

**St. John's C.E. Primary  
Friern Barnet**

**PHYSICAL EDUCATION (P.E.) GUIDELINES**

**P.E Statement of Intent**

Our aim at St John's is to instil a passion for sport in all our students and to allow every child to explore the scope of their physical potential. Throughout their time at the school they will have access to a wide variety of activities through PE and swimming lessons, intra and inter-school competitions, sports enrichment courses, lunchtime and after school clubs and one-off taster sessions. It is very important to us that when they leave us at the end of Year 6, children express a desire to continue with their sport at secondary school and beyond.

We are very aware of the benefits of sport and exercise to a child's physical and mental well-being and every KS2 term begins with a series of physical tests to help us monitor children's development and fitness. We encourage children to enjoy, participate and follow sport; the benefits are immediate and enduring.

It is also our intention to give each child the opportunity to represent the school in a wide range of sports and activities including tag rugby tournaments, swimming galas and dance festivals. We regularly attend Barnet Partnership for School Sport events, allowing children of different abilities to compete for St John's.

Sport is fun. Sport is challenging. Sport encourages self-discipline and teamwork ("There's no 'I' in team!). Sport is integral to all that we are and all that we do at St John's.

**Sport quote**

"Run when you can, walk if you have to, crawl if you must; just never give up."

Dean Karnazes, American Ultra Marathon Runner

**Association Membership**

'Barnet Partnership for School Sport.'

Cost: approximately £1500 pa

BPSS is a "not for profit" organisation that has been established as a mechanism to retain the outcomes achieved by the School Sport Partnerships, including the organisation of events, competitions, festivals and leadership opportunities with a generic outcome of increasing participation at all levels.

The BPSS is a subscription based membership organisation, lead by the Strategic Manager to: "enable all children and young people in Barnet schools to become confident, physically competent and emotionally resilient learners who can independently and successfully make sustainable healthy lifestyle choices and pursue personalised sporting and physically active pathways (including those for the gifted and talented) through the opportunities offered in their local and wider community."

**Implementation**

These notes provide guidelines for the delivery and development of Physical Education in EYFS and across Key Stage 1 and Key Stage 2 at St. John's school. Responsibility for the delivery of these

programmes of study for each year group rests with the class teacher and/or P.E. coordinators. This document must be read in conjunction with the National Curriculum Programmes of Study with particular reference to the key stage you teach within.

We want all pupils to lead healthy lifestyles and we hope that learning across the wider curriculum and in P.E. particularly, will encourage children to understand the benefits of making healthy life choices throughout childhood and into adult life. We believe that our P.E. syllabus is creative, challenging and exciting given its breadth and depth. It offers pupils the opportunity to:

- experience a very wide range of physical activities and sports (sports which are rarely offered within the normal primary school curriculum)
- be active
- develop and maintain healthy lifestyles
- enjoy sport and have fun
- develop personal skills
- develop as individuals and as members of a team
- develop a strong sense of fair play (all pupils representing the school and their parents must sign the schools' 'Fair Play Charter.')
- develop self-discipline and commitment (through training and practice)
- learn with experts in their field (eg. canoe and tae kwondo instructors)

Every teacher must ensure that pupils throughout the school take part in regular and planned physical activity every week; this will include one swimming lesson and at least one P.E. lesson throughout Key Stages 1 and 2.

Lessons in KS1 will be led by class teachers, the swimming teacher and specialist sports instructors (sport enrichment).

Lessons in KS2 will be led by the class teacher and / or the school's P.E. teacher, the swimming teacher and specialist sports instructors (sport enrichment).

Lessons must be safe and managed in a controlled way to ensure the welfare of pupils. Please refer to the schools' 'Risk Assessments for P.E.' for further guidance.

