



# 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.

School Games Organising Crew (SGOC) 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		Autumn Term Gymnastics, Health Related Exercise, Dance	Spring Term Multi Skills, Football	Summer Term Striking and Fielding, Athletics,	Autumn Term Health Related Exercise, Football, Dance	Spring Term Gymnastics, Multi Skills	Summer Term Tennis, Striking and Fielding, Athletics
Substantive themes	Functional Movement	Show an	Show an	Show an	Show an	Show an awareness	Show an

	<p><b>The development of fundamental movement skills.</b> 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><b>Aesthetic Movement</b> <b>Incorporates body awareness and the ability to interpret a variety of stimuli through movement focused on dance and gymnastics.</b> 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. To show different levels in movement of whole body and isolated body parts.</p>	<p>awareness of how the body functions/changes during exercise</p> <p><b>Gymnastics:</b> Repeat and Perform sequences of movements</p> <p><b>Health Related Exercise:</b> Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p> <p><b>Dance:</b> Repeat and Perform sequences of movements</p>	<p>awareness of how the body functions/changes during exercise</p> <p><b>Net Games:</b> Throw and catch displaying a degree of competency, in isolation and in varied environments</p> <p>With guidance participate displaying respect, fair play and working well with others</p> <p><b>Multi Skills:</b> Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p>	<p>awareness of how the body functions/changes during exercise</p> <p><b>Striking and Fielding:</b> Throw and catch displaying a degree of competency, in isolation and in varied environments</p> <p><b>Athletics:</b> Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p>	<p>awareness of how the body functions/changes during exercise</p> <p><b>Health Related Exercise:</b> Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p> <p><b>Football:</b> Demonstrate changes of direction, level &amp; speed</p> <p>With guidance participate displaying respect, fair play and working well with others</p> <p>Uses</p>	<p>of how the body functions/changes during exercise</p> <p><b>Gymnastics:</b> Repeat and Perform sequences of movements</p> <p><b>Multi Skills:</b> Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p> <p>Throw and catch displaying competency, in isolation and in varied environments</p> <p>Demonstrate changes of direction, speed &amp; level during</p>	<p>awareness of how the body functions/changes during exercise</p> <p><b>Tennis:</b> Demonstrate changes of direction, speed &amp; level during performances or in competitive environments</p> <p><b>Striking and Fielding:</b> Throw and catch displaying a degree of competency, in isolation and in varied environments</p> <p><b>Athletics:</b> Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance &amp; Coordination)</p> <p>Uses FUNdamentals of movement to achieve success in competitive environments,</p>
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	<p>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><b>Manipulative Skills</b>  <b>Focused on the ability to work with equipment and small apparatus and coordinate movements.</b></p> <p>To develop rolling, trapping, catching, releasing, striking, kicking, releasing and dribbling.</p> <p><b>Movement Concepts</b>  <b>The development of, decision making, how, where and why to move and directional awareness.</b></p> <p>To develop spatial and temporal awareness.          To move to a variety of tempo aesthetically , with music. To</p>		<p><b>Football:</b>          Demonstrate changes of direction, level &amp; speed</p> <p>With guidance participate displaying respect, fair play and working well with others</p> <p>Uses          FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p>		<p>FUNdamentals of movement to achieve success in competitive environments, individually and as a team</p> <p><b>Dance:</b>          Repeat and Perform sequences of movements</p>	<p>performances or in competitive environments</p>	<p>individually and as a team</p>
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	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.						
Cross curricular connections		Christmas Dance Jigsaw (looking after our bodies). Healthy eating (DT - fruit faces)	Jigsaw	Sports Day Jigsaw Pirate Day	Science- Animals inc humans. Jigsaw Topic- Happy healthy me	Jigsaw	Sports day Jigsaw
Overlap of learning: which other areas in other year groups or topics does this relate to?		<b>Links to Year 3 units:</b> HRE and Gymnastics	<b>Links to Year 3 units:</b> Netball <b>Links to Year 3 and 4 units:</b> Dance	<b>Links to Year 3 units:</b> Rounders <b>Links to Year 3 and 4 units:</b> Athletics Tennis	<b>Links to Year 3 units:</b> Football, Gymnastics <b>Links to Year 1 and 3 units:</b> HRE	<b>Links to Year 1 and 3 units:</b> Multi skills and Gymnastics	<b>Links to Year 3 and 4 units:</b> Athletics Tennis
Knowledge content	<b>Will Know...</b> <b>Functional Movement</b> How to skip and jump. How to lunge and leap. To push and pull and to squat and roll. To rotate and balance and bend and stretch. <b>Aesthetic Movement</b>	<b>Will know...</b> <b>Gymnastics:</b> - How to use different types of balances, including using a different number of points to balance on.	<b>Will know...</b> <b>Multi Skills:</b> How to catch a ball with control.  How to throw a ball to a partner with control.  How to play a	<b>Will know...</b> <b>Striking and Fielding:</b> How to throw and catch confidently.  How to develop accuracy to throw and roll a ball.	<b>Will know...</b> <b>Health Related Exercise:</b>  How the body functions/changes during exercise.  How to develop their ability to exercise at	<b>Will know...</b> <b>Gymnastics:</b>  How to develop knowledge of gymnastics balances.  How to develop	<b>Will know...</b> <b>Tennis:</b>  How to throw a ball to a partner correctly and accurately.

