

WELLESBOURNE PRIMARY AND NURSERY SCHOOL

Living to Learn, Learning to Live

RESPECT	EFFORT	ATTEND	COOPERATE	HONEST
As emotionally intelligent young people we will listen to and value other opinions. We will create a safe and supportive environment where we will feel confident to investigate without fear of being wrong. To consider social and moral dilemmas, reflect on experience, explore reasoned views and moral and ethical issues.	We will learn to take risks in our learning and challenge ourselves and each other. We will be able to explain clearly our investigations and discoveries. We will develop our thinking skills and resilience so that we become motivated and independent learners.	We will learn the importance of concentration, listening and participating during all of our lessons. We value being on time and getting the most from all of our time at school. We will develop an understanding that by being in school and joining in we will get more from our school and support our friends and fellow learners.	As co-operators we will work together and support each other in developing and listening to our ideas. In doing so we will challenge and explore new learning. We will work together being kind, helpful and gentle to all our school community and valuing its diversity.	We will learn that being honest means being true to ourselves. That by being honest with ourselves we learn more and support our friends more. We will learn the importance of honest self evaluation to help us improve and become independent learners. We will learn that honest support of our friends will help them to be better learners.

PHYSICAL EDUCATION CURRICULUM

	AUTUMN	SPRING	SUMMER
Nursery	BASIC MOVEMENT BALANCE/MOTOR SKILLS	BASIC MOVEMENT BALANCE/MOTOR SKILLS	BASIC MOVEMENT BALANCE/MOTOR SKILLS
Reception	BASIC MOVEMENT CONTROL/COORDINATION	BASIC MOVEMENT CONTROL/COORDINATION	BASIC MOVEMENT CONTROL/COORDINATION
YEAR 1	FUNDAMENTAL SKILLS BENCHBALL	GYMNASTICS DANCE	TENNIS ATHLETICS
YEAR 2	FUNDAMENTAL SKILLS BENCHBALL	GYMNASTICS DANCE	CRICKET ATHLETICS
YEAR 3	BASKETBALL DANCE	GYMNASTICS TENNIS	CRICKET ATHLETICS SWIMMING
YEAR 4	BASKETBALL DANCE SWIMMING	GYMNASTICS TENNIS	CRICKET ATHLETICS
YEAR 5	BASKETBALL DANCE	GYMNASTICS TENNIS SWIMMING	CRICKET ATHLETICS
YEAR 6	BASKETBALL DANCE	GYMNASTICS TENNIS	CRICKET ATHLETICS

NURSERY

During P.E. we will develop

AUTUMN/SPRING/SUMMER

Basic Movement

- Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
- Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
- Mounts stairs or climbing equipment.
- Walks on stairs- ascending and descending.

Balance/Motor skills

- Mounts stairs or climbing equipment using alternate feet.
- Walks downstairs, two feet to each step while carrying a small object.
- Can stand momentarily on one foot when shown.
- Can catch a large ball
- Draws lines and circles using gross motor movements.
- Holds pencil between thumb and two fingers, no longer using whole- hand grip.
- Uses one- handed tools and equipment- e.g makes snips in paper with child scissors.

RECEPTION

During P.E. we will develop

AUTUMN/SPRING/SUMMER

Basic Movement

- Experiments with different ways of moving.
- Jumps off an object and lands appropriately.
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speeds or direction to avoid obstacles.
- Travels with confidence and skill, around, under, over and through balancing and climbing equipment.

Control/Coordination

- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Uses simple tools to effect changes to materials.
- Handles tools, objects, construction and malleable materials safely and with increasing control.
- Shows a preference for a dominant hand.
- Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.
- Children learn control and coordination in large and small movements.

