apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point		Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point. Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.
Year 3		Invasion games – Basketball	Explore how to apply the principles of attack vs defence, with a particular focus on passing and moving, dribbling and shooting. Pupils will learn how to keep possession and eventually score in order to win a modified game	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will develop their passing and moving, dribbling and shooting skills to outwit their opponents and keep possession of the ball and score Pupils will apply an understanding of where, when and why we pass, dribble and shoot in order to score points against another team
		Dance – wild animals	Challenge pupils to respond to different stimuli being able to sustain characters to add drama and emotion to the dance. Pupils will bring together the choreography to create a final performance in groups.		Pupils will ensure that their movements are big and clear, they will perform with expression and emotion as they tell a story
Year 4		Dance – Space	Challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will perform with big and clear movements that flow. They will perform with expression and be able to stay in character Pupils will refine their ability to evaluate their own and others' performances. Pupils will problem solve and apply resourcefulness as they construct their sequences.

		Invasion games - Basketball	Develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity		Pupils will be able to apply a secure understanding of passing, moving, dribbling and shooting in order to score points against another team.	
Year 5		Netball	The children will learn the different positions in netball and the different types of passes (bounce and shoulder) They will learn when and why to use different passes.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics.	
		Invasion games – Hockey	Challenge pupils to develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.			Pupils will be able to pass, move, dribble, shoot, tackle and block accurately and consistently, switching fluidly between attack and defence as possession changes. Pupils will begin to create and apply tactics that they can then adapt depending on the games situation
		Swimming	Develop confidence and safety around water. Develop stamina and proficiency of stroke.			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
Year 6		Invasion games – Basketball	Learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession effectively.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team.	
		Dance - Titanic	Challenge pupils to recreate the story of The Titanic through controlled movements and balances. Pupils will perform choreographed movements and balances that incorporate emotion, expression and characterisation			Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion. Pupils will reflect on and evaluate performances.

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Year 1	Spring 2	Dance: The zoo	Challenge pupils to respond to the stimulus (different zoo animals) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils can move in relation to the music and respond with appropriate movements and actions. Pupils can ensure their movements are big and clear
		Ball skills - Hands	Consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of		Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.

			where we send a ball and why to score points to beat an opponent.		
Year 2		Dance – ANIMALS	Develop pupil's ability to create and develop their characters, adding movements, expression and emotion to their performance. Pupils will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear.
		Ball skills – hands 2	Challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents. Pupils will further extend their understanding of why we need to be accurate when we throw		Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made.
Year 3		Invasion Games – Tag Rugby	Explore how to apply the principles of attack vs defence, with a particular focus on passing and moving to score a try.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will explore how we tag an opponent. Pupils will apply an understanding of where, when and why we pass and move, in order to score a try. Pupils will understand the importance of tagging
		OAA Problem Solving	Explore what makes an effective team through different problem-solving challenges.		Pupils will work within a team to complete the different problem solving challenges successfully. Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team. Pupils will develop life skills such as respect and communication as they collaborate with their team members to successfully complete the challenges. Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes
Year 4		Invasion games – Tag Rugby	Develop pupils' ability to apply the principles of attack vs defence.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will be able to apply a secure understanding of passing, moving to create space and score. Pupils will apply tagging to prevent an attacker scoring.
		Cricket	Develop pupils ability to apply the principles of attack vs defence in a cricket context. Pupils will develop a range of more advanced fielding skills to keep the batter's score as low as possible. Pupils will also develop their batting skills to outwit the fielders and score as many runs (points) as possible		Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game. Pupils will apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders.
		Swimming and water safety	To learn to swim using a range of strokes and to develop water confidence and safety.		Swim competently, confidently and proficiently over a distance of at least 15 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations

Year 5		The Circus Dance	Stimulus of 19 <sup>th</sup> century circus Pupils will be able to distinguish between the different performers through clear movements and expression. Pupils will be able to perform their circus routine as part of a group.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic.
		Net and Wall games - Tennis	Challenge pupils to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to create tactics in a doubles game in order to score points and win the game.		Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game.
Year 6		Gymnastics – Matching and mirroring	Pupils will be taught to apply excellent gymnastics through matching and mirroring movements.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.
		Invasion games Dodgeball	Pupils will refine their understanding of attacking and defending, applying skills and creating tactics during a game. Pupils will take responsibility for officiating and managing their own games.		Pupils will refine their application of dodging, throwing, jumping, ducking and catching. Pupils will be able to switch fluidly between attacking and defending. Pupils will demonstrate resourcefulness and reflective skills by creating a range of attacking and defending tactics and adapting these when necessary. Pupils will refine their communication skills as they support their team mates in games and suggesting ways to improve their performances

