



Bentham Community  
Primary School

# Physical Education at Bentham CP School

## Our Physical Education Curriculum Aims:

At Bentham C P School our key aim is to inspire **EVERY** child to be passionate about Physical Education and Sport. We believe that Physical Education and sport is for everyone and we aim to give them a love for PE, Sport, physical activity and a healthy lifestyle that continues throughout their lives. Our PE teaching includes the use of some specialist coaches. Alongside our teachers this enables us to give our children a high-quality physical education curriculum where they develop their physical fitness, stamina and understanding of the body during exercise. This encourages them to be physically confident and develop a positive healthy lifestyle. Opportunities for children to compete in sport enables children to build character, feel a sense of personal success in an atmosphere of healthy competition.

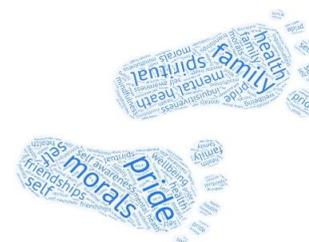
## Our Curriculum Drivers:



Our place in our world



Our Voice



Ourselves



Our Ambitions

## Characteristics of an Athlete

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.

- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

### Implementation

Our children should be able to organise their knowledge, skills and understanding around the following key learning concept:



**Gymnastics**

**Swimming**

**Rugby**

**Quicksticks**

**Dance**

**Multiskills**

**Netball**

**Kwik Cricket**

**Yoga**

**Balls skills**

**Basketball**

**Athletics**

**Football**

**Tennis**

This key learning concept underpins learning in each milestone. This enables children to reinforce and build upon prior learning, make connections and develop subject specific language.

The vertical accumulation of knowledge and skills from Years 1 to 6 is mapped as follows:

