

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.

Our School values – r	Our School Values – RESPONSIBILITY, PATIENCE, QUALITY, CO-OPERATION, TOLERANCE, ASPIRATION are threaded through our curriculum. Links are made explicitly in short-term plans and our Values Progression grid.							
ELG	Key Stage 1	Key stage 2						
Health and Self-Care -Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently. Movement and Handling - Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.	 Pupils should be taught: master basic movements including running, jumping, throwing and catching. 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. 	 Pupils should be taught: 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. 						

Gymnastics

Through gymnastics we help children to build a bank of key human movement skills that fall under 4 main categories; TRAVELLING, JUMPING, TURNING AND BALANCING. This will apply to all movement whether performed on the floor or on the apparatus. Then through their progressive understanding of the movements we will begin to develop their range and quality of those movements. The skill of building SEQUENCES will develop gradually throughout the units as the children become increasingly competent in their movements.

	EYFS		KS1			LKS2		UKS2		IKS2
	Area	EYFS	Year 1	Year 2	Ye	ar 3	Year 4	Yea	ır 5	Year 6
Travelling	Knowledge (Basic taught element)	Children can travel on feet in different ways. Walking, jogging ,running, skipping, bouncing, hopping. They can vary their speed and direction.	 (hands flat or extended arm Monkey Walk extended arm Caterpillar walegs as well as extended, keefeet walk tow walk hands as Bunny hop (to hands) Travel backwards 	k (bent legs and his) Alk (hips raised so so sarms can be fully eping hands still as vards hands, then	•	travel. Travel with a p from and toget Travel at differ intermediate, a deceleration Travel in differ	ent speeds slow, fast, acceleration,	•	develop into a ca keeping knees tu on hand then the Increase the varie (curving, zig-zag, including levels (I speeds in which y	twisting, spiralling) nigh, medium, low) and ou travel. th a partner. Move

	Skill (Application of the knowledge taught)	To play various warm up games which include the above knowledge. To use the space given to perform the knowledge, moving safely. Can join movements together, with teacher instruction. Can perform movements on the apparatus.	 the knowledge independent Can join move sequences are instruction of speed. Can perform apparatus. Can perform style sequence Can perform 	y. ements together into d with teacher hange direction and movements on the a follow my leader	 Perform a gymnastic sequence with clear changes of speed, with 3 different ways of travelling. Work with a partner to create a sequence. From starting shape move together by e.g. travelling on hands and feet, then move apart to finish. To travel along the apparatus in a variety of ways and exploring different entry and exit points on the apparatus. Can perform a turn to change direction Roll, partner work, intermediate speed.		(e.g. a combinati shapes and balar rolling and jumpi direction and lev and matching shows the ways and exploring balance ways and exploring exit points on the without a partner	ce of up to 8 elements: on of asymmetrical nees and symmetrical ng actions; changes of el and show mirroring; apes and balances) a teaching sequence lances, jumps, turns. A apparatus in a variety of ag different entry and a apparatus with and r. to change direction and
	Vocab ulary	Travel, still, stop, move, walk, jog, bounce, skip, feet, ankles, toes, body, arms, head, back, backwards, forwards, slow, fast.	Flat, extended, be weight, transfer, independently,	end, hips, raise, sequence, perform,	Roll, partner work, intermediate speed, accelerate, decelerate, diagonal, mirroring		Choreograph, Sidewa zig-zag, twisting, spir low, elements,	ays, cartwheel, curving, alling, high, medium,
	Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Jumping	Knowl	 To jump into the air moving in an upward motion, using arms to gain height. To jump into the air moving in a forward motion, using arms to gain height. Learn how to comfortably and safely land. (bent knees, soft ankles, arms to balance, chin and chest up) 	 Jumping from on 2 feet. Taking off from on 2 feet Explore shape jumping and (e.g. star shape stag jump) Leap 	n 2 feet and landing m 1 foot and landing e in the air when landing with control be, tuck, straight,	 Jumping from 2 1 (stag jump ex Taking off from landing on 1 for and a change leap A turning jump, take off one for other (scissor jump) Make a twisted control landing upright through action. 	feet and landing on tended) in 1 foot and cot (elongated hop leg leap Sideways ot and land on the cump shape in the air and by keeping body nout the twisting	To develop the 5 bas quality of the shape, together, join a jump movement. To include new jump jump, Stretch full, tu leap. Jump along, over and varying height with colanding	ic jumps improving the joining 2 or more jumps with another type of s Pike jump, Straddle rn jump, Change leg d off apparatus of ontrol in the air and on

