



PE

Intent: We believe that Physical Education is fundamental to our children's development and learning. Not only does it engage and motivate children, but it is a great way for our children to develop life skills such as teamwork, determination, and respect. PE at Chaddlewood aims to foster a lifelong love of PE and physical activity. Children should leave Chaddlewood having experienced a wide range of sports and physical activities and with an enthusiasm to continue to be involved in sport in secondary school. We aim to provide a PE curriculum that children from Foundation to Year 6 enjoy. Through enjoyment of PE, children will be able to develop their health, fitness, and wellbeing. Children will experience two hours of high quality PE teaching each week. Staff will be supported by the Power of PE scheme of work as well as high quality sports coaching. Our curriculum inspires all pupils to succeed and allows children to develop their skills in a range of traditional sports. The curriculum is a spiral curriculum which enables children to build on their skills as they progress through the school. Children are given opportunities to excel in competitive sport through our links with Plymouth Schools Sports Partnership. We offer a range of extra curricular activities which all children are encouraged to attend. We use our Activity Tracker to record involvement in extracurricular activities, competitions, and events. Not only do we encourage participation in competitive sports for those who excel at PE but we also attend events for SEND children and Change 4 Life events aimed at inactive children. Bronze Ambassadors work hard to organise a range of activities at lunchtimes. Our annual 'Wellbeing Week' aims to give the children the tools they need to keep physically and mentally well. Along with a traditional sports day, children take part in a range of sports and physical activities, health and wellbeing activities, learn about healthy eating, and personal safety.

Chaddlewood Primary School's PE Progression Grid

	Foundation stage	Year 1			Year 2		
Coverage		Gymnastics, Health Related Exercise	Dance, Net games, Multi Skills, Football	Striking and Fielding, Athletics,	Health Related Exercise, Football, Dance	Gymnastics, Multi Skills	Tennis, Striking and Fielding, Athletics
Substantive themes	Functional Movement	Throw and catch displaying a	Throw and catch displaying a	Throw and catch displaying a	Throw and catch displaying	Throw and catch displaying	Throw and catch displaying