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Can experiment with different space shapes</li> <li>• Experiment with different jumps</li> <li>• Experiment with different ways of rolling in small shape (moon roll)</li> <li>• Experiment with a rocket roll</li> <li>• Moving along the floor in different ways like aliens sliding, rolling, stretching etc</li> <li>• Show a start shape, rocket roll and finishing shape (beginning of a sequence)</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform shapes</li> <li>• Perform basic space jump (rocket jump)</li> <li>• Perform a moon rock and a moon roll</li> <li>• Perform a rocket roll with pointed toes</li> <li>• Perform a bunny hop- hands first then feet</li> <li>• Perform a basic sequence (roll and a jump)</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform a variety of shapes with good control</li> <li>• Perform a rocket jump with a half turn</li> <li>• Teddy bear roll Perform matching and mirroring balances</li> <li>• Perform a bunny hop across mat run and onto/across low benches and apparatus</li> <li>• Hopscotch on throw down feet</li> <li>• Perform a short sequence on mats</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform complex shapes with control and some flexibility</li> <li>• Perform more complex jumps, tuck, pike and begin leaps</li> <li>• Side star roll and T-roll</li> <li>• Perform point and patch balances</li> <li>• Perform a 'squat on and squat off' on various apparatus</li> <li>• To perform a hurdle step on the floor/springboard</li> <li>• Link and sequence actions.</li> <li>• Co-operate, communicate and collaborate with others.</li> </ul>
	<ul style="list-style-type: none"> <li>• Can experiment with different space shapes</li> <li>• Experiment with different jumps</li> <li>• Experiment with different ways of rolling in small shape (moon roll)</li> <li>• Experiment with a rocket roll</li> <li>• Moving along the floor in different ways like aliens sliding, rolling, stretching etc</li> <li>• Show a start shape, rocket roll and finishing shape (beginning of a sequence)</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform shapes with a strong body and control</li> <li>• Perform jumps (rocket, star, moon jump) with control and a strong body</li> <li>• Perform a moon rock, moon roll and forward roll Perform a rocket roll and extend to a dish/saucer roll</li> <li>• Perform a bunny hop – hands flat with straight arms</li> <li>• Perform a sequence – (roll, jump and balance)</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform a variety of shapes with good control when performing various skills</li> <li>• Perform a rocket jump with a ¾ and full turn with pointed toes</li> <li>• Teddy bear roll with a partner/group in sequence with pointed toes</li> <li>• Perform matching and mirroring balance routines on apparatus</li> <li>• Perform a bunny hop onto variety of apparatus with control</li> <li>• Hopscotch across the floor to develop hurdle step</li> <li>• Perform a short sequence on mats showing levels, control and pointed toes</li> </ul>	<ul style="list-style-type: none"> <li>• Can perform complex shapes when performing sequences and skills with flexibility</li> <li>• Perform more complex jumps, tuck, pike and leaps scissor kick and cat leap</li> <li>• Side star roll, T-roll (with pointed toes), backwards roll</li> <li>• Perform more complex point and patches balances in a sequence on apparatus</li> <li>• Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board)</li> <li>• Perform a hurdle step on the floor/springboard and onto low apparatus</li> <li>• Compete in teams to win points with sequences and a vault competitions</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Dance	<ul style="list-style-type: none"> <li>• Moving in time to happy and sad music</li> <li>• Experiment with different ways of moving</li> <li>• Experiment with actions at different levels</li> <li>• Moving around as different characters or animals to the music</li> </ul>	<ul style="list-style-type: none"> <li>• Listen to the music and begin to move in time to it</li> <li>• Perform basic dance movements</li> <li>• Perform dance movements showing some levels</li> <li>• Perform basic dance travelling movements e.g. stepping, skipping, jumping</li> <li>• Perform simple dance moves with some control</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborate to make a dance warm up</li> <li>• Use a stimulus to create a dance</li> <li>• Dance in unison with a partner</li> <li>• Perform canon with a group</li> <li>• Use some different levels and pathways</li> </ul>	<ul style="list-style-type: none"> <li>• Co-operate and collaborate to create a warm up displaying a variety of movement patterns</li> <li>• I can translate ideas from a stimulus showing control and fluency</li> <li>• Dance in unison in a group keeping in time with each other</li> <li>• Dance in canon showing good timing</li> <li>• Perform using a variety of levels and using the space</li> </ul>