	<p>How to use isolated body parts and link them together. How to link together symmetrical body shapes and movement. To link together asymmetrical body shapes and movement. 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. <b>Manipulative Skills</b> To develop rolling, trapping, catching, releasing, striking, kicking, releasing and dribbling. <b>Movement Concepts</b></p>	<ul style="list-style-type: none"> <li>- How to hold a balance.</li> <li>- Why it is important to keep our arms and legs as straight as possible.</li> <li>- How to travel in different ways on the floor.</li> <li>- How to travel in different ways on apparatus.</li> <li>- How to safely perform a forward roll.</li> </ul> <p><b>Health Related Exercise:</b></p> <ul style="list-style-type: none"> <li>- How our bodies change during exercise</li> <li>- That we can exercise in different ways and some of these can tire us out quicker.</li> </ul> <p><b>Dance:</b></p> <ul style="list-style-type: none"> <li>- How to follow instructions carefully.</li> <li>- How to use words such as 'inside', 'outside' and 'freeze'.</li> <li>- How to create simple routines.</li> <li>- How to link different sequences</li> </ul>	<p>game as part of a team.</p> <p><b>Football:</b> How to control the ball.</p> <p>How to dribble a ball around a cone with control.</p> <p>How to pass a ball to a partner using their foot with control.</p> <p>How to play a game as part of a team.</p>	<p>How to stop the ball with control.</p> <p>How to play a game as part of a team.</p> <p>How to use a bat to hit a ball safely.</p> <p><b>Athletics:</b></p> <ul style="list-style-type: none"> <li>- How to run at speed.</li> <li>- How to get better at different activities.</li> <li>- How to hurdle effectively.</li> <li>- How to jump as far as they can.</li> <li>- How to throw effectively.</li> </ul>	<p>different intensities</p> <p>How to develop their knowledge of the names &amp; functions of muscles</p> <p><b>Football:</b></p> <p>How to keep the ball close &amp; under control</p> <p>How to use knowledge of technique to suggest ways for peer's to improve.</p> <p>How to pass accurately with control.</p> <p><b>Dance:</b></p> <p>How to respond in the correct manner to commands (Inside, Outside, Freeze etc)</p> <p>How to repeat simple movements to create a sequence.</p>	<p>pupils ability to hold a balance.</p> <p>How to develop pupils ability to travel in a range of ways.</p> <p><b>Multi Skills:</b></p> <p>How to develop the children's agility.</p> <p>How to develop the children's coordination.</p> <p>How to develop the children's ability to change direction.</p>	<p>How to move around with the ball using your hands keeping it under control.</p> <p>How to use a tennis racket to move a tennis ball around the playground.</p> <p>How to perform a variety of skills using a tennis racket</p> <p>How to understand the action we use when playing a tennis shot</p> <p><b>Striking and Fielding:</b></p> <p>How to develop children's ability to roll/move the ball with accuracy.</p>
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	<p>Have spatial and temporal awareness.</p> <p>How to move to a variety of tempo aesthetically , with music.</p> <p>How to move by galloping and sliding.</p> <p>How to use a variety of techniques with accuracy when moving body and objects.</p>	<p>together in their routines.</p>			<p>How to repeat some simple sequences of movements relating to a stimulus.</p>		<p>How to develop children's ability to analyse performance.</p> <p>How to develop children's ability to strike the ball with some consistency.</p> <p><b>Athletics:</b></p> <p>How to develop pupils ability to hurdle effectively.</p> <p>How to develop pupils' knowledge of how they can use their body to maximise performance.</p> <p>How to develop the children's ability to throw a long distance.</p> <p>How to develop the children's ability to work as a team when running in a relay.</p>
<p><b>Gymnastics</b></p> <p>master basic movements including</p>		<p>Gymnastics- Power of PE unit.</p>				<p>Gymnastics- Power of PE unit.</p>	

