

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
<p><b>INTENT</b> – Luddenden CE School is committed to promoting an environment that nurtures health, self-respect and achievement. Our approach aims to engage and challenge every child. Through our PE Curriculum, we aim for all our pupils to build the core strength, balance, coordination, agility and determination to enjoy and succeed in any sporting or physical activity. We provide a clear learning journey which develops pupils’ personal, social, physical, health &amp; fitness, cognitive and creative abilities. Our core values in PE are team work, perseverance, courage and respect.</p> <p><b>IMPLEMENTATION</b> – All pupils will experience range of sporting activities through a minimum of 2 hours of PE per week. We use high quality resources, including Real PE, to support the delivery of a broad and balanced PE curriculum. We ensure inclusivity through our child-centred approach, and the addition and adaptation of a wide range of challenges, games and skill applications. Play equipment will also be used to enhance pupils’ experiences and provide additional opportunities to build strength, balance, agility and coordination.</p> <p><b>IMPACT</b> – Pupils enjoy PE. Pupils develop the key abilities they need to be successful within PE and sport and across the curriculum.</p>						
<b>EARLY YEARS</b>	<b>30-50 MONTHS - PHYSICAL DEVELOPMENT – Moving &amp; Handling</b> <ul style="list-style-type: none"> <li>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>Mounts stairs, steps or climbing equipment using alternate feet.</li> <li>Walks downstairs, two feet to each step while carrying a small object.</li> <li>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</li> <li>Can stand momentarily on one foot when shown.</li> <li>Can catch a large ball.</li> </ul>		<b>40-40 MONTHS - PHYSICAL DEVELOPMENT – Moving &amp; Handling</b> <ul style="list-style-type: none"> <li>Experiments with different ways of moving.</li> <li>Jumps off an object and lands appropriately.</li> <li>Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</li> <li>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</li> <li>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> </ul>		<b>ELG</b> <b>Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space</b>	
<b>Rec, Year 1 &amp; 2</b>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Coordination – footwork</li> <li>Balance (one leg)</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Dynamic balance – jumping &amp; landing</li> <li>Static balance – seated</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Balance on a line</li> <li>Static balance – stance</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Ball skills – coordination</li> <li>Counter balance with partner</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Sending &amp; receiving</li> <li>Agility – reaction/response</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Agility – ball chasing</li> <li>Floor work</li> </ul>
<b>Year 1</b>	<b>Ball skills – throwing &amp; catching</b> <ul style="list-style-type: none"> <li>throw underarm</li> <li>move and stop safely</li> <li>throw and catch with both hands</li> <li>throw and kick in different ways</li> </ul>	<b>Ball skills – bat &amp; ball</b> <ul style="list-style-type: none"> <li>hit a ball with a bat</li> <li>move and stop safely</li> </ul>	<b>Creative dance</b> <ul style="list-style-type: none"> <li>move to music</li> <li>copy dance moves</li> <li>perform my own dance moves</li> <li>make up a short dance</li> <li>move safely in a space</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>make my body curled, tense, stretched and relaxed</li> <li>control my body when travelling and balancing</li> <li>copy sequences and repeat them</li> <li>roll, curl, travel and balance in different ways</li> </ul>	<b>Invasion games</b> <ul style="list-style-type: none"> <li>Group games</li> <li>Making rules</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>copy actions</li> <li>repeat actions and skills</li> <li>move with control and care</li> <li>use equipment safely</li> </ul>
<b>Year 2</b>	<b>Ball skills – throwing &amp; catching, leading to games</b> <ul style="list-style-type: none"> <li>use hitting, kicking and/or rolling in a game</li> <li>decide the best space to be in during a game</li> <li>use one tactic in a game</li> <li>follow rules</li> </ul>	<b>Ball skills – hitting &amp; striking, leading to games</b> <ul style="list-style-type: none"> <li>use hitting, kicking and/or rolling in a game</li> <li>decide the best space to be in during a game</li> <li>use one tactic in a game</li> <li>follow rules</li> </ul>	<b>Creative dance</b> <ul style="list-style-type: none"> <li>change rhythm, speed, level and direction in my dance</li> <li>dance with control and coordination</li> <li>make a sequence by linking sections together</li> <li>use dance to show a mood or feeling</li> </ul>	<b>Cross cultural dance</b> <ul style="list-style-type: none"> <li>change rhythm, speed, level and direction in my dance</li> <li>dance with control and coordination</li> <li>make a sequence by linking sections together</li> <li>use dance to show a mood or feeling</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>plan and perform a sequence of movements</li> <li>improve my sequence based on feedback</li> <li>think of more than one way to create a sequence which follows some ‘rules’</li> <li>work on my own and with a partner</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>copy and remember actions</li> <li>talk about what is different from what I did and what someone else did</li> </ul>
<b>Year 3 Year 4</b>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Coordination – footwork</li> <li>Static balance (one leg)</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Dynamic balance – jumping &amp; landing</li> <li>Static balance – seated</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Dynamic balance on a line</li> <li>Coordination – ball skills</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Coordination – sending &amp; receiving</li> <li>Counter balance with partner</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Agility – reaction/response</li> <li>Static Balance – floor work</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>Agility – ball chasing</li> <li>Static balance - stance</li> </ul>
<b>Year 3</b>	<b>Ball skills &amp; kicking - Football &amp; rugby</b> <ul style="list-style-type: none"> <li>throw and catch with control</li> <li>be aware of space and use it to support team-mates and to cause problems for the opposition</li> <li>know and use rules fairly</li> </ul>	<b>Ball skills &amp; kicking – Netball &amp; basketball</b> <ul style="list-style-type: none"> <li>throw and catch with control</li> <li>be aware of space and use it to support team-mates and to cause problems for the opposition</li> <li>know and use rules fairly</li> </ul>	<b>Creative dance</b> <ul style="list-style-type: none"> <li>improvise freely and translate ideas from a stimulus into movement</li> <li>share and create phrases with a partner and small group</li> <li>repeat, remember and perform phrases</li> </ul>	<b>Cross cultural dance</b> <ul style="list-style-type: none"> <li>improvise freely and translate ideas from a stimulus into movement</li> <li>share and create phrases with a partner and small group</li> <li>repeat, remember and perform phrases</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>adapt sequences to suit different types of apparatus and criteria</li> <li>explain how strength and suppleness affect performance</li> <li>compare and contrast gymnastic sequences</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>run at fast, medium and slow speeds; changing speed and direction</li> <li>take part in a relay, remembering when to run and what to do</li> </ul>
<b>Year 4</b>	<b>Ball skills &amp; kicking – Football, invasion games</b> <ul style="list-style-type: none"> <li>catch with one hand</li> <li>throw and catch accurately</li> <li>hit a ball accurately with control</li> <li>keep possession of the ball</li> <li>vary tactics and adapt skills depending on</li> </ul>	<b>Ball &amp; stick skills - Hockey &amp; invasion games</b> <ul style="list-style-type: none"> <li>hit a ball accurately with control</li> <li>keep possession of the ball</li> <li>vary tactics and adapt skills depending on what is happening in a game</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>work in a controlled way</li> <li>include change of speed and direction</li> <li>include a range of shapes</li> <li>work with a partner to create, repeat and improve a sequence with at least three phases</li> </ul>	<b>Cross cultural dance</b> <ul style="list-style-type: none"> <li>take the lead when working with a partner or group</li> <li>use dance to communicate an idea</li> </ul>	<b>Rounders/Baseball</b> <ul style="list-style-type: none"> <li>catch with one hand</li> <li>throw and catch accurately</li> <li>hit a ball accurately with control</li> <li>keep possession of the ball</li> <li>vary tactics and adapt skills depending on what is happening in a game</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>run over a long distance</li> <li>sprint over a short distance</li> <li>throw in different ways</li> <li>hit a target</li> <li>jump in different ways</li> </ul>