	<ul style="list-style-type: none"> <li>• Moving in time to happy and sad music</li> <li>• Experiment with different ways of moving</li> <li>• Experiment with actions at different levels</li> <li>• Moving around as different characters or animals to the music</li> </ul>	<ul style="list-style-type: none"> <li>• Move in time to the music showing some expression</li> <li>• Perform dance movements with control</li> <li>• Perform dance movements showing a <b>variety</b> of levels</li> <li>• Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</li> <li>• Remember simple dance steps perform with control in time to the music</li> </ul>	<ul style="list-style-type: none"> <li>• Cooperate to make a dance warm up and take on a leadership role</li> <li>• Respond imaginatively to a stimulus</li> <li>• Dance in unison with a partner/group</li> <li>• Performing a range of movement patterns</li> <li>• Perform canon showing a range of movement patterns</li> <li>• Perform a variety of levels and pathways in a dance</li> </ul>	<ul style="list-style-type: none"> <li>• Co-operate, communicate and collaborate with group to make up a warm up with good rhythm and timing</li> <li>• I can translate ideas from a stimulus into movement showing expression, precision, control and fluency</li> <li>• Dance in unison in a group showing good timing, energy and strength</li> <li>• Dance in canon in a group showing good timing, energy and strength</li> <li>• Use levels, travelling and space with timing and musicality</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Yoga	N/A	<ul style="list-style-type: none"> <li>• Perform basic Yoga poses with some balance</li> <li>• Begin to relax the body in rest pose</li> <li>• Perform Sun Pose (beginning of sun salutation)</li> <li>• To try some of the challenge poses e.g., snake pose</li> <li>• Make up a story with some Yoga poses</li> </ul>	<ul style="list-style-type: none"> <li>• Perform Yoga poses beginning to use tummy muscles (core strength), some flexibility, balance and control</li> <li>• Relax in rest post and begin to focus on breathing technique.</li> <li>• Perform Sun pose with control (beginning of sun salutation)</li> <li>• To perform the challenge poses e.g., Tree pose 2 or 3</li> <li>• Make up a story using all Yoga poses</li> </ul>	N/A
	N/A	<ul style="list-style-type: none"> <li>• Perform Yoga poses beginning to use tummy muscles (core strength), some flexibility, balance and control</li> <li>• Relax in rest post and begin to focus on breathing technique.</li> <li>• Perform Sun pose with control (beginning of sun salutation)</li> <li>• To perform the challenge poses e.g., Tree pose 2 or 3</li> <li>• Make up a story using all Yoga poses</li> </ul>	<ul style="list-style-type: none"> <li>• Perform <b>more complex</b> yoga poses developing core strength and good flexibility.</li> <li>• Begin to focus on breathing technique in more than one pose</li> <li>• Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2</li> <li>• To perform the challenge pose with control- swaying tree</li> <li>• Collaborate to create a Yoga Fun Facts Routine and teach the routine to others</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Perform complex</b> Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose.</li> <li>• Perform all poses and remember to use breathing technique when performing them in relaxation time</li> <li>• Perform Sun Salutation (SS) and link to other Yoga moves</li> <li>• Perform extended version of cat pose, dog pose and create their own extensions</li> <li>• Collaborate in a group to create a Yoga routine- and create a sequence of moves like SS.</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Multiskills	<ul style="list-style-type: none"> <li>• Experiment with different ways of balancing</li> <li>• Experiment with different ways of moving (agility)</li> <li>• Experiment with different ways of throwing a moving ball with different body parts (co-ordination)</li> <li>• Working with friends in a team – taking turns</li> </ul>	<ul style="list-style-type: none"> <li>• Balance on lines with control and use equipment to balance on various parts of body</li> <li>• Changing direction quickly with some control (agility)</li> <li>• Co-ordinating body whilst beginning to move with equipment</li> <li>• Co-operate, compete and challenge themselves as a team in various games</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing on various body parts while moving</li> <li>• Agility focus -changing direction at speed</li> <li>• Co-ordinate body to perform a combination of movements</li> <li>• Complete a variety of fitness test successfully and get a personal best</li> </ul>	<ul style="list-style-type: none"> <li>• Balance equipment on various body parts whilst moving or co-ordinating another body actions accurately</li> <li>• Agility focus – can change direction at speed with balance and control whilst using various equipment</li> <li>• Co-ordinate using both sides of the body with fluency to perform combination of movements or actions</li> <li>• Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best</li> </ul>
	<ul style="list-style-type: none"> <li>• Experiment with different ways of balancing</li> <li>• Experiment with different ways of moving (agility)</li> <li>• Experiment with different ways of throwing a moving ball with different body parts (co-ordination)</li> <li>• Working with friends in a team – taking turns</li> </ul>	<ul style="list-style-type: none"> <li>• Balance on low apparatus with good control</li> <li>• Changing direction quickly with good balance and control (agility)</li> <li>• Co-ordinating body whilst beginning to move at different speeds with various equipment</li> <li>• Compete challenges in a team in various running/obstacle games and working together to improve team performance</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing confidently using various equipment and body parts</li> <li>• Agility focus - changing direction at speed with good technique</li> <li>• Co-ordinate body <b>efficiently</b> to perform combination of movements or actions</li> <li>• Complete a variety of fitness tests confidently and achieve a number of personal bests</li> </ul>	N/A

