



# Birchwood Avenue Primary School

## Educating Hearts and Minds through Physical Education



### Intent:

Physical Education is an essential aspect of school life. Being physical allows us to connect with others, work in teams and independently, in both a competitive manner and for leisure.

At Birchwood Avenue, we strive to ensure that all children are given the tools to take part in physical activity effectively, as well as enjoying sports. We aim for all children to leave Birchwood Avenue with a passion to be active, which they can take with them throughout their life. PE brings us together through competing against local schools, after school clubs and working collaboratively during lessons. We recognise the importance of PE, as it educates all children on how to lead a healthy lifestyle.

Our curriculum aims to inspire all children to flourish and outshine in physical activities and competitive sports. By offering a progressive curriculum, which builds on skills from reception to year 6, it offers children a clear pathway where they will develop their agility, balance and coordination skills. These skills will then be able to be used when developing more complex actions such as running, jumping, travelling, throwing, catching, striking and fielding skills. Our PE curriculum promotes collaborative learning through game-based concepts such as invasion, net and wall, and striking and fielding skills.

### Aims & purpose:

The Cambridgeshire Primary PE Scheme of work is used as a foundation for Physical Education teaching at Birchwood Avenue Primary School. The Cambridgeshire Primary PE Scheme of work provides units of work for all year groups from Reception to Year 6, based on National Curriculum Objectives. The PE curriculum is sequenced to ensure all children develop skills and ability as they move up through the school. Teachers use the Cambridgeshire PE scheme of work as a starting point and use teacher judgement to adapt plans for the individual needs of their class to ensure high quality lessons are delivered.

### 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

## Games

	EYFS	Year 1	Year 2	LKS2	UKS2
Knowledge and Skills progression	<ul style="list-style-type: none"> <li>Stop a ball with some control</li> <li>Send a ball in the direction of another person</li> <li>Have some control of the ball on their own</li> <li>Move with a ball in a space safely</li> <li>Talk about ways to keep healthy</li> </ul>	<ul style="list-style-type: none"> <li>Stop a ball with basic control</li> <li>Send a ball in the direction of another person</li> <li>Collect a ball</li> <li>Take part in sending and receiving activities with a partner</li> <li>Talk about exercise, safety and short-term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>Stop, catch and strike a ball with control and accuracy</li> <li>Pass a ball to someone else and receive a ball when moving</li> <li>Take part in conditioned games with opponents</li> <li>Understand about exercising, being safe and the short-term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>Control, strike and catch a ball whilst moving and keep possession with some accuracy</li> <li>Accurately pass to someone else and aware of space and how to use it</li> <li>Choose simple tactics for sending and defending</li> <li>Beginning to influence the conditioned games with opponents</li> <li>Describe what other do well</li> <li>Talk about why it is important to warm up and cool down</li> <li>Lead a partner through short warm up routines</li> </ul>	<ul style="list-style-type: none"> <li>Control, catch, send and receive a ball accurately whilst moving and keeping to the rules</li> <li>Move with a ball in opposed situations and attack and defend in small-sided games</li> <li>Take part in a conditioned game with an understanding of tactics and rules and use this to help improve performance</li> <li>Understand and can use principles of exercise activities for warming up</li> <li>Recognise how exercise is good for health</li> </ul>

## Dance

	Reception	Year 1	Year 2	LKS2	UKS2
Knowledge and Skills progression	<ul style="list-style-type: none"> <li>Copy steps and actions with some control and co-ordination</li> <li>Link individual and whole-body movements together</li> <li>Watch others work and</li> </ul>	<ul style="list-style-type: none"> <li>Copy and explore basic body patterns and movements</li> <li>Remember simple dance steps and perform them in a controlled manner</li> <li>Choose actions and link them with sounds and music</li> <li>Safely perform teacher led warm-ups and describe and discuss others work</li> </ul>	<ul style="list-style-type: none"> <li>Perform with control and co-ordination</li> <li>Respond imaginatively to a variety of stimuli</li> <li>Vary the dynamics, levels, speed and direction of a phrase or motif</li> </ul>	<ul style="list-style-type: none"> <li>Improvise freely on own and with a partner</li> <li>Translate ideas from a variety of stimuli into movement</li> <li>Compare, develop and adapt movement motifs to create longer dances</li> <li>Use dance vocabulary to compare and improve their work</li> <li>Understand how to work safely</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate precision, control and fluency in response to stimuli</li> <li>Vary dynamics and develop actions with a partner or as part of a group</li> <li>Link phrases and motifs to create a wide performance</li> <li>Continually demonstrate rhythm and spatial awareness</li> </ul>