YEAR 1

During P.E. we will develop

AUTUMN	SPRING	SUMMER
Fundamental Skills Benchball	Gymnastics Dance	Tennis Athletics
Fundamental skills <ul style="list-style-type: none"> Running, jumping, balancing, throwing and catching. Benchball <ul style="list-style-type: none"> Throwing and catching a ball with a partner. Moving fluently by changing direction and speed easily and avoiding collisions. Showing control and accuracy with the basic actions for rolling and underarm throwing. Choosing and using skills effectively for particular games. Understand the concept of aiming into space. Taking the ball to a good position for aiming. Trying to win by changing the way they use skills in response to opponent's actions 	Gymnastics <ul style="list-style-type: none"> Exploring gymnastics and still movement. Moving safely and with confidence. Knowing how to carry and place equipment. Watching, copying and describing what others have done. Performing movement phrases using a range of body parts and actions. Dance <ul style="list-style-type: none"> Exploring movements. Moving confidently and safely. Performing phrases. Recognising how our body feels after exercise. Discussing dance ideas. 	Tennis <ul style="list-style-type: none"> Choosing and using skills effectively for particular games. Understand the concepts of aiming and hitting into space. Taking the ball to a good position for aiming. Use skills in different ways in different games. Trying to win by changing the way they use skills in response to their opponent's actions. Athletics <ul style="list-style-type: none"> Running at different speeds. Jumping from a standing position. Performing a variety of throws with basic control. Using equipment safely.

YEAR 2

During P.E. we will develop

AUTUMN	SPRING	SUMMER
Fundamental Skills Benchball	Gymnastics dance	Cricket Athletics
Fundamental Skills / Benchball <ul style="list-style-type: none"> • Passing a ball accurately to a partner over a variety of distances. • Performing a range of throwing, catching and gathering skills, with control. • Showing a good awareness of others in running, chasing and avoiding games. • Making simple decisions about when and where to run. • Varying skills and show some understanding of simple tactics. • Choosing and use tactics to suit different situations. • Reacting to situations in a way that helps there partners and makes it difficult for their opponent. 	Gymnastics <ul style="list-style-type: none"> • Remembering, repeating and linking gymnastics and still movements. • Moving safely and with confidence. • Knowing how to carry, lift and place equipment. • Watching, copying and describing what others have done, with increasing detail. • Improving our work using information they have gained by watching and listening. Dance <ul style="list-style-type: none"> • Exploring, remember and repeat dance actions. • Composing and performing dance and short phrases. • Describing how different dance movements make them feel. • Watching and describing dance phrases and dances, and use what we learn to improve. • linking dances and simple movements given from stimulus <p><i>This topic links with <u>mathematics</u>(counting steps).</i></p>	Cricket <ul style="list-style-type: none"> • Passing a ball accurately to a partner over a variety of distances. • Performing a range of throwing, striking and catching skills, with control. • Making simple decisions about when and where to run. • Varying skills and show some understanding of simple tactics. • Choosing and use tactics to suit different situations. • Reacting to situations in a way that helps there team and makes it difficult for the opposing team Athletics <ul style="list-style-type: none"> • Changing speed and direction whilst running. • Jumping from a standing position with accuracy. • Performing a variety of throws with control and co-ordination. <i>Preparation for shot put and javelin.</i> • Using equipment safely and with good control. <p><i>This topic links with <u>mathematics</u> (measuring and understanding distances).</i></p>

YEAR 3

During P.E. we will develop

AUTUMN	SPRING	SUMMER
Basketball Dance	Gymnastics Tennis	Cricket Athletics Swimming
Basketball <ul style="list-style-type: none"> • Traveling whilst bouncing a ball showing control. • Using a range of skills to help them keep possession and control of the ball. • Performing the basic skills needed for the games with control and consistency. • Using a range of skills to keep possession and make progress towards a goal, on our own and with others. • Choosing good places to stand when receiving, and give reasons for our choice. • Choosing and using throwing skills to make the game hard for our opponents. Dance <ul style="list-style-type: none"> • Improvising freely, on our own or with a partner. • Translating ideas into a dance. • Creating and linking phrases using a simple dance structure. • Performing dances with an awareness of rhythm on our own or 	Gymnastics <ul style="list-style-type: none"> • Improving the quality of our actions, body shapes and balance. • Selecting appropriate actions and consolidating simple ideas. • Knowing the importance of strength. • Evaluating our work and the quality of our performance. • Recognising how our work can be improved. Tennis <ul style="list-style-type: none"> • Using a range of skills to help us keep possession and control of the ball. • Performing the basic skills needed for the games with control and consistency. • In pairs, making up a game and playing a simple rallying game. • Choosing good places to stand when receiving, and giving reasons for our choice. 	Cricket <ul style="list-style-type: none"> • Using a range of skills to help us keep control of the ball. • Performing the basic skills needed for the games with control and consistency. • Choosing good places to stand when receiving, and giving reasons for our choice. • Choosing and using throwing and batting skills to make the game hard for our opponents. Athletics <ul style="list-style-type: none"> • Developing the range and consistency of our skills in athletic activities. • Developing ability to choose and use tactics and strategies for a given activity. • Knowing and measuring the short term effects exercise has on the body. • Describing how the body reacts to different types of activity. <ul style="list-style-type: none"> • Describing and evaluating our performance and recognising