### **Sport Enrichment**

To both supplement and complement our sports programme we offer a very exciting programme of Sport Enrichment to all classes in YR, KS1 and KS2. This programme provides children with the chance to experience a sport with expert instruction from a professional coach and/or the opportunity to try a sport which falls outside of mainstream school provision. This is an exciting offer which is free to all pupils. Activities over time have included: yoga, tae kwondo, archery, fencing, handball, tennis, bowls, kayaking, sailing, gymnastics, fencing, rock climbing and keep fit at a sports centre. The schedule may change each year. Sessions last for up to six weeks.

### **Swimming**

**We have our own pool and we employ a swimming teacher to provide a weekly lesson to every child from the last term in the nursery through to the final term in Y6.** As a consequence, no child leaves our school unable to swim! Although there is no statutory requirement for pupils to swim *throughout the entirety of their time at the school, we think this is a marvellous opportunity and*

experience made possible because we have our own pool and the funds we choose to divert to this important area of the curriculum.

### Additional Sports Opportunities

Our pupils love sport and pupil surveys over time have confirmed this. As a result we run many out-of-hours clubs at lunchtimes and after school. Lunchtime clubs are run for representative team practices, eg. netball and rugby. They are also offered to targeted pupil groups. After school clubs are run for pupils in EYFS, KS1 and KS2; these currently include keep fit and football.

We enter many different leagues and competitions across a wide range of sports. Teams are sometimes selected according to ability (eg. football, netball, tag rugby, swimming and athletics) and sometimes randomly to provide as many pupils as possible with the opportunity to take part in competitive sports events. If a child excels in a particular sport we make every effort to promote and encourage their development at a competitive level; if a child does not excel but loves sport we are committed to providing them with rich, challenging and rewarding sports experiences too.

We also run annual whole school sports events such as swimming galas and sports days. Currently these are rotated annually for KS2.

**Our Sports Programme:** We use the specialist resource ‘**Complete PE**’ (recommended by Barnet Primary Sports Partnership) as the key resource for PE throughout the school.

PHASE YEAR GROUP	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	<p><b>Swimming</b> Enter and exit the water safely. Scoop the water and wash face. Give examples of pool rules.</p> <p><b>Vocabulary</b> enter, exit, no running, no diving, wash, hold on</p> <p><b>Locomotion</b> Exploring ways of walking using different body parts in different directions at different levels and speeds</p> <p><b>Vocabulary</b> move, space, safely, jumping, skipping, hopping, climbing,</p>	<p><b>Swimming</b> Move smoothly through the water, in an upright position, with full adult support. Move from a flat floating position on the front and return to standing with support. Blow bubbles at water surface</p> <p><b>Vocabulary</b> jump in, blow bubbles, reach, grab</p> <p><b>Ball Skills</b> Exploring different ways of using our hands to move with a ball.</p> <p><b>Vocabulary</b> throwing, rolling, catching, right, left, partner, over</p>	<p><b>Swimming</b> Blow bubbles at water surface Move forward and backward for a distance of 5 metres, feet may be on or off the floor with floatation equipment.</p> <p><b>Vocabulary</b> water surface, forward, backward, sideways, big steps</p> <p><b>Gymnastics</b> Learning how to move in low and high ways and how to use apparatus safely</p> <p><b>Vocabulary</b> balance, moving, patting, catching,</p>	<p><b>Swimming</b> Blow bubbles, with nose and mouth. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, with floatation equipment</p> <p><b>Vocabulary</b> run, skip, hop, kick</p> <p><b>Dance</b> Learning to move in response to words and music to create a sequence of movement</p> <p><b>Vocabulary</b> rock, tilt, fall, slide, bounce, rhyme, control, champion dancers, positions</p>	<p><b>Swimming</b> Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, with floatation equipment. Push from wall and glide on front</p> <p><b>Vocabulary</b> feet up, look up, <b>bob up, bob down</b></p> <p><b>Ball Skills</b> Learning to explore movement with a ball &amp; developing dribbling skills</p> <p><b>Vocabulary</b> dribbling, defenders, rules, goal, control, space, feet</p>	<p><b>Swimming</b> Push from wall and glide on back. Travel using a recognised leg action with feet off the pool floor on the back and the front for 5 metres with or without floatation equipment. Water safety.</p> <p><b>Vocabulary</b> push away, float, turn, return</p> <p><b>Attack and Defending Games</b> Understanding why games have rules and the basic principles of attack and defence</p> <p><b>Vocabulary</b> team, race,</p>