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Year 1	Summer 1	Attack vs defence. Games for understanding.	Develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag. Pupils will gain an understanding of why rules are important in a game.
		Locomotion - Jumping	Develop pupils' understanding of how and why we jump, using our head, arms and feet, applying the correct jumping technique.		Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into spaces to avoid the defenders Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.
Year 2		Locomotion – jumping	Challenge pupils to apply their prior learning of how to jump and use this to jump in combination and link jumps	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards	Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their

		Attack vs defence – games for understanding	Challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack		<p>jumping skills in combination and also within games</p> <p>Pupils will move between attack and defence as the game changes. Pupils will be able to move in to space when attacking and tag the opposition when defending.</p>
Year 3		Net/wall games – Tennis	Explore how to apply the principles of attack vs defence in order to win a game of tennis.	<p>Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions</p>	<p>Pupils will work within a team to complete the different problem solving challenges successfully.</p> <p>Pupils will throw/hit the ball into space on their opponent's side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball.</p>
		Cricket	Explore how to apply the principles of attack vs defence in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to outwit the fielders and score as many runs (points) as possible		<p>Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game. Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).</p>
		Swimming	To learn to swim using a range of strokes and to develop water confidence and safety.		<p>Swim competently, confidently and proficiently over a distance of at least 15 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations</p>
Year 4		OAA – problem solving	Develop pupil's ability to apply effective teamwork through different problem-solving challenges.	<p>Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions</p>	<p>Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully</p>
		Tennis	Develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques		<p>Pupils will hit the ball into space on their opponents' side of the court, creating space for the next shot that will win them the point. Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court.</p>
Year 5		Striking and fielding – Rounders	Challenge pupils to apply fielding tactics, exploring how we can maximise our fielding set up and get the most from our players, making it harder for the batting team.	<p>Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions</p>	<p>Pupils will be able to apply refined fielding skills, (accurate throwing, catching and retrieving skills) will be in order to prevent the batters from scoring.</p>
		Gymnastics: Counter balance and counter tension	<p>Explore ways of forming counter balance and counter tension balances both on the floor and using apparatus. Also individually and in pairs. Explore ways of linking different balances in sequences, maintaining flow.</p>		<p>Pupils will execute 'excellent' balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their balances with movement. Pupils will evaluate and reflect on own and others' sequences then</p>

					act on this to make improvements.
Year 6		Striking and fielding games – rounders	Learn to consistently apply effective tactics for both batting and fielding	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will apply a refined ability to consistently execute throwing, catching, retrieving and batting skills
		Net/Wall games – Tennis	Learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.		Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Year 1	Summer 2	Health and wellbeing.	Introduce pupils to agility, balance and co-ordination, understanding what they mean and why they are important (teaching skipping, static jumping, hop scotch and other activities)	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Playground games	Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.
		Team Building	Explore and learn why it is important to include everyone when working as a team and what makes an effective team. Pupils will begin to explore simple strategies to solve problems		Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.
Year 2		Health and Wellbeing	Consolidate pupils' understanding of agility, balance and co-ordination, applying these elements of fitness in a variety of activities. Pupils will perform circuits, understanding how motivation can enhance performance	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Playground games	Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges
		Gymnastics - Linking	Challenge pupils to explore different ways that they can link movements and balances together. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus focused on; jumps, rolls and balances		Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.
Year 3		Athletics	Explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.	Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.
		Rounders	Explore the concept of batting and fielding (attack and defence). Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.		Pupils will develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills Pupils will apply an understanding of the concept of batting and fielding, utilising the correct

					fielding skills in order to stop the batters
Year 4	Striking and Fielding games – Rounders	Develop pupils' ability to apply the principles of attack vs defence, with a particular focus on the concept of batting. Pupils will continue to develop and apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low		Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will be able to apply developing batting skills in order to score points. Pupils will continue to develop accurate throwing, catching and retrieving skills.
	Athletics	Develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. They will learn to throw for distance with javelins and explore the triple jump.			Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.
Year 5	Athletics	Challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely.		Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.
	Striking and Fielding - Cricket	Challenge pupils to refine and apply their prior learning of the skills required for both batting and fielding. Pupils will be able to create and apply tactics for both batting, and fielding (including bowling) and apply these successfully within their teams			Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents
Year 6	Athletics	Challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.		Knowledge Organisers: 2 Weekly lessons Support cards for each lesson Tops cards Intra and inter school competitions	Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.
	Cricket	Create and apply tactics for batting and fielding (including bowling)			Pupils will be able to: use different ways of bowling accurately and consistently; bat and field effectively and umpire games.