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Swimming	N/A	N/A	<ul style="list-style-type: none"> <li>• Enter and exit the pool in correct and safe manner by the poolside steps</li> <li>• Gain confidence in water walking unaided in pool</li> <li>• <b>Breathing</b> technique – blowing bubbles, face in water and begin to develop technique with float</li> <li>• Developing whole strokes including “doggy paddle” swim on back through kicking and sculling</li> <li>• Be able to swim 5-10metres</li> <li>• Gain knowledge of water safety and attempt self rescue using skills e.g. pyjama rescue in shallow water</li> </ul>	<ul style="list-style-type: none"> <li>• Enter the pool by jumping and diving (at the deep end) safely. Exit the pool by climbing out.</li> <li>• Swim confidently using various strokes on the surface and under the water</li> <li>• Use advance breathing techniques in all strokes</li> <li>• Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly.</li> <li>• Be able to swim over 25m</li> <li>• Confidently perform safe self rescue skills in deep water</li> </ul>
	N/A	N/A	<ul style="list-style-type: none"> <li>• Enter the pool safely by jumping in or sliding in on front. Exit the pool by the poolside steps or climbing out.</li> <li>• Be confident to be able to swim across the pool without stopping</li> <li>• Begin to show <b>breathing</b> technique when performing various strokes with and without a float</li> <li>• Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke</li> <li>• Be able to swim at least 25 metres</li> <li>• Perform safe self rescue in water base situations e.g. pyjama rescue, float aids in deep water etc</li> </ul>	<ul style="list-style-type: none"> <li>• All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.</li> <li>• Each pupil is required to be able to do the following:</li> <li>• Perform safe self-rescue in different water based situations</li> <li>• Swim competently, confidently and proficiently over a distance of <b>at least</b> 25 metres</li> <li>• Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Athletics	<ul style="list-style-type: none"> <li>• Marching/running for co-ordination</li> <li>• Experiment with different ways of throwing under/overarm</li> <li>• Experiment with different ways of jumping- measuring with various objects</li> <li>• Working with friends in a team – taking turns</li> </ul>	<ul style="list-style-type: none"> <li>• Running pumping arms at various speeds</li> <li>• Throw a variety of objects with some accuracy</li> <li>• Jumping bending knees and pushing off – being competitive to improve distance as a pair</li> <li>• Co-operate and compete in a team in various running games</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to perform 'FAST' technique</li> <li>• Throw a javelin/vortex using correct stance rotating hips forward</li> <li>• Perform a hop, step and jump (standing triple jump) in isolation and in combination</li> <li>• In warm ups develop running for distance</li> <li>• Develop relay change over techniques</li> <li>• Run and take off over obstacles at some speed</li> </ul>	<ul style="list-style-type: none"> <li>• React quickly and accelerate over short distances</li> <li>• Throw a javelin/vortex/ tennis ball using correct stance rotating hips forward with good height and distance</li> <li>• Perform a variety of jumps (Long jump and triple jump) and measure for distance</li> <li>• Develop pace when running longer distance</li> <li>• Pass a relay baton with control and timing in a pairs change over</li> </ul>
	<ul style="list-style-type: none"> <li>• Marching/running for co-ordination</li> <li>• Experiment with different ways of throwing under/overarm</li> <li>• Experiment with different ways of jumping- measuring with various objects</li> <li>• Working with friends in a team – taking turns</li> </ul>	<ul style="list-style-type: none"> <li>• Using arms and keeping head still when exploring running patterns</li> <li>• Throw in correct stance 'Usain Bolt position'</li> <li>• Use arms to improve jumping technique – beating their own score</li> <li>• Compete in a team in various running/obstacle games and working together to improve team performance</li> </ul>	<ul style="list-style-type: none"> <li>• Perform 'FAST' technique confidently when sprinting</li> <li>• Throw a javelin/vortex with height and distance</li> <li>• Perform a hop, step and jump (standing triple jump)</li> <li>• In warm ups develop running for distance increasing each lesson</li> <li>• Pass a relay baton with control with a partner in adapted games</li> <li>• Run and jump over hurdles with some speed and control</li> </ul>	<ul style="list-style-type: none"> <li>• Accelerate quickly with speed and control in movement – timed/competitive races</li> <li>• Throw a javelin/vortex /shot put safely with accuracy and power.</li> <li>• Perform a jump for distance varying techniques to improve performance</li> <li>• In an competitive game and begin to hit/place a ball into a space</li> <li>• Develop long distance running- learning to pace and show good technique</li> <li>• Pass a relay baton in competitive situations (timed)</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
<b>Ball Skills</b>	<p><u>Through First PE unit</u></p> <ul style="list-style-type: none"> <li>• Throw to self, catching a soft ball/balloon</li> <li>• Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</li> <li>• Moving around at speed and changing direction</li> <li>• Fun games encouraging throwing and catching different types of balls</li> <li>• Passing with a partner and counting to 5 and 10</li> <li>• Explore stopping a ball with different parts of the body</li> <li>• Experiment kicking the ball with feet to a partner</li> <li>• Move a bean bag on the floor using inside of foot</li> <li>• Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</li> <li>• Passing with a partner and counting to 5 and 10</li> <li>• Follow a partner to steal their bib</li> <li>• Move with different objects in their hands</li> <li>• Passing an object to another child</li> <li>• Moving around in a space in different ways</li> <li>• Scoring points with beanbag treasure in a simple hoop invasion game.</li> </ul>	<ul style="list-style-type: none"> <li>• Catch a soft ball safely</li> <li>• Pass the soft ball from chest – ‘W’ shape when passing and receiving.</li> <li>• Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</li> <li>• Play an adapted superhero game and introduces rules</li> <li>• Scoring in a variety of ways</li> <li>• Stopping a ball with the inside of feet</li> <li>• Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!”</li> <li>• Dribble the ball with the inside of feet</li> <li>• Follow my leader – trying to stay near their partner</li> <li>• Scoring point in a variety of ways in adapted games</li> <li>• Play a simple game of tag</li> <li>• Move with control with the ball in their hands at chest height</li> <li>• Hand over the Rugby ball sideways</li> <li>• Attempt to get past a defender</li> <li>• Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</li> </ul>	N/A	N/A
	<p><u>Through First PE unit</u></p> <ul style="list-style-type: none"> <li>• Throw to self, catching a soft ball/balloon</li> <li>• Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</li> <li>• Moving around at speed and changing direction</li> <li>• Fun games encouraging throwing and catching different types of balls</li> <li>• Passing with a partner and counting to 5 and 10</li> <li>• Explore stopping a ball with different parts of the body</li> <li>• Experiment kicking the ball with feet to a partner</li> <li>• Move a bean bag on the floor using inside of foot</li> <li>• Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</li> <li>• Passing with a partner and counting to 5 and 10</li> <li>• Follow a partner to steal their bib</li> <li>• Move with different objects in their hands</li> <li>• Passing an object to another child</li> <li>• Moving around in a space in different ways</li> <li>• Scoring points with beanbag treasure in a simple hoop invasion game.</li> </ul>	<ul style="list-style-type: none"> <li>• Catch a ball in an adapted game</li> <li>• Bounce pass from a short distance to a partner.</li> <li>• Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</li> <li>• Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</li> <li>• Scoring in a variety of ways and begin to use in a game situation</li> <li>• Stopping a ball with the sole and inside of feet</li> <li>• Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</li> <li>• Dribble the ball with the inside of feet keeping the ball close to their body</li> <li>• Tag game– trying to catch their partner</li> <li>• Scoring in a variety of ways and begin to use scoring techniques game situations</li> <li>• Play a tag game whilst moving at speed</li> <li>• Move with the ball holding it with hands - in ‘W’ shape at chest height</li> <li>• Pass the ball sideways- with smile technique</li> <li>• Dodge around a defender in small area</li> <li>• Scoring a try in a 2v2 game in the end zone</li> </ul>	N/A	N/A