	changing, walking	arm, under arm, aim, heart beat <b>SPORT ENRICHMENT YR</b> Gymnastics @ Hendon Leisure Centre (autumn '22+)	pushing, kicking, high , low, over under			sprinting, space, rules, defender, attacker, scoring <b>SPORT ENRICHMENT YR</b> Gymnastics @ Hendon Leisure Centre (summer '22')
<b>YEAR 1</b>	<p><b>Swimming</b> Enter and exit the water safely. Face in water. Blow bubbles. Move forward and backward for a distance of 5 metres, feet on the floor.</p> <p><b>Vocabulary</b> Enter and exit the water safely. Face in water. Blow bubbles. Move forward and backward for a distance of 5 metres, feet on the floor.</p> <p><b>Vocabulary</b> Enter, exit, no running, no diving, listen</p> <p><b>Gym</b> Exploring movement &amp; balance on floor &amp; apparatus</p> <p><b>Vocabulary</b> warm up Champion shapes wide, narrow, curled shapes &amp; movements</p> <p><b>Locomotion</b> Understanding how to run efficiently</p> <p><b>Vocabulary</b> space, speed, direction, posture</p>	<p><b>Swimming</b> Move from a flat floating position on the front and return to standing Without support. Travel using a recognised leg action with feet off the pool floor on the front and back for 5 metres, with floatation equipment.</p> <p><b>Vocabulary</b> upright, streamline</p> <p><b>Gym</b> Exploring movement &amp; balance using parts of our body on floor &amp; apparatus</p> <p><b>Vocabulary</b> Champion movements, balance, small &amp; large body parts</p> <p><b>Ball skills</b> Developing stopping, sending &amp; receiving skills</p> <p><b>Vocabulary</b> dribbling, passing, control, space, aim, accuracy</p> <p><b>SPORT ENRICHMENT</b> Gymnastics @Hendon Leisure Centre (autumn 22+)</p>	<p><b>Swimming</b> Perform a sequence of 2 changing shapes whilst floating on the water surface with floatation equipment. Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, with floatation equipment</p> <p><b>Vocabulary star</b> shape, pencil shape, float</p> <p><b>Dance</b> Responding to rhythm &amp; patterns through movement</p> <p><b>Vocabulary</b> <b>control, rhythm, sequence</b></p> <p><b>Ball skills</b> Using our feet to move with the ball in different directions</p> <p><b>Vocabulary</b> create, perform, dribble, control, dominant foot</p>	<p><b>Swimming</b> Travel using a recognised leg action with feet off the pool floor on the front for 5 metres, with floatation equipment. Blow bubbles, with nose and mouth submerged.</p> <p><b>Vocabulary</b> face in, face down, look up</p> <p><b>Dance</b> Responding to rhythm &amp; stimulus to create a range of movements with expression</p> <p><b>Vocabulary</b> control, expression, speed, flow</p> <p><b>Ball Skills</b> Developing throwing, stopping and rolling skills</p> <p><b>Vocabulary</b> control, space, accuracy, aim</p>	<p><b>Swimming</b> Push and glide from wall on back and front. Travel using a recognised leg action with feet off the pool floor on the back for 5 metres, with or without floatation equipment.</p> <p><b>Vocabulary</b> push. buoyancy</p> <p><b>Invasion Games</b> Learning how to attack &amp; defend in invasion games</p> <p><b>Vocabulary</b> attack, defend, dodge, avoid, rules</p> <p><b>Locomotion</b> Learning how to jump &amp; skip &amp; apply these skills in a game</p> <p><b>Vocabulary</b> swinging, bending, space,</p> <p><b>SPORT ENRICHMENT</b> Gymnastics @Hendon Leisure Centre (summer 22)</p>	<p><b>Swimming</b> Travel using a recognised leg action with feet off the pool floor on the back and the front for 5 meters or more with or without floatation equipment. Water safety</p> <p><b>Vocabulary</b> feet off, tummy up, chin up. look up. balance</p> <p><b>Team building</b> Developing cooperation, trust &amp; communication to become a member of a successful team</p> <p><b>Vocabulary</b> listening, strategy, responsibility, team work</p> <p><b>Agility</b> Developing agility &amp; coordination</p> <p><b>Vocabulary</b> balance, hand-eye coordination, distribution of weight</p>
<b>YEAR 2</b>	<b>Swimming</b> Travel using a	<b>Swimming</b> Push from a wall	<b>Swimming</b> Push from a wall	<b>Swimming</b> Log roll from the back to	<b>Swimming</b> Pick up object from pool	<b>Swimming</b> Travel using a recognised