in a group.

where improvements can be made.

Swimming

- Working with confidence in the water.
- Exploring and using skills, actions and ideas individually and in combination eg use arms to pull and push the water; use legs in kicking actions; hold their breath under water.
- Remembering, repeating and linking skills.
- Knowing how to choose and use skills for different swimming tasks eg using arms to stay balanced, knowing what to push against the water to move in a particular direction.
- Improving the control and coordination of our bodies in the water.
- Knowing that being active is fun and good for us.
- Recognising what our bodies feel like during different activities.
- Watching, copying and describing what we and others have done and using the information to improve our work.

YEAR 4

During P.E. we will develop

AUTUMN	SPRING	SUMMER
Basketball Dance Swimming	Gymnastics Tennis	Cricket Athletics
Basketball <ul style="list-style-type: none"> • Travel whilst bouncing a ball showing control. • Use a range of skills to help them keep possession and control of the ball. • Perform the basic skills needed for the games with control and consistency. • Use a range of skills to keep possession and make progress towards a goal, on our own and with others. • Choose good places to stand when receiving, and give reasons for our choice. • Choose and use throwing skills to make the game hard for our opponents. Dance <ul style="list-style-type: none"> • Improvise freely, on our own or with a partner. • Translate ideas into a dance. • Create and link phrases using a simple dance structure. • Perform dances with an awareness of rhythm on our own or in a group. 	Gymnastics <ul style="list-style-type: none"> • Improve the quality of our actions, body shapes and balance. • Select appropriate actions and consolidate simple ideas. • Know the importance of strength. • Evaluate our work and quality of their performance. • Recognise how our work can be improved. Tennis <ul style="list-style-type: none"> • Use a range of skills to help us keep possession and control of the ball. • Perform the basic skills needed for the games with control and consistency. • In pairs, make up a game and play a simple rallying game. • Choose good places to stand when receiving, and give reasons for our choice. 	Cricket <ul style="list-style-type: none"> • Use a range of skills to help us keep control of the ball. • Perform the basic skills needed for the games with control and consistency. • Choose good places to stand when receiving, and give reasons for our choice. • Choose and use throwing and batting skills to make the game hard for our opponents. Athletics <ul style="list-style-type: none"> • Consolidate and improve the quality and consistency of the techniques we use for particular activities. • Develop our ability to choose use simple tactics and strategies in different situations. • Know, measure and describe the short term

Swimming

- Work with confidence in the water.
- Explore and use skills, actions and ideas individually and in combination - e.g. use arms to pull and push the water; use legs in kicking actions; hold their breath under water.
- Remember, repeat and link skills.
- Know how to choose and use skills for different swimming tasks - e.g. using arms to stay balanced, knowing what to push against the water to move in a particular direction.
- Improve the control and coordination of their bodies in the water.
- Know that being active is fun and good for them.
- Recognise what their bodies feel like during different activities.
- Watch, copy and describe what they and others have done and use the information to improve our work.

effects of exercise on the body.

- Describe how the body reacts to different types of activities.
- Describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving.