	<p>The development of fundamental movement skills. To develop their gait, skipping and jumping. To develop how to lunge and leap. To push and pull and to squat and roll. To rotate and balance and bend and stretch.</p> <p>Aesthetic Movement</p> <p>Incorporates body awareness and the ability to interpret a variety of stimuli through movement focused on dance and gymnastics. To investigate and develop using isolated body parts and linking them together. To link together symmetrical body shapes and movement. To link together asymmetrical body shapes and movement.</p>	<p>degree of competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, level & speed</p> <p>Show an awareness of how the body functions/changes during exercise</p> <p>Repeat and Perform sequences of movements</p> <p>Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments,</p>	<p>degree of competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, level & speed</p> <p>Show an awareness of how the body functions/changes during exercise</p> <p>Repeat and Perform sequences of movements</p> <p>Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and</p>	<p>degree of competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, level & speed</p> <p>Show an awareness of how the body functions/changes during exercise</p> <p>Repeat and Perform sequences of movements</p> <p>Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments,</p>	<p>competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, speed & level during performances or in competitive environments</p> <p>Show an awareness of how the body changes/functions during exercise</p> <p>Perform and repeat sequences of movements</p> <p>Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Use FUNdamentals of movement to employ simple tactics in</p>	<p>competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, speed & level during performances or in competitive environments</p> <p>Show an awareness of how the body changes/functions during exercise</p> <p>Perform and repeat sequences of movements</p> <p>Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Use FUNdamentals of movement to employ simple tactics in varied environments</p>	<p>competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, speed & level during performances or in competitive environments</p> <p>Show an awareness of how the body changes/functions during exercise</p> <p>Perform and repeat sequences of movements</p> <p>Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)</p> <p>Use FUNdamentals of movement to employ simple tactics in</p>
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	<p>To show different levels in movement of whole body and isolated body parts. To show different levels in travelling moves. To change and link directions of travel using apparatus. To move slowly/ fast showing strength and tension in muscles. (Dynamics) To develop flow and rhythm.</p> <p>Manipulative Skills Focused on the ability to work with equipment and small apparatus and coordinate movements.</p> <p>To develop rolling, trapping, catching, releasing, striking, kicking, releasing and dribbling.</p> <p>Movement Concepts The development of, decision making, how, where and why to move and</p>	<p>individually and as a team</p> <p>Show competence in one stroke when swimming</p> <p>With guidance participate displaying respect, fair play and working well with others</p>	<p>as a team</p> <p>Show competence in one stroke when swimming</p> <p>With guidance participate displaying respect, fair play and working well with others</p>	<p>individually and as a team</p> <p>Show competence in one stroke when swimming</p> <p>With guidance participate displaying respect, fair play and working well with others</p>	<p>varied environments</p> <p>With guidance participate displaying respect, fair play and working well with others</p>	<p>With guidance participate displaying respect, fair play and working well with others</p>	<p>varied environments</p> <p>With guidance participate displaying respect, fair play and working well with others</p>
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	<p>directional awareness. To develop spatial and temporal awareness. To move to a variety of tempo aesthetically , with music. To develop cross-lateral / directional movement, galloping and sliding. To develop cognitive development- to use a variety of techniques with accuracy when moving body and objects.</p>						
Cross curricular connections							
Overlap of learning: which other areas in other year groups or topics does this relate to?		<p>Links to Year 3 units: HRE and Gymnastics</p>	<p>Links to Year 3 units: Netball Links to Year 3 and 4 units: Dance</p>	<p>Links to Year 3 units: Rounders Links to Year 3 and 4 units: Athletics Tennis</p>	<p>Links to Year 3 units: Football, Gymnastics Links to Year 1 and 3 units: HRE</p>	<p>Links to Year 1 and 3 units: Multi skills and Gymnastics</p>	<p>Links to Year 3 and 4 units: Athletics Tennis</p>
Gymnastics		<p>Gymnastics- Power of PE unit.</p>				<p>Gymnastics- Power of PE unit.</p>	

<p>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</p>		<p>To develop pupils' knowledge of the 5 types of gymnastics balances. (1 point, 2 point, 3 point, 4 point and patch) To develop pupils ability to hold a balance. Pupils should strive to ensure all the limbs appear as straight as possible- extension. To begin to explore ways of travelling on the floor. To begin to explore ways of travelling around on apparatus- benches, stools. To learn how to safely perform a forward roll.</p>				<p>To further develop pupils' knowledge of the 5 types of gymnastics balances. (1 point, 2 point, 3 point, 4 point and patch) To develop pupils ability to hold a balance To develop pupils ability to travel in a range of ways Pupils should strive to ensure all the limbs appear as straight as possible- extension. To explore ways of travelling around on large apparatus. To perform a paired mirror and match routine.</p>	
<p>Dance perform dances using simple movement patterns</p>		<p>Dance- own unit 'Christmas' Can you add your objectives from your planning please?</p>			<p>Dance- Power of PE unit. Can children respond in the correct manner to commands (Inside, Outside, Freeze</p>		