	Skill	ill To use jumps, in warm up exercises. To use the space safely. To explore jumps from different heights using the apparatus.		the Val Sabin Gymi To work with a part performance techn	(All jumps are shown from page 232 of the Val Sabin Gymnastics programmes) To work with a partner using different performance techniques, Mirror and contrast, Facing a partner, Side by side		partner using different chniques, Mirror and b back with a partner,	
		To explore jumps from different heights and distances.	Perform a sequence of 2 jumps with control. Perform a follow my leader style sequence, matching their movements			contrast, racing a partner, side by side		partner. r and off apparatus of rith control in the air and
	Vocab ulary	Land, bent knees, soft ankles, arms to balance, chin and chest up	Star, tuck, straigh sequence, join,	t, stag, leap,				1
	Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Balancing	edge to be still. To use their body to make shapes. To be able to name different body parts. differe To bala Balanc side by To bala To prai		different body parts. To balance on small and large body parts.		 To balance and Balance upside way up Balance in the a holding a shape Balance is diffe Balance agains different body Balance agains or on. 	overbalance down and the right air (jump and flight	 Balance with a p side by side back to back one behind the condifferent level linked Balance with a p pulling against the Balance against with a partner. 	partner: other els partner by pushing or
	Skill	till To use balances when stopping. To show a balance when finishing. To hold a balance on a large or small body part and remain still. To use balance on the back, front, side, hip or shoulders (large) To balance on hands, elbows, knees, feet, head. To use a combination of small and large body parts to create a wider range of balances. To use learnt balances on the apparatus.		To shoulder balance (see page 366 of the skills in Val Sabin) Use hands, knees and hands and knees to hand and balance using apparatus. (pg367) To begin to use a partner to create different balances, and begin to join balances together in a sequence.		all balances before to a headstand. To work with a partrobalances and build to	these before attempting there to create good them into sequences. s to create balances with	

		To use learnt balances with a partner. Join a jump, travel, turn and balance together in a sequence.	Build on the travelling, jump and turning elements already taught to create longer more interesting sequences.	Build on the travelling, jump and turning elements already taught to create longer more interesting sequences.
ocab llary	Feet, back, front, body, hands, balance, still	Feet, back, front, body, hands, balance, still Points, patches, small, large, balance, still, hold, weight,	Points, patches, small, large, balance, still, hold, weight, hanging, grip, palms, mixed grip, elements, sequence	Points, patches, small, large, balance, still, hold, weight, hanging, grip, palms, mixed grip, elements, sequence, pull, push, pressure

Dance

Through dance the children will progressively develop a wide range of part or whole body actions. The core principles of movement revolve around the key questions What is the body doing? How is the body moving? Where are the movements going to be performed? With whom or what is the action performed? They will learn to CREATE, PERFORM and EVALUATE dances.

		EYFS		KS1	L	KS2	l	JKS2
	Area	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
CREATE	Knowledge (Basic taught element)	Children can travel on feet in different ways. Walking, jogging ,running, skipping, bouncing, hopping. They can vary their speed and direction.	end.	dance needs ng a middle and an d movement	HighlightsContrasts and	variation	Flow to express fTransitions	Feeling

