

PE intent document

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

In **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.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games learn basic movements including running, jumping, throwing and catching		Games develop basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities To include indoor athletics		Games participate in team games, applying basic movements learnt, learning simple tactics for attacking and defending	
	Gymnastics develop balance, agility and co-ordination	Dance perform solo dances using simple movement patterns	Gymnastics develop balance, agility and co-ordination	Dance perform partner dances using simple movement patterns	ABC Multi skills develop movements including running, jumping, throwing and catching in a range of activities	
Year 2	Games master movements including running, jumping, throwing and catching		Games master movements including running, jumping, throwing and catching applying these in a range of activities To include indoor athletics		Games participate in team games, applying movements learnt, developing simple tactics for attacking and defending	
	Gymnastics developing balance, agility and co-ordination	Dance perform solo or partner dances using movement patterns	Gymnastics developing balance, agility and co-ordination	Dance perform small group dances using movement patterns	ABC Multi skills develop movements including running, jumping, throwing and catching in a range of athletic activities	

Key Stage 2

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

In **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

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	Gymnastics	Indoor athletics	Gymnastics	Dance	Athletics	
3	Netball	Football	Hockey	Indoor athletics	End ball	Rounders
	Invasion games		Invasion games / Net & wall games		Invasion games / Striking & fielding	

4	Gymnastics	Indoor athletics	Gymnastics	Dance	Athletics	
4	Netball	Football	Tag rugby	Indoor athletics	Handball	Rounders
	Invasion games		Invasion games / Net & wall games		Invasion games / Strength, technique, control	
5	Gymnastics	Indoor athletics	Badminton	Gymnastics	Dance	Volleyball
5	Netball	Football	Hockey	Handball	Athletics	Stool ball
	Invasion games		Invasion games / Net & wall games		Striking & fielding/ Strength, technique, control	
6	Indoor athletics	Dance	Volleyball	OAA	Badminton	Gymnastics
6	Netball	Football	Tag rugby	Hockey	Athletics	Quick cricket
	Invasion games		Invasion games / Net & wall games		Striking & fielding/ Strength, technique, control	