	<p>recognised leg action with feet off the pool floor on the back and the front for 5 metres or more with floatation equipment. Blow bubbles, with nose and mouth submerged.</p> <p><b><u>Vocabulary</u></b> submersion, floatation, breathing</p> <p><b><u>Locomotion</u></b> Learning how to dodge &amp; applying to game situations</p> <p><b><u>Vocabulary</u></b> dodge, attack, defend, space, technique</p> <p><b><u>Gym</u></b> Developing different movements that will link on floor &amp; apparatus</p> <p><b><u>Vocabulary</u></b> flow, link, balance, sequence, improve</p>	<p>and glide on the front with arms extended. Travel using a recognised leg action with feet off the pool floor on the back and the front for 5 metres or more with or without floatation equipment.</p> <p><b><u>Vocabulary</u></b> extend, push, glide</p> <p><b><u>Gym</u></b> Developing different movements &amp; pathways that link on floor &amp; apparatus</p> <p><b><u>Vocabulary</u></b> champion, zig-zag, silent, curved, balance, flow</p> <p><b><u>Ball skills - hands</u></b> Developing the skills of passing, receiving, possession &amp; control</p> <p><b><u>Vocabulary</u></b> look, move, communicate, control, concentrate</p>	<p>and glide on the back. Perform a tuck to rotate from a flat floating position on the front, to a back floating position. Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.</p> <p><b><u>Vocabulary</u></b> flat mushroom, float</p> <p><b><u>Dance</u></b> Using our body to create safe &amp; improvised sequences of movement to sound &amp; stimuli</p> <p><b><u>Vocabulary</u></b> control, speed, feelings, focus, rhythm &amp; response</p> <p><b><u>Ball skills - feet</u></b> Developing dribbling, passing, receiving to retain possession &amp; score points</p> <p><b><u>Vocabulary</u></b> control, space, pass, score, communicate</p> <p><b><u>SPORT ENRICHMENT:</u></b> Taekwondo with Mr. Woolf</p>	<p>the front. log roll from the front to the back. Travel using a recognised leg action with feet off the pool floor on the back and the front for 5 metres or more without floatation equipment.</p> <p><b><u>Vocabulary</u></b> roll over, leg action</p> <p><b><u>Ball skills - hands</u></b> Learning how to throw underarm &amp; overarm to win a game</p> <p><b><u>Vocabulary</u></b> target, concentration, consequences, target, communication</p> <p><b><u>Dance</u></b> Developing character, expression &amp; emotion in response to a stimuli</p> <p><b><u>Vocabulary</u></b> choreography, performance, sequence, relationship</p>	<p>floor. Travel using a recognised leg and arms action with feet off the pool floor on the back and the front for 5 metres or more without floatation equipment</p> <p>Perform a sequence of 2 changing shapes whilst floating on the water surface.