	Skill (Application of the knowledge taught)	To use the space given to move to music	Using the above	knowledge to dance	Using t	he above kno Unison Cannon	owledge to dance	_	the above knowledge to dance using Action and reaction
	Area	EYFS	Year 1	Year 2	Year 3		Year 4	Year 5	Year 6
PERFORM	Knowl	Children can travel on feet in different ways. Walking, jogging ,running, skipping, bouncing, hopping. They can vary their speed and direction.	running, s creeping, hopping. Being stil and go. F pausing, s Making a isolated b body (linh progressi Jumping - progressi Turning - pivoting, Change tl level and gymnasti Use differ	shape – using body parts or whole ked to year on in gymnastics) Inked to year on in gymnastics on in gymnastics spinning, twirling, rolling and spiralling. The rhythm, speed, direction – Link to	<mark>maypo</mark> dance	and transit Turning – I gymnastics Change the and directic gymnastics. All above sk with increase	apes with more fluidity tions Linked to s skills rhythm, speed, level on – Link to kills to be performed sing control. ad cultures – cuntry dance, folk te and more – to be	<mark>dance,</mark>	To travel – linked to Gymnastics Making shapes Jumping with more fluidity and transitions Turning – Linked to gymnastics skills Change the rhythm, speed, level and direction – Link to gymnastics. All above skills to be performed with increasing control and execution. ent times and cultures – maypole country dance, folk dance, Asian and more – to be agreed through work.
	Skill	To repeat movements to music in a sequence.	actions. • Put a seq together	nember and repeat uence of actions to create a motif. short motif inspired ulus.	•	partner to dance.	nprovise with a create a simple tifs from different	pa sty • Co da	entify and repeat the movement tterns and actions of a chosen dance /le. mpose individual, partner and group nces that reflect the chosen dance /le.

			actions. (level of t Use simp devices s and mirr	se independently to	Composmall	movement create a la Use simple to compar work. Identify an movement actions of style. Compose a reflects the style. Confidently partner or ose longer da	ompare and adapt ts and motifs to rger sequence. e dance vocabulary e and improve and repeat the t patterns and a chosen dance a dance that e chosen dance y improvise with a on their own.	 the Dev spa Ide pat styl Cor dar styl Use mo Per 	eir movements velop an awar ace. Intify and repeterns and actible. Indeed the control of the con	eness of their use of eat the movement ions of a chosen dance ual, partner and group ect the chosen dance pression in dance motifs. infidence, using a range
	Area	EYFS	Year 1	Year 2	Year 3	}	Year 4	Year 5		Year 6
	Knowl edge	To look, listen and respond.	DevelopiObservinRespondDescribirRecognis	ing ng	•	InterpretingComparing		AnalysingEvaluatingDiscussingSuggesting		
EVALUATE	Skill		Watch and listen Discuss and talk about what they could see. Respond using qualitative language 'I liked it' 'I didn't like it much'		Respond using qualitative language 'I liked it because' 'I didn't like it much because' I could have done better if They should begin to recognise features of dances and evaluate. When watching dances they should look for 1. The structure of the dance 2. The features of movement		They should begin to recognise features of dances and evaluate. When watching dances they should look for 1. The structure of the dance 2. The features of movement 3. The feelings and moods			

In physical education at Hemswell cliff we believe that Games are essential in part in a child's development. It helps to develop motor skills and physical dexterity. The aquire many skills and become competent in performing them. They begin to understand and value principles of games, knowledge of rules and playing using objectives and strategies. They develop teamwork skills as well as leadership skills and problem solving in practical situations.

