



# PE

## EXPECTATIONS:

Early Learning Goals which link to the Curriculum

### Personal, Social And Emotional Development (Gross Motor Skills)

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

### Key Stage 1 National Curriculum Expectations

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 National Curriculum Expectations

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 & Water Safety:

- swim competently, confidently and proficiently over a distance of at least 25 metres.
- use a range of strokes effectively.
- Perform self-rescue in different water-based situations.



## **STATEMENTS OF:**

### **INTENT**

At Riverside, our aim is to develop pupils's physical abilities through practical, engaging and varied PE teaching. The main aim of our PE curriculum is to the development and progression of pupils's core skills, while also engaging pupils's interests through a wide range of sports. At the centre of our curriculum is a focus on the development of core skills that are applicable in a variety of sporting disciplines. We believe a focus on developing core skills will equip pupils with the confidence to apply these skills in different sports in PE lessons or in clubs and teams outside of school. These core skills are first introduced in Nursery where pupils begin basic skills around fundamental movements and spatial awareness and continue all the way to year six where pupils refine these skills through varied sports. Furthermore, the curriculum along with our Heathy Schools Initiative teaches pupils the importance of being healthy and how exercise plays a key role in this. The curriculum is organised to reflect the weather and sporting calendar to capitalise on interest in certain sports but also the availability of indoor and outdoor space around the school. We will continue to provide our students with opportunities to become physically confident by developing their physical and mental health and a love for physical and sporting activities to achieve this.

### **IMPLEMENTATION**

Riverside's PE curriculum follows a skill-based scheme of work that allows pupils to practise taught skills within a variety of sports. Early Years and Key Stage One are taught core skills revolving around fundamental movement patterns, spatial awareness and co-ordination through a range of sports. They will learn basic skills like effective movement, throwing, catching and balancing. In Key Stage Two, the core skills taught in previous years are consolidated and progress further with a deeper knowledge of each sport. By teaching our students skills through a range of sports it fosters a love for sport and provides opportunities for team work beyond the classroom. At Riverside we are very proud to provide students with opportunity to be taught PE exclusively by specialist coaches from Millwall Football Club and other external providers. In addition to this Year 5 students take part in weekly swimming sessions and extra swimming sessions are provided for pupils if necessary. The whole school also take part in the Daily Mile within the school grounds, each class participate on a weekly rotational basis.

### **IMPACT**

Pupils at Riverside are exposed to a wide range of sports and activities through a high-quality PE curriculum. This allows all pupils to engage in various team games that empower them to become physically active and emotionally resilient in school and beyond the school gates. As well as installing a passion for a wide variety of sports, Riverside use PE sessions, extra-curricular swimming lessons and out-of-school sports clubs to build communication skills, camaraderie and resilience. Through sports, students not only achieve knowledge of the importance of health and fitness well-being but are also empowered to acquire a life-long interest in sporting activities through specialist instructors who teach a skill-based curriculum. The most significant impact has been seen on SEND learners who engage in specialist small group teaching sessions that allow them to explore space and build socio-communication skills.



## SUBJECT OVERVIEW

### **PROGRESSION:**

<b>PROGRESSION:</b>				
<b>EYFS</b>		<b>KS1</b>	<b>LKS2</b>	<b>UKS2</b>
<b>GYMNASTICS</b>	Pupils can:		Pupils can:	
	<ul style="list-style-type: none"> <li>• Travel in different ways</li> <li>• Stretch in different ways</li> <li>• Jump in a range of ways from one space to another</li> <li>• Begin to balance with some control</li> <li>• Move around, under, over and through different objects and equipment</li> </ul>		<ul style="list-style-type: none"> <li>• Show basic control and co-ordination when travelling and remaining still</li> <li>• Understands the meaning of balance</li> <li>• Balance by taking the weight on different parts of body</li> <li>• Balance accurately on the floor; transfer the skill when using apparatus</li> <li>• Use different parts of body to explore the use of space both near to/away from the floor</li> <li>• Travel in different ways using hands and feet</li> <li>• Begin to practice jumping using the floor and small apparatus</li> <li>• Link a range of actions fluently demonstrating control and co-ordination</li> </ul>	
	Pupils can:		Pupils can:	
	<ul style="list-style-type: none"> <li>• Transfer weight from one part of the body to another</li> <li>• Hold a balance for a short time</li> <li>• Link different balances by moving in and out of stillness</li> <li>• Use different balances on the floor and over, through, across and along apparatus.</li> <li>• Begin to use the vault</li> <li>• Travel across, through, along, over, under large climbing apparatus with control and co-ordination</li> </ul>		<ul style="list-style-type: none"> <li>• Perform different types of jumps</li> <li>• Perform different types of rolls</li> <li>• Show control, consistency and accuracy of movement using changes in level, direction and speed</li> </ul>	