</p> <p><b><u>Vocabulary</u></b> pick up, shapes</p> <p><b><u>Invasion games</u></b> Understanding simple tactics to attack &amp; defend as a team in a game</p> <p><b><u>Vocabulary</u></b> speed, direction, space, rules, tagging, transition</p> <p><b><u>Locomotion</u></b> An exploration of jumping using different combinations of speed &amp; distance</p> <p><b><u>Vocabulary</u></b> arms, knees, head, hop, skip, jump</p>	<p>leg and arms action with feet off the pool floor on the back and the front for 10 metres or more with or without floatation equipment.</p> <p>Water safety.</p> <p><b><u>Vocabulary</u></b> alternating kick, safety code, fingers together</p> <p><b><u>Agility</u></b> Developing agility through balance, feet, hand &amp; eye coordination</p> <p><b><u>Vocabulary</u></b> space, direction, readiness, coordination, variety</p> <p><b><u>Team building</u></b> Learning about the skills required to be an effective team</p> <p><b><u>Vocabulary</u></b> strategy, participation, organisation, trust, inclusion</p>
<b>YEAR 3</b>	<p><b><u>Swimming</u></b> Travel using a recognised leg and arms action with feet off the pool floor on the back and the front for 10 metres or more with or without floatation equipment. Push</p>	<p><b><u>Swimming</u></b> Log roll from the back to the front log roll from the front to the back. Swim 10 metres backstroke (one item of equipment optional). Swim 10 metres front crawl (one item of equipment</p>	<p><b><u>Swimming</u></b> Pick up object from pool floor. Kick 10 metres breaststroke (one item of equipment optional). Swim 5 metres breaststroke (Focus on arms).</p> <p><b><u>Vocabulary</u></b> submerge, drawn</p>	<p><b><u>Swimming</u></b> Swim 10 metres front crawl (no equipment). Swim 10 metres backstroke (no equipment). Perform a sequence of 3 changing shapes whilst floating on the surface. Swim</p>	<p><b><u>Swimming</u></b> Swim 10 metres breaststroke (legs and arms). Kick 5 metres butterfly on the front (Dolphin kick). Push and glide from the wall towards the pool floor.</p> <p><b><u>Vocabulary</u></b></p>	<p><b><u>Swimming</u></b> Push and glide and swim 10 metres front crawl. Push and glide and swim 10 metres backstroke. Push and glide and swim 5 metres breaststroke.</p> <p>Water safety.</p> <p><b><u>Vocabulary</u></b> push,</p>