## Implementation.

At Upton Heath, the PE curriculum is taught following the Complete PE scheme of work. Each class receives two weekly lessons and will cover all elements of PE during the year. PE lessons are either taught by the class teacher or by Activity for All sports coaches.

The Early Years Foundation Stage (EYFS) follows Development Matters, which aims to provide children in Reception with opportunities for physical development. Both fine and gross motor skills are central to the educational programme for Physical Development.

UHPS is a Rights Respecting School and the teaching of PE can enhance the children's understanding of the importance of living a healthy lifestyle. **Article 31**, on the Rights of the Child states the right to 'play and relax by doing things like sports and music'. Through physical education lessons, the children can exercise their right to play and relax by being given opportunities to invent new games that are inclusive of all. We also enable pupils to explore equality of opportunity in relation to the rights of women and those with disabilities in sport. We encourage pupils to create their own playtime activities which allows the children to feel greater ownership and responsibility for their environment.

## Impact

Through weekly PE lessons (two per week) plus organised playground activities, clubs and competitions we aim to make our PE curriculum inclusive, enjoyable and aspirational. We aim to instil in the children the values of the school games which are: Passion, Self-belief, Respect, Honesty and Determination.

The children also receive swimming tuition during KS2 and we take part in a top up swimming programme in Year 6, to ensure that every child leaves our school at the end of KS2, knowing how to swim and with basic water safety knowledge and skills.

Children leave our school with a passion for sport and an understanding of the health benefits of exercise and a balanced diet. They will know how to prepare their bodies for exercise. They will take forward the life skills of empathy and fairness and the ability to work collaboratively and supportively as part of a team.

Children will leave our school possessing the basic skills for different sports and the confidence to pursue their dreams where they have particular talents. They will have the determination to strive for personal best.

## British Values and our Christian Distinctiveness.

As a school, we value the diverse ethnic backgrounds of all pupils and families and undertake a variety of events and lessons to celebrate these. Our high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

We promote the values of the Olympic and Paralympic games: Friendship, Courage, Inspiration, Determination, Equality, Respect, Excellence.

The distinct aims of UHPS ("serving one another in love") and Christian values of UHPS (Resilience, Respect, Compassion and Together) underpin every aspect of school life. We embrace the Church of England's vision for education, and that is, "deeply Christian, serving the common good", encompassing our values of Respect, Resilience, Compassion and Together.

## Early Years

Need a specific reference to what is being covered and when in Early Years. The Early Years framework provides detail of this.

Cohort	Half term	Theme / Topic	Intent	Implementation	Impact
Reception	Autumn 1	Locomotion - walking	Explore walking using different body parts in different directions, at different levels and at different speeds. Pupils will develop their ability to walk and move into space, change direction and keep away from the defenders.	Weekly lessons and playground games Knowledge organisers	Physical Development 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,

Autumn 2	Ball skills - hands	Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.	Weekly lessons and playground games Knowledge organisers	balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Spring 1	Gymnastics: high, low, over, under	Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus.	Weekly lessons and playground games Knowledge organisers	
Spring 2	Dance – Nursery Rhymes	Pupils will explore creating simple movement sequences that relate to specific words in different nursery rhymes. Pupils will add movements together to form sequences and begin to explore character movements with a partner.	Weekly lessons and playground games Knowledge organisers	
Summer 1	Ball skills - feet	Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.	Weekly lessons and playground games Knowledge organisers	
Summer 2	Attack vs Defence – games for understanding	Pupils will be able to move into spaces avoiding other pupils. Pupils will also be able to adjust their speed and change direction to avoid other pupils. Pupils will experiment moving in different ways, moving confidently and concentrating on any instructions.	Weekly lessons and playground games Knowledge organisers	

## Key Stage 1

The National Curriculum states that: ‘Pupils should develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of activities 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. Pupils should be taught to:

- 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.’

## Key Stage 2

Pupils should 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. Pupils should be taught to:

- 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.