<p>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><b>Dance</b>          perform dances using simple movement patterns</p>		<p><b>Dance- Power of PE unit.</b>          Can children respond in the correct manner to commands (Inside, Outside, Freeze etc)          Can children repeat some simple sequences of movements</p>			<p><b>Dance- Power of PE unit.</b>          Can children respond in the correct manner to commands (Inside, Outside, Freeze etc)          Can children repeat</p>		

					some simple sequences of movement		
<p><b>Games</b></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><b>Health Related exercise- Power of PE unit</b></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><b>Multi-skills- Power of PE unit</b></p> <p>To develop children's Agility</p> <p>To develop children's Coordination</p> <p><b>Football- Power of PE unit</b></p> <p>Can children use teaching points to keep the ball close &amp; under control</p> <p>Can children use knowledge of technique to suggest ways for peer's to improve</p>	<p><b>Strike and Fielding- Power of PE unit</b></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><b>Football- Power of PE unit</b></p> <p>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><b>Health Related exercise- Power of PE unit</b></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><b>Multi-skills- Power of PE unit</b></p> <p>To develop children's Agility.</p> <p>To develop children's Coordination.</p>	<p><b>Tennis-</b></p> <p>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><b>Strike and Fielding- Power of PE unit</b></p> <p>To develop children's ability to roll/move the ball with accuracy.</p> <p>Develop children's ability to analyse performance.</p>



								To develop children's ability to strike the ball with some consistency.
<b>Athletics</b> 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				<b>Athletics- Power of PE unit</b>  To develop pupils ability to run at speed.  TO develop pupils' knowledge of how they can use their body to maximise performance.  To develop pupils ability to hurdle effectively.  To develop pupils' ability to jump as far as they can.  To develop pupils' ability to throw.			<b>Athletics- Power of PE unit</b> To develop pupils ability to hurdle effectively.  To develop pupils' knowledge of how they can use their body to maximise performance.  To develop pupils' ability to jump as far as they can.  To develop pupils' ability to throw as far as they can.	
<b>Vocabulary</b>	<b>Running throughout all units:</b> Warm up, cool down, stretch, muscles, heart rate/pulse, lungs. Sporting values: teamwork, respect, discipline, enjoyment, sportsmanship.							
		<b>Gymnastics- Power of PE unit.</b> Forwards Backwards	<b>Net games (own unit)</b>  <b>Multi-skills- Power</b>	<b>Athletics- Power of PE unit</b> Sprinting Stretch	<b>Dance- Power of PE unit.</b> Travel Stillness	<b>Gymnastics- Power of PE unit.</b> Forwards Backwards	<b>Tennis (own unit)</b> Racquet Rally Forehand	

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