	<p>from a wall and glide on the back and front.</p> <p><b>Gym tests: 5 x 30 seconds</b></p> <p><b>Cross Country - 2 x park course</b></p> <p><b>Netball</b> Developing passing &amp; moving skills in the transition between defence &amp; attack <b>Vocabulary</b> positioning, transitioning,</p>	<p>optional). Kick 5 metres breaststroke (one item of equipment optional). <b>Vocabulary</b> log roll, up beat, down beat <b>Outdoor adv. activities: How to become an</b> effective team through good communication &amp; collaboration. <b>Vocabulary</b> key characteristics, strategy, tactics, responsibility, delegation, consequences</p>	<p>up, circular action.</p> <p><b>Gym tests: 5 x 30 seconds</b></p> <p><b>Sports enrichment</b></p> <p><b>Archery Vocabulary</b></p>	<p>5 metres breaststroke (legs and arms). <b>Vocabulary</b> continuous. star float, recovery <b>Dance: Witches and Wizards</b></p> <p>Exploring different shapes and movements to develop characterisation, choreography and performance.</p> <p><b>Vocabulary</b></p> <p>Character, shape, flow, extension, focus and performance outcomes.</p>	<p>sequence, dolphin, stretch</p> <p><b>Athletics:</b></p> <p>Exploring the potential for breaking personal bests in sprinting, throwing and jumping through technique and body shape. Working as a team to run a relay.</p> <p><b>Vocabulary</b></p> <p>Balance, acceleration, drive, posture, baton exchange.</p>	<p>glide, kick <b>Rounders</b> Learning how to throw a ball accurately underarm &amp; overarm to improve fielding skills <b>Vocabulary</b> fielding, batting, overarm, underarm, long barrier, retrieving</p>
<b>YEAR 4</b>	<p><b>Swimming</b> Push and glide and swim 10 metres front crawl. Push and glide and swim 10 metres backstroke. Push and glide and swim 5 metres breaststroke. <b>Vocabulary</b> push, glide, propulsive, timing</p> <p><b>Gym tests: 5 x 30 seconds</b></p> <p><b>Cross Country - 2 x park course</b></p> <p><b>Netball</b> Developing more complex netball skills including playing with speed and fluidity and understanding the footwork rule <b>Vocabulary</b></p>	<p><b>Swimming</b> Push and glide and swim 10 metres breaststroke. Kick 10 metres butterfly on the front (Dolphin kick). Perform a tuck float for 5 seconds. <b>Vocabulary</b> accelerate, buoyancy, coordination, breath out</p> <p><b>Problem Solving</b> Working together to be an effective team and developing team tactics and leadership skills <b>Vocabulary</b> characteristics, strategy, personal responsibility, team/leadership attributes, collaboration,</p>	<p><b>Swimming</b> Kick 10 metres butterfly on the back (Dolphin kick). Perform a head first sculling action for 5 metres in a flat position on the back. <b>Vocabulary</b> back dolphin, vertical, sculling, horizontal</p> <p><b>Gym Tests: 5 x 30 seconds</b></p> <p><b>Cross Country - 2 x park course</b></p> <p><b>Gymnastics: Bridges</b> Consolidate Y3 learning and move on to explore ways to create different bridges and balances. Work together in pairs to create a</p>	<p><b>Swimming</b> Push and glide and swim 10 metres butterfly (Focus on arms). Perform a handstand for minimum of 3 seconds. <b>Vocabulary</b> wave, handstand, fingers up</p> <p><b>Hockey</b></p> <p>Developing technique in dribbling and passing. Reviewing safe handling of sticks, balls etc</p> <p><b>Vocabulary</b></p> <p>Dribble, pass, block, anticipate, flow.</p>	<p><b>Swimming</b> Push and glide and swim 10 metres butterfly (Focus on arms). Perform a handstand for minimum of 3 seconds. <b>Vocabulary</b> wave, handstand, fingers up</p> <p><b>Gym Tests: 5 x 30 seconds</b></p> <p><b>Tennis</b> Learning how to use a racket to direct the ball towards a space to win a point and developing and applying forehand and backhand shots in game situations. <b>Vocabulary</b> return, volley, serve, baseline, tramline, net</p>	<p><b>Swimming</b> Swim 15 metres front crawl. Swim 15 metres backstroke. Swim 15 metres breaststroke. Swim 10 metres butterfly. Water safety. <b>Vocabulary</b> <b>Rounders</b> Learning how to develop batting , bowling and fielding skills and applying them in a game situation <b>Vocabulary</b> base, underarm, overarm, backstop, outfield, retrieving <b>Athletics</b> Exploring pace and running for both speed and distance; developing throwing (with a</p>