## SUBJECT OVERVIEW

	EYFS	KS1	LKS2	UKS2
DANCE	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Join a range of movements together</li> <li>Change the speed of their actions</li> <li>Change the style of their movements</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Use different body parts to perform basic movements</li> <li>Repeat simple movement patterns</li> <li>Complete a sequence of movements</li> <li>Show some dynamic, rhythmic and expressive qualities in own sequences</li> <li>Compose and perform sequence</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Use a stimulus to create movements</li> <li>Perform phrases in a sequence</li> <li>Compose a sequence creatively using space and refine through practice</li> <li>Communicate the intention of a sequence clearly, fluently and with control</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Suggests improvements to own and others' sequences</li> <li>Identify and explain what a successful sequence is</li> <li>Compare own sequence with previous ones identifying strengths and areas to improve</li> <li>Perform sequence in front of an audience</li> </ul>
INVASION GAMES	<p>Pupils will focus on developing throwing and catching skills:</p> <ul style="list-style-type: none"> <li>Throw underarm</li> <li>Throw an object at a target</li> <li>Catch equipment using two hands</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Work co-operatively with a partner</li> <li>Develop partner work by copying what their partner is doing and then changing roles</li> <li>Play a simple competitive group game that involves a simple scoring system.</li> <li>Work co-operatively as a team to gain points by throwing accurately while competing against other teams</li> <li>Work co-operatively with a partner when skill building and when playing competitively against opponents in a simple net type game</li> <li>Choose actions, tactics, skills that suit the demands of specific situations in games and practices</li> <li>Develop simple tactics for attack and defending</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Communicate to team members appropriately</li> <li>Mark an opponent</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Position themselves tactically</li> <li>Understand how to use position of team members to achieve best outcome</li> <li>Understand different positions in a team/the roles of players in these positions</li> </ul>



## SUBJECT OVERVIEW

STRIKING & FIELDING		EYFS	KS1	LKS2	UKS2
		Pupils can: <ul style="list-style-type: none"> <li>• Hit a ball with a bat or racquet</li> </ul>	Pupils can: <ul style="list-style-type: none"> <li>• Strike a ball using hands</li> <li>• Aim for targets of varying size and height</li> <li>• Throw a ball accurately in a game</li> <li>• Bounce and catch a ball accurately</li> <li>• Develop throwing and catching skills</li> <li>• Travel while holding equipment</li> <li>• Respond to teacher's instructions, changing pace with direction and control</li> </ul>	Pupils can: <ul style="list-style-type: none"> <li>• Strike the ball for distance</li> <li>• Use the correct batting technique in a game</li> <li>• Use bat, racquet, or stick with control and accuracy.</li> <li>• Serve using underarm stroke</li> </ul>	Pupils can: <ul style="list-style-type: none"> <li>• Identify and apply correct techniques in a game</li> <li>• Use a backhanded technique</li> <li>• Use an overhead serve and use it to start a game</li> <li>• Hit a bowled ball over longer distances</li> </ul>
ATHLETICS		EYFS	KS1	LKS2	UKS2
		Pupils can: <ul style="list-style-type: none"> <li>• Run and jump in different ways</li> <li>• Roll equipment</li> <li>• Throw an object at a target</li> </ul>	Pupils can: <ul style="list-style-type: none"> <li>• Run at fast, medium, and slow speeds</li> <li>• Use different techniques, speeds, and effort to meet challenges set for running</li> <li>• Successfully take part in a relay race</li> <li>• Throw with increasing accuracy and co-ordination into targets set at different distances</li> <li>• Use different techniques, speeds, and effort to meet challenges set for throwing</li> <li>• Perform two simple outdoor jumps accurately [hurdles, long jump]</li> <li>• Use different techniques, speeds, and effort to meet challenges set for jumping</li> </ul>	Pupils can: <ul style="list-style-type: none"> <li>• Understand and demonstrate the different techniques needed for sprinting</li> <li>• Understand and demonstrate the different techniques needed for running for sustained period</li> <li>• Show consistent technique when running</li> <li>• Throw with accuracy and power into a target area</li> </ul>	Pupils can: <ul style="list-style-type: none"> <li>• Show consistent technique when throwing for distance</li> <li>• Perform a range of outdoor jumps including those with a short run up</li> <li>• Show consistent technique when performing outdoor jumps</li> <li>• Compare performances with previous ones</li> <li>• Demonstrate improvement to achieve personal best</li> </ul>



## SUBJECT OVERVIEW

	EYFS	KS1	LKS2	UKS2
<b>SAQ</b>	<p>Pupils will complete introduction to PE:</p> <ul style="list-style-type: none"> <li>Moving in different ways e.g. walking, jumping, hopping, skipping, crawling etc.</li> <li>Using movements confidently during games/activities</li> <li>Listening to teachers' instructions involving changing movement/speed/direction</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Be physically active for sustained periods of time</li> <li>Demonstrate strength, stamina, and suppleness when using a range of movement skills</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Travel in different ways at a good speed</li> <li>Effectively change direction, speed, and level when training</li> <li>Show balance and control when moving</li> <li>Use body parts to coordinate agile movements</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Explain speed, agility, and quickness and why they are good skills to have</li> <li>Identify how they have improved their own speed, agility, and quickness</li> </ul>
<b>HEALTH</b>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Make healthy choices about food, drink, activity and toothbrushing (link with PSED)</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Understand effects of physical exercise on health and wellbeing</li> <li>Understand the importance of eating healthily and the effect it has on our bodies</li> <li>Understand the importance of warming up and cooling down</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Understand the effect that exercise has on the body</li> <li>Know why warming up is important</li> <li>Understand that stretching prepares muscles for exercise</li> <li>Give good explanations of how warm-up activities affect the body</li> </ul>	<p>Pupils can:</p> <ul style="list-style-type: none"> <li>Show an understanding of why warming up is important for a good performance</li> <li>Show an understanding of why warming up is important for a good performance</li> <li>Understand the importance of eating healthily and the effect this has on the body</li> <li>Understand the importance of different types of food and how these foods help the body when exercising</li> <li>Show understanding of safe exercise Understand the importance of wearing appropriate clothing for different types of exercise</li> </ul>