

Gothic Mede Academy PE Curriculum 2022/23

For our PE curriculum we follow the National Curriculum Programmes of Study. It is taught via the following units:

	Autumn	Spring	Summer
Reception	Introduction to PE unit 1 Fundamentals Unit 1 Ball skills unit 1 Gymnastics Unit 1	Introduction to PE Unit 2 Fundamentals unit 2 Games unit 1 Dance Unit 1	Games Unit 2 Dance Unit 2 Sports day preparation Gymnastics unit 2
Year 1	Fundamentals Dance Ball skills (1) Gymnastics (1)	Dance Sending and receiving (1) Fitness (1) Target games (1)	Net and wall (1) Yoga (1) Striking and fielding (1) Athletics (1)/Sports day preparation
Year 2	Ball skills (2) Gymnastics (2) Invasion Fitness (2)	Dance Sending and receiving (2) Target games (2) Team building	Net and wall (2) Yoga (2) Athletics (2)/Sports day preparation Striking and fielding (2)

Year 3	Fundamentals Year 3,4 Dance Netball Gymnastics (3)	Football Dance Cricket Swimming	Rounders Fitness (3) Athletics (3)/Sports day preparation Yoga (3)
Year 4	Football (External coach) Dance Tag rugby Gymnastics (4)	Dance Basketball Tennis Dodgeball	OAA Fitness (4) Athletics (4)/Sports day preparation Yoga (4)

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should 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.

Aims

The national curriculum for physical education 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.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Subject content

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities 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.