	footwork, speed, fluidity, interception, tactics, strategy, technique, respect, collaboration	consistency	routine. <b><u>Vocabulary</u></b> Sequence, routine, co-operation		<b><u>SPORT ENRICHMENT</u></b> <u>Tennis@Finchley Tennis Club</u>	javelin) and jumping skills <b><u>Vocabulary</u></b> posture, technique, acceleration, stride pattern, false start, extension, balance
<b>YEAR 5</b>	<p><b><u>Swimming</u></b> Swim 15 metres front crawl. Swim 15 metres backstroke. Swim 15 metres butterfly.</p> <p><b><u>Gym Tests: 5 x 1min tests</u></b></p> <p><b><u>Cross Country: 2 x park course</u></b></p> <p><b><u>Netball</u></b></p> <p>Revision and development of understanding of dynamics and rules of the game - passing, shooting, movement and defending.</p> <p><b><u>Vocabulary</u></b></p> <p>Footwork, transition, spatial awareness, accuracy.</p>	<p><b><u>Swimming</u></b> Perform a head first sculling action for 10 metres. Perform a legs first sculling action for 5 metres. Give two examples of how to prepare for exercise and understand why it is important</p> <p><b><u>Tag Rugby</u></b></p> <p>Consolidating previous learning on passing and developing skills running with the ball, passing at speed, positioning and working as a team,</p> <p><b><u>Vocabulary</u></b></p> <p>Attack and defence, ball carrier, tag, formation.</p>	<p><b><u>Swimming</u></b> Sink, push off on side from the wall, glide, kick and rotate into backstroke. Sink, push off on side from the wall, glide, kick and rotate into front crawl. Perform a legs first sculling action for 10 metres.</p> <p><b><u>Dance</u></b></p> <p>Consolidating previously learned performance skills utilising props and apparatus to extend characterisation and expression. <b><u>Vocabulary</u></b> interpretation, timing, musicality, choreograph, expression, rhythm, character</p>	<p><b><u>Swimming</u></b> Push and glide and swim front crawl to include at least six rhythmical breaths. Push and glide and swim breaststroke to include at least six rhythmical breaths. Push and glide and swim backstroke to include at least six regular breaths.</p> <p><b><u>Tag Rugby</u></b></p> <p>Developing strategy and tactics of passing, running and defending. Work towards a greater understanding of the dynamics of the game.</p> <p><b><u>Vocabulary</u></b></p> <p>Offside, tagging, straight lines, try.</p>	<p><b><u>Swimming</u></b> Perform a surface dive. Swim 25 metres front crawl. Swim 25 metres backstroke. Swim 25 metres breaststroke. Swim 25 metres butterfly.</p> <p><b><u>Gym Tests - 5 x 1 minute.</u></b></p> <p><b><u>Athletics</u></b></p> <p>Preparation for Athletics Championships including sprints, long distance, throws, jumps and tug-a-war.</p> <p>Understanding the three phases of a sprint race; the techniques of a relay and how to use your body to throw for distance <b><u>Vocabulary</u></b> pumping action, light, springy, dip, changeover, stance, grip, rotation, extension, personal best</p>	<p><b><u>Swimming</u></b> Swim 10 metres wearing clothes. Water safety. Push and glide and swim 25 metres, front, back or breast (performed to Swim England expected standards). <b><u>Cricket</u></b> Refining the skills of batting, bowling and fielding and applying them to game situations <b><u>Vocabulary</u></b> striking, wicket, fielding position, straight, spin, tactics, fielding position, speed, accuracy</p> <p><b><u>SPORT ENRICHMENT</u></b> Rock Climbing @ Hendon Leisure Centre</p>
<b>YEAR 6</b>	<p><b><u>Swimming</u></b> Swim 25 metres front crawl. Swim 25 metres</p>	<p><b><u>Swimming</u></b> Complete an obstacle course (using minimum of</p>	<p><b><u>Swimming</u></b> Perform a movement sequence (linking</p>	<p><b><u>Swimming</u></b> Push and glide and swim 25 metres backstroke</p>	<p><b><u>Swimming</u></b> Push and glide and swim 25 metres butterfly (performed to</p>	<p><b><u>Swimming</u></b> Push and glide and swim 100 metres, using a</p>