					etc) Can children repeat some simple sequences of movement		
<p>Games</p> <p>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</p> <p>participate in team games, developing simple tactics for attacking and defending</p>		<p>Health Related exercise- Power of PE unit</p> <p>Develop children's knowledge of how the body functions/changes during exercise</p> <p>Develop children's ability to exercise at different intensities</p>	<p>Net games- own unit? Please add your objectives.</p> <p>Multi-skills- Power of PE unit To develop children's Agility</p> <p>To develop children's Coordination</p> <p>Football- Power of PE unit Can children use teaching points to keep the ball close & under control</p> <p>Can children use knowledge of technique to suggest ways for peer's to improve</p>	<p>Strike and Fielding- Power of PE unit</p> <p>To develop children's ability to roll/move the ball with accuracy.</p> <p>Develop children's ability to analyse performance.</p> <p>To develop children's ability to catch/stop the ball with accuracy.</p> <p>To develop children's ability to strike the ball with some consistency.</p>	<p>Football- Power of PE unit Can children use teaching points to keep the ball close and under control.</p> <p>Can children use knowledge of technique to suggest ways for peers to improve.</p> <p>Can children use teaching points to pass effectively.</p> <p>Can children use teaching points to shoot effectively.</p> <p>Health Related exercise- Power of PE unit Develop children's knowledge of how the body functions/changes during exercise.</p>	<p>Multi-skills- Power of PE unit To develop children's Agility.</p> <p>To develop children's Coordination.</p>	<p>Tennis- To control the ball with increasing accuracy in a variety of different ways.</p> <p>To send and receive a ball using a racket.</p> <p>To demonstrate control of the equipment great enough to achieve a rally.</p> <p>To know and demonstrate more than one way to hit a ball.</p> <p>To use the taught skills to play in a game situation.</p> <p>Strike and Fielding- Power of PE unit To develop children's ability</p>

					<p>Develop children's ability to exercise at different intensities.</p>		<p>to roll/move the ball with accuracy.</p> <p>Develop children's ability to analyse performance.</p> <p>To develop children's ability to strike the ball with some consistency.</p>
<p>Athletics</p> <p>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</p>				<p>Athletics- Power of PE unit</p> <p>To develop pupils ability to run at speed.</p> <p>TO develop pupils' knowledge of how they can use their body to maximise performance.</p> <p>To develop pupils ability to hurdle effectively.</p> <p>To develop pupils' ability to jump as far as they can.</p> <p>To develop pupils' ability to throw.</p>			<p>Athletics- Power of PE unit</p> <p>To develop pupils ability to hurdle effectively.</p> <p>To develop pupils' knowledge of how they can use their body to maximise performance.</p> <p>To develop pupils' ability to jump as far as they can.</p> <p>To develop pupils' ability to throw as far as they can.</p>

Vocabulary

Running throughout all units:

Warm up, cool down, stretch, muscles, heart rate/pulse, lungs.

Sporting values: teamwork, respect, discipline, enjoyment, sportsmanship.

	<p>Gymnastics- Power of PE unit. Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow</p> <p>Dance (own unit and Power of PE) Travel Stillness Direction Space Body parts Levels Speed</p> <p>Health Related exercise- Power of PE unit Pulse Stretch Meditation Muscles Oxygen Sprint Change direction Jump</p>	<p>Net games (own unit)</p> <p>Multi-skills- Power of PE unit Stretch agility Coordination Balance Freeze Change direction Catching position</p> <p>Football- Power of PE unit Dribbling Goal Defender Pass</p>	<p>Athletics- Power of PE unit Sprinting Stretch Shuttle Technique Hurdling Standing jump Parallel Standing line distance</p> <p>Strike and Fielding- Power of PE unit Catch position Under-arm Striking Server Parallel bat/racquet</p>	<p>Dance- Power of PE unit. Travel Stillness Direction Space Body parts Levels Speed</p> <p>Football- Power of PE unit Dribbling Goal Defender Pass Attacker shoot</p> <p>Health Related exercise- Power of PE unit Pulse Stretch Meditation Muscles Oxygen Sprint Change direction Jump exercise</p>	<p>Gymnastics- Power of PE unit. Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow</p> <p>Multi-skills- Power of PE unit Stretch agility Coordination Balance Freeze Change direction Catching position</p>	<p>Tennis (own unit) Racquet Rally Forehand Backhand</p> <p>Strike and Fielding- Power of PE unit Catch position Under-arm Striking Server Parallel bat/racquet</p> <p>Athletics- Power of PE unit Sprinting Stretch Shuttle Technique Hurdling Standing jump Parallel Standing line Distance power landing</p>
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