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| **What are the aims and intentions of this curriculum?****That children:** * are encouraged to try a variety of activities and engage in physical activity outside of PE lessons
* are provided with the opportunities to develop their skills in competitive and non-competitive sports, as well as enjoyment of sports.
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| **Term** | **Sport** | **Knowledge** | **Skills** | **Assessment** |
| Autumn 1 | Invasion Games | * Know how to link actions together
* Know how to communicate, collaborate and compete
* Have the knowledge to modify where appropriate

Develop an understanding of how to improve Know how to evaluate and recognise their own success | Isolation and combinationThrow and catch with greater accuracyWork well as a team in competitive gamesApply principles of attacking and defendingDevelop an understanding of fair play | Use Core Tasks such as:*Three Touch Ball, On the Attack, Skittles, End Zone* |
| Autumn 2 | Dance | * Know how to use a range of movement patterns when performing
* Have the knowledge to communicate and collaborate

Develop an understanding of how to improve and learn to evaluate and recognise their own success, having compared their performance with previous ones | **Compose:**Create dances to communicate an ideaDevelop more complex movements using actions, relationships and dynamics.Structure a dance phrase by connecting different ideas and showing a clear beginning, middle and end**Perform:**Perform dance to an audience showing confidenceShow good co-ordination, control and strengthShow good focus, projection and musicalityClearly demonstrate different dance actions, dynamic qualities, use of space and relationships**Appreciate:**Show a good awareness of different dance styles and traditionsUnderstand and use simple dance vocabularyUnderstand why safety is important in the studioReflect and give feedback on their own and other’s work | Use Core Tasks such as:Indian Delight, Round the Clock, Machines |
| Spring 1 | Gymnastics | * Have the knowledge of a broader range of skills in isolation and combination, and know how to link them to make sequences of movement
* Have the knowledge to communicate and collaborate with each other.

Develop an understanding of how to improve and learn to evaluate and recognise their own successKnow how to compare their performance with previous ones | **Sequencing:** Work with a partner to create and perform a sequence**Balance:**Balance on floor and apparatus exploring which body parts are the safest to useMove in and out of balance fluently**Travel:**Travel with a partner; move away from and together on the floor and on apparatusTravel confidently at different speeds and in different pathways on the floor and using apparatus**Jump:**Make a twisted shape in the air and control landing by keeping body upright throughout the twisting action**Roll:**Continue to develop control in rolling actions with a partner.Begin the backward roll | Use Core Tasks such as:Balancing act, Assessing Level 2-3, Partner Work |
| Spring 2 | OAA | * Know how to be co-operative in a range of physical activities physical activities in
* increasingly challenging situations
* Know how to communicate and collaborate with each other

Know how to work individually and within a team | **Orientation:**Orientate more complex maps and plansMark control points in correct position on map or plan**Communication:**Co-operate and share roles within a groupListen to each other’s ideas when planning a task and adaptTake responsibility for a role within the groupFollow rules to keep self and others safe**Problem Solving:**Choose effective strategies and change ideas if not working | Use Core Tasks such as:Where are we going? Shipwrecked, Gone Fishing, Search and Rescue, Where Am I? Communication Challenge, Safely Across |
| Summer 1 | Net-Wall GamesS+F Games | See Autumn 1 | See Autumn 1 | Use Core Tasks such as:Arc Rounders, Boundary Line, Run the Loop, Target Baggers, Mini Tennis 2 |
| Summer 2 | Athletics | * Know how to use a broader range of skills in isolation and combination
* Understand the ruse of a competition
* Develop an understanding of how to improve and learn to evaluate and recognise their own success

Know the skills needed to develop their strength, technique and control | **Running:**Choose different styles of running of different distancesRecognise and record how the body works in different types of challenges over different distancesCarry out stretching and warm-up safelySet realistic targets of times to achieve over a short and longer distance (with some guidance)**Jumping:**Perform combinations of jumps showing control and consistencyWatch and describe specific aspects of jumpingSet realistic targets when jumping for distance for or height (with some guidance)**Throwing:**Explore different styles of throwing with controlConsistently hit a target with a range of implementsSet realistic targets when throwing over an increasing distance and understand that some implements will travel further than others (with some guidance) | Use Core Tasks such as:Off, Up and Away; Faster, Higher, Further |