		EYFS	KS1	l	LKS2	l	JKS2
	Area	EYFS	Year 1 and Year 2	Year 3	Year 4	Year 5	Year 6
	Knowledge (Basic taught element)	 Work individually and with others. Engage in cooperative physical activities Participate in team games. Understand how to use equipment safely. 	 develop basic movements including running, jumping, throwing and catching participate in simple team games, developing simple tactics for attacking and defending To slide, push, roll, bounce, throw, kick and strike a ball. To receive by hands, feet or equipment (bat or hockey stick) To travel carrying, pushing, dribbling or bouncing. Take part in simple individual games or with a partner. Use the designated rules for a game. 	jumping, throwing and catching, striking, bouncing with control and consistency Develop different throwing techniques, under-arm, over-arm, one-handed and two-handed. Adapt and refine the speed and direction the ball. Develop striking using a bat/racquet feet in line with the ball and body in a position for hitting. Hit accurately a ball that is fed to them.		 shots. To be able to volle Play co-operatively Develop tactics by direction and spee To recognise space 	y with a partner varying ball height, d. e in the opponent's court ball into that space.
Net/Court/Wall games	Skill (Application of the knowledge taught)		 Send a ball and a range of equipment to a partner/ teammate in a variety of ways. To receive and control a ball with increasing control. Can travel around a designated space controlling equipment. Create a new simple game as an individual or a pair. Apply simple rules, adapt to make it easier/harder. Combine taught skills in a game situation. 	gained and performance level of accuracy Begin to use tack harder for their faster or harder, direction.	tics to make things opponent – hitting , in a different owledge of rules, to	they need to practWork well with ot suit theirs and oth	airly. vare successful at and what ice more. hers adapting their play to
		EYFS	KS1	l	LKS2	l	JKS2
l	Area EYFS Year :		Year 1 and Year 2	Year 3	Year 4	Year 5	Year 6

	Knowledge (Basic taught element)	 Work individually and with others. Engage in cooperative physical activities Participate in team games. Understand how to use equipment safely. 	 develop basic movements including running, jumping, throwing and catching participate in simple team games, developing simple tactics for attacking and defending To slide, push, roll, bounce, throw, kick and strike a ball. To receive by hands, feet or equipment (bat or hockey stick) To travel carrying, pushing, dribbling or bouncing. Take part in simple individual games or with a partner. Use the designated rules for a game. 	 To use a range of throwing skills, overarm, under-arm, two handed, onehanded. To strike with intent by hitting and pushing with increasing competency. To intercept and stop balls in their path of travel. To begin to bowl and know the role of the bowler. To throw accurately To catch reasonably well. To judge how far they should run to score points and not be 'out'. To select positions on the field to make fielding more effective. 	 To use different ways of bowling, bowl underarm accurately. Vary how they bowl to make it harder for the batter speed and levels. Hit the ball from either side of their body. Control the hit and direct balls away from fielders. Look at tactics which involve bowlers and fielders working as a team.
Striking and Fielding games	Skill (Application of the knowledge taught)		 Send a ball and a range of equipment to a partner/ teammate in a variety of ways. To receive and control a ball with increasing control. Can travel around a designated space controlling equipment. Create a new simple game as an individual or a pair. Apply simple rules, adapt to make it easier/harder. Combine taught skills in a game situation. 	 To bowl field effectively by throwing, catching and stopping the ball with increasing accuracy. Keep a game going using knowledge gained and performing to an increasing level of accuracy. Begin to use tactics to make things harder for their opponent – hitting faster or harder, in a different direction. Developing a knowledge of rules, to play a fair game. 	 Use and apply basic rules to play consistently and fairly. Work collaboratively towards a common goal getting the opposing team 'out' To know what they are successful at and what they need to practice more. Work well with others adapting their play to suit theirs and other's needs. Apply all skills taught in a game situation.
	1	EYFS	KS1	LKS2	UKS2
	Area	EYFS	Year 1 and Year 2	Year 3 Year 4	Year 5 Year 6

Invasion games	Skill (Application of the knowledge taught) Knowledge (Basic taught element)	 Participate in team games. Understand how to use equipment safely. 	 developing simple tactics for attacking and defending To slide, push, roll, bounce, throw, kick and strike a ball. To receive by hands, feet or equipment (bat or hockey stick) To travel carrying, pushing, dribbling or bouncing. Take part in simple individual games or with a partner. Use the designated rules for a game. Send a ball and a range of equipment to a partner/ teammate in a variety of ways. To receive and control a ball with increasing control. Can travel around a designated space controlling equipment. Create a new simple game as an individual or a pair. Apply simple rules, adapt to make it easier/harder. Combine taught skills in a game situation. 	 Speeds and levels. Change direction when travelling with or dribbling a ball. Understand some rules of a variety of games. Modify and adapt rules in order suit the flow of the game (e.g. not playing the footwork rule in order to keep the flow of the game and work on intercepting) Create their own games with simple rules. Tactics to maintain the ball whilst moving towards a goal. Show increasing control and consistency in games Play with greater flow and increased speed of passing. Apply principles and simple tactics to a range of 'like' games. 	 dribbling with a ball. Mark a player or space, intercept and pass and tackle safely. To improve defence tactics by marking and intercepting. Play small invasion games with increased fluency. Choose when to pass or dribble to maintain possession. Apply basic team play to maintain possession and work towards the goal. To choose and use different formations to help the team work towards a common goal.
Assessment / Evidence			aph to show knowledge embedded from the topic pleted at the start and end of topic ns	 Tasks completed linked to Knowledge Orgonomero Comparison activities Completing an investigation or setting up Annotated written work/or photographs Scenario Discussions / What I know converse Drama Activities Topic summary "What I have learnt" 	o own investigation