YEAR 5

During P.E. we will develop

AUTUMN	SPRING	SUMMER
Basketball Dance	Gymnastics Tennis Swimming	Cricket Athletics
Basketball <ul style="list-style-type: none"> • Travelling with a ball showing changes of speed and directions using either foot or hand. • Using a range of techniques when passing, eg high, low, bounced, fast, slow. • Passing the ball with purpose, varying speed, height and direction. Dance <ul style="list-style-type: none"> • Exploring ideas from different dance styles. • Composing dances expressively. • Organising our own warm up and cool down to suit activities. • Understanding why it is important to warm up. 	Gymnastics <ul style="list-style-type: none"> • Performing actions in a fluent and consistent performance. • Creating sequences and adapt. • Knowing and understanding the basic principles of warming up and why it is important. • Understanding why physical activity is good for overall health. • Evaluating and improving our own and other work. Tennis <ul style="list-style-type: none"> • Hitting the ball with purpose, varying speed, height and direction. • Hitting the ball from both sides of the body. • Choose good places to stand when receiving, and give reasons for our choice. • Play a rallying game in pairs, using positioning and hitting techniques to outwit opponents. • Show precision and accuracy when sending and receiving. • Perform skills with accuracy, 	Cricket <ul style="list-style-type: none"> • Choose and use throwing and batting skills to make the game hard for our opponents. • Hitting the ball with purpose, varying speed, height and direction. • Hitting the ball from both sides of the body. • Judging how many runs they can score. Athletics <ul style="list-style-type: none"> • Developing the consistency of our actions in a number of events. • Increasing the number of techniques we use. • Choosing appropriate techniques for specific events. • Understanding the basic principles of warming up. • Understanding why exercise is good for fitness, health and wellbeing. • Judging how far they can run to score points.

confidence and control.

- Combine and perform skills with control, adapting them to meet the needs of the situation.

Swimming

- Consolidating and developing the quality of their skills eg front crawl, back crawl, breaststroke, floating, and survival skills.
- Improving linking movements and actions.
- Choosing and using a variety of strokes and skills, according to the task and the challenge eg swimming without aids, distance and time challenges.
- Knowing and describing the short term effects of exercise on the body and how it reacts to different types of activity.
- Describing and evaluating the quality of swimming and recognise what needs improving.

YEAR 6

During P.E. we will develop

AUTUMN	SPRING	SUMMER
Basketball Dance	Gymnastics tennis	Cricket Athletics
Basketball <ul style="list-style-type: none"> • Dribble effectively around obstacles. • Show precision and accuracy when sending and receiving. • Perform skills with accuracy, confidence and control. • Combine and perform skills with control, adapting them to meet the needs of the situation. • Play games showing tactical awareness and knowledge of rules and scoring. • Respond consistently in the games they play, choosing and using skills which meet the needs of the situation. • Choose when to pass, dribble, so that they keep possession and make progress towards the goal. Dance <ul style="list-style-type: none"> • Explore, improvise and combine movements. • Create structure in sections of dance. • Understand why dance is good for fitness. • Comment on our own work and the work of others. 	Gymnastics <ul style="list-style-type: none"> • Combine and perform gymnastic actions, shapes and balances fluently. • Develop their own sequences. • Understand why warming up and cooling down is important. • Evaluate their own work and the work of others. • Suggest ways to improve. Tennis <ul style="list-style-type: none"> • Show precision and accuracy when sending and receiving. • Perform skills with accuracy, confidence and control. • Combine and perform skills with control, adapting them to meet the needs of the situation. • Play shots on both sides of the body and above their heads in practises and when the opportunity arises in a game. • Play games showing tactical awareness and knowledge of rules and scoring. • Respond consistently in the games they play, choosing and using skills which meet the needs of the situation. • Play a rallying game in pairs, using positioning and hitting techniques to outwit opponents. 	Cricket <ul style="list-style-type: none"> • Show precision and accuracy when sending and receiving. • Perform skills with accuracy, confidence and control. • Combine and perform skills with control, adapting them to meet the needs of the situation. • Play shots on both sides of the body and above their heads in practises and when the opportunity arises in a game use different ways of bowling. • Play games showing tactical awareness and knowledge of rules and scoring. • Respond consistently in the games they play, choosing and using skills which meet the needs of the situation. Athletics <ul style="list-style-type: none"> • Develop the consistency of their actions in a number of events. • Increase the number of techniques they use. • Choose appropriate techniques for specific events. • Understand the basic principles of warming up. • Understand why exercise is good for fitness, health and wellbeing.