## PE CURRICULUM PLAN

	what is happening in a game					
Year 5 Year 6	<b>REAL PE</b> <ul style="list-style-type: none"> <li>• Coordination – ball skills</li> <li>• Agility – reaction/response</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>• Static balance – seated</li> <li>• Static Balance – floor work</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>• Dynamic balance on a line</li> <li>• Counter balance with a partner</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>• Dynamic balance to agility – jumping &amp; landing</li> <li>• Static balance – one leg</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>• Static Balance – stance</li> <li>• Coordination – footwork</li> </ul>	<b>REAL PE</b> <ul style="list-style-type: none"> <li>• Coordination – sending &amp; receiving</li> <li>• Agility – ball chasing</li> </ul>
Year 5	<b>Ball skills – rugby</b> <ul style="list-style-type: none"> <li>• gain possession by working as a team</li> <li>• pass in different ways</li> <li>• use forehand and backhand with a racket</li> <li>• field</li> <li>• choose a tactic for defending and attacking</li> <li>• use a number of techniques to pass, dribble and shoot</li> </ul>	<b>Ball skills – football</b> <ul style="list-style-type: none"> <li>• gain possession by working as a team</li> <li>• pass in different ways</li> <li>• use forehand and backhand with a racket</li> <li>• field</li> <li>• choose a tactic for defending and attacking</li> <li>• use a number of techniques to pass, dribble and shoot</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• make complex extended sequences</li> <li>• combine action, balance and shape</li> <li>• perform consistently to different audience</li> </ul>	<b>Cross cultural dance</b> <ul style="list-style-type: none"> <li>• compose my own dances in a creative way</li> <li>• perform to an accompaniment</li> <li>• My dance shows clarity, fluency, accuracy and consistency</li> </ul>	<b>Tennis/Badminton</b> <ul style="list-style-type: none"> <li>• pass in different ways</li> <li>• use forehand and backhand with a racket</li> <li>• choose a tactic for defending and attacking</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• control when taking off and landing</li> <li>• throw with accuracy</li> <li>• combine running and jumping</li> </ul>
Year 6	<b>Outdoor &amp; Adventurous</b> <ul style="list-style-type: none"> <li>• follow a map in an unknown location</li> <li>• use clues and a compass to navigate a route</li> <li>• change my route to overcome a problem</li> <li>• use new information to change my route</li> <li>• plan a route and a series of clues for someone else</li> <li>• plan with others taking account of safety and danger</li> </ul>	<b>Basketball/Netball – invasion games</b> <ul style="list-style-type: none"> <li>• play to agreed rules</li> <li>• explain rules</li> <li>• umpire</li> <li>• make a team and communicate plan</li> <li>• lead others in a game situation</li> </ul>	<b>Gymnastics</b> <ul style="list-style-type: none"> <li>• combine my own work with that of others</li> <li>• link sequences to specific timings</li> </ul>	<b>Dance</b> <ul style="list-style-type: none"> <li>• develop sequences in a specific style</li> <li>• choose my own music and style</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>• play to agreed rules</li> <li>• explain rules</li> <li>• umpire</li> <li>• make a team and communicate plan</li> <li>• lead others in a game situation</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• demonstrate stamina</li> </ul>