	<p>backstroke. Swim 25 metres breaststroke. Swim 25 metres butterfly.</p> <p><b><u>Gym tests: 5 x 1 minutes</u></b></p> <p><b><u>Cross Country: 2 x park course</u></b></p> <p><b><u>Netball</u></b> Learning to consolidate passing and moving skills to keep possession and score and develop and apply an understanding of attacking and defending tactics</p> <p><b><u>Vocabulary</u></b> style, purpose, fluidity, outwit, footwork, stinger netball</p>	<p>four objects) with feet off the pool floor throughout. Tread water using eggbeater action for 30 seconds</p> <p><b><u>Vocabulary</u></b></p> <p><b><u>Gymnastics: Matching and Mirroring</u></b></p> <p>Exploring different ways to use your body to travel around a space. Developing ideas for working in pairs, using various pieces of equipment.</p> <p><b><u>Vocabulary:</u></b></p> <p>Sequence, cannon, unison, transition, performance.</p>	<p>skills with strokes and sculls) of one minute duration incorporating a number of the following skills: Sculling: head first, feet first Rotation: forward or backward somersault, log roll Floating: star on the front or on the back, tuck float.</p> <p><b><u>Gym Tests - 5 x 1 Minute.</u></b></p> <p><b><u>Cross-Country: 2 x park course</u></b></p> <p><b><u>Dance: Titanic</u></b></p> <p>Learning to develop group movements and applying choreography into a routine that incorporates emotion, expression and characterisation to tell the story of different classes of people on board the titanic.</p> <p><b><u>Vocabulary</u></b> pathways, levels, speeds, fluency, accuracy, consistency, expression, creative elements</p>	<p>(performed to Swim England expected standards). Push and glide and swim 25 metres front crawl (performed to Swim England expected standards). Push and glide and swim 25 metres breaststroke (performed to Swim England expected standards).</p> <p><b><u>Tag Rugby</u></b></p> <p>Consolidating an understanding of the rules and dynamics of the game and how to apply this knowledge in mini games; refining knowledge and understanding of skills and techniques for defending and attacking.</p> <p><b><u>Vocabulary</u></b> short pass, long pass, tagging, straight lines, spacing and positioning.</p>	<p>Swim England expected standards). Swim 50 meters front crawl. Swim 50 metres backstroke. Swim 50 metres breaststroke. Swim 50 metres butterfly.</p> <p><b><u>Vocabulary</u></b></p> <p><b><u>Gym Tests: 5 x 1 minute</u></b></p> <p><b><u>Athletics:</u></b></p> <p>Bringing together the knowledge, skills and techniques , for jumping, throwing and running in competition with others.</p> <p><b><u>Vocabulary</u></b> lanes, baton, changeover, technique, pacing, phases, rotation, transfer, balance, take-off, personal best, personal strengths and weaknesses</p> <p><b><u>SPORT ENRICHMENT</u></b> kayaking &amp; sailing @ Welsh Harp Reservoir with Phoenix Canoe Club</p>	<p>minimum of three different strokes (performed to Swim England expected standards). Water safety. Swim 10 metres wearing clothes. Perform a 'shout and signal' rescue.</p> <p><b><u>Vocabulary</u></b></p> <p><b><u>Cricket</u></b> Consolidating pupils' knowledge, understanding and ability to effectively apply a range of batting and fielding skills and tactics into mini games.</p> <p><b><u>Vocabulary</u></b> strike, space, risk, field position, fast, slow, spin, defensive and attacking strategies</p> <p><b><u>Rounders</u></b> Developing a clear and accurate understanding of team roles when batting and fielding when playing a full version of rounders.</p> <p><b><u>Vocabulary</u></b> doubling up, adaptations, bases, game management, collaboration, communication</p>
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**National Curriculum in England**

**Physical Education programmes of study: Key Stages 1 and 2**



### **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 and 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.

Schools are not required by law to teach the example content in [square brackets].

## **Physical education – Key Stages 1 and 2**

### **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.

### **Swimming and Water Safety**

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.