## Assessment

As PE is a practical subject, assessment may be done by focussing on a small group at a time on certain tasks or skills, observing the children, discussing their work or self/group/teacher evaluation against criteria from the National Curriculum programmes of study and end of year expectations. PE assessment is ongoing to inform teachers with their planning, lesson activities and differentiation. Summative assessment is completed at the end of each unit to inform leaders of the improvements or skills that still need to be embedded. Assessments are recorded termly onto Insight.

We measure the impact of our curriculum through the following methods:

- Formative assessing of children’s understanding of the skills taught through performance
- Summative assessment, at the end of a unit, using the objectives on INSIGHT
- Images and videos of the children’s practical learning
- Interviewing the pupils about their learning (pupil voice)
- Annual reporting to parents

We are committed to providing a teaching and learning environment which ensures that all children are able to progress with their learning, regardless of social class, gender, culture, race, or SEND. Teachers will use a range of strategies to ensure that all learners are included within a classroom ethos that is Relevant, Engaging, Aspirational, Creative and Holistic. (REACH)

### Physical Education Vocabulary

#### Key Stage 1

Vocabulary for learning	Sport Specific Vocabulary
Attacker	Speed
Defender	Acceleration
Space	Tagging
Possession	Dodge
Control	Dribbling
Opponent	Accuracy
Team	Power
Batter	Passing
Fielder	Control
Aiming	Throwing
Accuracy	Catching
Jumping	Rolling
Distance	Skipping
Coordination	Landing
Balance	
Cooperation	
Trust	
Champion gymnastics	Transition
Wide	Travel
Narrow	Balance
Curled	Jump
Flow	Roll
Linking	Sequence
Big	Interesting
Small	Linking
Flow	Zig Zag
Transition	Curved
Champion dancer	Stimulus
Control	Flow
Rhythm	Timing
Expression	Sequence

Emotion beat	Motif Expression Unison
-----------------	-------------------------------

Lower Key Stage 2

Vocabulary for learning	Sport specific vocabulary
Excellent gymnastics	Symmetrical
Linking	Asymmetrical
Flow	Bridge
Interesting	Levels
Extension	
Control	
Attacker	Chest pass
Defender	Footwork
Possession	Pivot
Dribbling	Rebound
Marking	Mark
Space	Shoulder pass
Dodge	Free pass/throw
Return	Intercepting
Recover	Shooting
Tactics	Triple threat
Acceleration	Bounce pass
Speed	Try (rugby)
Distance	Tagging
Accuracy	Ball carrier
Batting	Forward pass
Fielding	Offside
Throwing	Ducking
Communicate	Aiming
Tactics	Outwit
Strategy	Baseline
Teamwork	Forehand
Transition	Rally
	Out
	Listening
	Responsibility
	Trust
	Non-verbal and verbal communication
	Relay
	Change over
	Base/posts
	Rounder
	The Long Barrier
	Backstop
	Half a rounder
	Stride pattern (athletics)
Excellent dancer	Motif
Expression	Choreography
Creativity	Character
Emotion	Canon
	Unison

Flow  
Rhythm  
Timing  
Stage presence

Upper Key Stage 2

Vocabulary for learning	Sport specific vocabulary
Tactics	Shoulder pass
Transition	Bounce pass
Possession	High Five Netball positions (GK, GS. GD. GA. C)
Marking	Shadowing
Umpire	Tracking back
Pressure	Through ball
Tackle	Man to man marking
Counter attack	Loop pass
Referee	Miss pass
Tactics	Back court violation
Outwit	Goalside
Offside	Orienteering
High pressure	Control point
Strategy	scale
Communication	Free hit
Fielder	Batting and bowling square
Bowling	No ball
Accuracy	Out
Tactics	Forehand
Speed	Backhand
Power	Volley
Determination	Serve
Evaluation	Outfielder
Tactics	Run out
Run out	Doubles
Bowling	Hand eye coordination
	Aiming
	Team member
	Fairness
	Change over
	Personal best
	Lap
	Wicket Keeper
	No ball
	Wide
	Bye
	False starts
	Events
Excellent gymnastics	Counter Balance
Interesting	Counter Tension
Flow	Cannon
Levels	Unison
	Matching
	Mirroring

Cardiovascular system  
Fitness  
Strength  
Flexibility

Circuits (vocabulary associated with: plank, lunge, squat, tricep, sit up, push up, crouching tiger, back support, v sit, arch, arabesque, extend, tuck, straddle...)  
Fitness assessment/Test

Excellent dancers  
Expression  
Creativity  
emotion

Motif  
Rhythm  
Choreography  
Canon  
Unison

Specific to certain topics. (Linked to Knowledge Organisers)