Swimming and Water safety

At Hemswell Cliff Primary school the children have the opportunity to go swimming for a 10 week block in the summer term in KS2. They are assessed at the beginning to determine their water confidence, swimming ability and water safety knowledge. Swimming is an important part of the school PE programme as the children get to develop and in some cases try for the first time their water skills and life saving activities.

	Beginner	Intermediate	Mastery
rledg asic ght	Basic water safety	More advanced water safety	Water safety and Life saving skills
Knowledg e (Basic taught	Water confidence Simple swimming strokes	Increased water confidence Effective swimming strokes and techniques	Increased water confidence Compentent and proficient swimming over 25m.
Kno e (Simple swiffining strokes	Elements of competitive swimming	Compensent and proncient swimming over 25m.
	All skills below aided by swimming coach in the	All skills below aided by swimming coach on the	All skills below aided by swimming coach on the
	water with the children.	side of the pool.	side of the pool.
	Entering and exiting the pool area using walking feet only.	How to enter and exit the water safely (small pool)	Learning simple forward sitting and standing dives
_	How to enter and exit the water safely (small	Importance of keeping their had above water.	Learning simple forward sitting and standing dives as a way of entering the water.
ght	pool)	Listening to instructions to keep safe.	Treading water.
tau	Importance of keeping their had above water.	Developing stamina in the big pool to reach the	Retrieving objects from the bottom of the pool.
Skill (Application of the knowledge taught)	Listening to instructions to keep safe.	opposite side without putting feet down on front	Developing swimming stamina in a range of
<u>×</u>	Moving across the pool on feet.	and back.	strokes to build up to swimming 25m.
lou:	Allowing splashing	Developing the effectiveness of a range of strokes	Developing proficiency in their swimming strokes.
a k	Placing face in the water.	and creating proficiency in their swimming, with and without floats on their front and back.	Performing simple life saving rescue routines –
t t	Begin to travel across the pool with a float to aid, allowing feet to be lifted.	Learning breathing techniques for front crawl.	treading water fully clothed an removing items to make it easier.
o uc	Begin to travel across the pool with a float to aid	Using skills learnt to take part in small intra school	Rescuing a body safely by using their chin to
atic	by kicking feet.	swimming races.	support their head above water.
plic	Begin some simple 1 armed stroked on front	<u> </u>	Perform a safety jump into the water to allow
(Ap	and back aided by a float.		them to keep their head above water.
Kil	Without float, on front and back they may use		
<u>S</u>	legs to propel themselves across the pool with		
	hands in front (pencil position)		
	Without float they may use legs to propel them		
	across the pool using front crawl and back		
	stroke style arms.		

Assessment	Twinkl Assessments	Tasks completed linked to Knowledge Organisers
/Evidence	Short Written paragraph to show knowledge embedded from the topic	Comparison activities
	KWL Mind Maps completed at the start and end of topic	 Completing an investigation or setting up own investigation (Games, dances, sequences)
	 Photographs 	Annotated written work/or photographs
	• Videos	Scenario Discussions / What I know conversations (with teacher annotations)
	 Self & Peer Evaluations 	Drama Activities
	Quizzes/Hands up	Topic summary "What I have learnt"