	choose actions <ul style="list-style-type: none"> <li>• Recognise how to move in space.</li> <li>• Talk about ways to keep healthy</li> </ul>			<ul style="list-style-type: none"> <li>• Recognise changes in their body and give reasons why PE is good for their health</li> </ul>	<ul style="list-style-type: none"> <li>• Modify performances</li> <li>• Warm up safely independently</li> </ul>
Gymnastics					
	Reception	Year 1	Year 2	LKS2	UKS2
Knowledge and Skills progression	<ul style="list-style-type: none"> <li>• Copy individual and whole-body movements with some control and coordination</li> <li>• Link individual and whole movements together</li> <li>• Watch others perform</li> <li>• Recognise space and handle small and low apparatus safely</li> <li>• Able to talk about ways to keep safe</li> </ul>	<ul style="list-style-type: none"> <li>• Copy and explore basic gymnastic actions with some control and co-ordination</li> <li>• Select and link basic gymnastic actions together</li> <li>• Watch and discuss own and others work</li> <li>• Safely perform a teacher led warm-up and cool down</li> <li>• Use space safely showing an awareness of others</li> </ul>	<ul style="list-style-type: none"> <li>• Copy, remember, explore and repeat a variety of basic gymnastics actions with control and co-ordination</li> <li>• Select and link basic gymnastic actions into fluent short movement phrases</li> <li>• Identify and describe the difference between own and others work</li> <li>• Handle large apparatus safely</li> <li>• Explain the need for a warm-up and a cool-down, recognising what is happening to their body</li> </ul>	<ul style="list-style-type: none"> <li>• Copy, remember, explore and repeat gymnastics actions with consistent control, co-ordination, quality and Clarity.</li> <li>• Select and link gymnastics actions fluently into longer movement phrases</li> <li>• Apply basic compositional ideas</li> <li>• Describe own and others work noting similarities and differences</li> <li>• Make suggestions for improvements</li> <li>• Work safely, handling a range of hand, small and large apparatus</li> <li>• Recognise changes in body giving reasons why PE is good for health</li> </ul>	<ul style="list-style-type: none"> <li>• Copy, remember, explore and repeat increasingly complex gymnastics actions with some control and co-ordination, quality and clarity</li> <li>• Select and link increasingly complex gymnastics actions fluently into individual, pair and group sequences</li> <li>• Apply a variety of compositional ideas</li> <li>• Identify and act upon criteria to refine, improve or modify gymnastics actions and sequences</li> <li>• Demonstrate specific aspects of warm-up and cool-down</li> <li>• Describe the effects of exercise on the body.</li> </ul>

### ***Yearly Curriculum Overview***

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Reception</b>	Fundamentals Unit One	Gymnastics Fun Gym Shapes	Dance	Dance	Fundamentals Unit Two	Fundamentals Unit Two
	Fundamentals Unit One	Gymnastics Fun Gym Shapes	Dance	Gymnastics Move and Hold	Athletics Sports day practice	Athletics Sports day practice
<b>Year 1</b>	Fundamentals Unit One	OAA Teamwork	Gymnastics Rock and roll	Dance	Fundamentals Unit Two	Fundamentals Unit Two
	Dance	Games (Ball skills)	Gymnastics Rock and roll	Gymnastics Moon zoom (Jumping Jacks)	Athletics Sports day practice	Athletics Sports day practice
<b>Year 2</b>	Fundamentals Unit One	Fundamentals Unit Two	Gymnastics Ball, Tall and Wall	Target Games Towers, Tunnels and Turrets	OAA Trails, Trust and Teamwork	OAA Trails, Trust and Teamwork
	Dance	Gymnastics Points of contact	Games (Ball skills)	Dance	Athletics Sports day practice	Athletics Sports day practice
<b>Year 3</b>	Invasion Games Ball Handling Basketball/Rugby	Dance	Multi Skills ABCs	Dance	Athletics Challenges	Striking and fielding Games Rounders
	OAA Problem Solving	Speed stacking	Gymnastics Hand Apparatus	Net/Wall Games Tennis	Athletics Sports day practice	Swimming (external)

<b>Year 4</b>	Invasion Games Ball on the ground Hockey/football	Gymnastics Rotation	Target Games	OAA Co-operation, Communication and Consideration	Athletics Heptathlon	Athletics Sports day practice
	Dance	Speed stacking	OAA Co-operation, Communication and Consideration	Dance	Swimming (external)	Multi skills ABCs
<b>Year 5</b>	Invasion Games Football	Invasion Games Netball	Gymnastics Off with her head! (Pair Composition)	OAA Co-operation, Communication and Consideration	Swimming (External)	Striking and fielding Games Golf
	Gymnastics Press and Go	Dance	OAA Co-operation, Communication and Consideration	Dance	Net/Wall Games Volleyball	Athletics Heptathlon
<b>Year 6</b>	Invasion Games Tag rugby	Dance	OAA Orienteering	Dance	Athletics Decathlon	Striking and fielding Games Cricket
	Gymnastics Body Symmetry	Invasion Games Hockey	Gymnastics Group work	Net/Wall Games Tennis	Striking and fielding Games Cricket	Athletics Sports day practice