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
<b>Football</b>	<p><b>Through multiskills</b></p> <ul style="list-style-type: none"> <li>● Explore stopping a ball with different parts of the body</li> <li>● Experiment kicking the ball with feet to a partner</li> <li>● Move a bean bag on the floor using inside of foot</li> <li>● Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</li> <li>● Passing with a partner and counting to 5 and 10</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>● Stopping a ball with the inside of feet</li> <li>● Pass the ball beginning to use inside of feet “toe, toe, toe, no, no, no!”</li> <li>● Dribble the ball with the inside of feet</li> <li>● Follow my leader – trying to stay near their partner</li> <li>● Scoring point in a variety of ways in adapted games</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>● Stopping a ball with the sole and inside of feet</li> <li>● Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</li> <li>● Dribble the ball with the inside of feet keeping the ball close to their body</li> <li>● Tag game– trying to catch their partner</li> <li>● Scoring in a variety of ways and begin to use scoring techniques game situations</li> </ul>	N/A
	<p><b>Through multiskills</b></p> <ul style="list-style-type: none"> <li>● Explore stopping a ball with different parts of the body</li> <li>● Experiment kicking the ball with feet to a partner</li> <li>● Move a bean bag on the floor using inside of foot</li> <li>● Fox and rabbits game. Object of the game is to move away from the rabbit onto a spot (finding a space)</li> <li>● Passing with a partner and counting to 5 and 10</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>● Stopping a ball with the sole and inside of feet</li> <li>● Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy</li> <li>● Dribble the ball with the inside of feet keeping the ball close to their body</li> <li>● Tag game– trying to catch their partner</li> <li>● Scoring in a variety of ways and begin to use scoring techniques game situations</li> </ul>	<ul style="list-style-type: none"> <li>● Move body to correct position to stop and control a ball</li> <li>● Pass the ball with inside of feet whilst on the move</li> <li>● Dribble the ball using inside, outside hook and drag back beginning to accelerate</li> <li>● Begin to defend making a standing tackle or intercept a pass</li> <li>● Kick a ball whilst moving past a goal keeper with some accuracy</li> <li>● Inspire others with fair play and being gracious in victory and defeat</li> </ul>	<ul style="list-style-type: none"> <li>● Move into space to receive the ball and control with either foot in a game</li> <li>● Select the correct pass for various distances in a game situation</li> <li>● Dribble the ball in a game situation around a defender</li> <li>● Communicate with team when defending in a game -making interceptions, cover space</li> <li>● To work as a team to score, shooting from various angles</li> <li>● Communicate with team evaluate and recognise success to help improve individual and team performance</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
<b>Rugby</b>	<p><b>Through First PE</b></p> <ul style="list-style-type: none"> <li>• Follow a partner to steal their bib</li> <li>• Move with different objects in their hands</li> <li>• Passing an object to another child</li> <li>• Moving around in a space in different ways</li> <li>• Scoring points with beanbag treasure in a simple hoop invasion game.</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>• Play a simple game of tag</li> <li>• Move with control with the ball in their hands at chest height</li> <li>• <b>Hand over</b> the Rugby ball sideways</li> <li>• Attempt to get past a defender</li> <li>• Scoring a try in a modified drill using correct technique- stay on feet using 2 hands</li> </ul>	<ul style="list-style-type: none"> <li>• Tag a player whilst moving using tag belts</li> <li>• Move with control in a variety of directions holding the ball in the correct position.</li> <li>• Pass the ball backwards/ sideways with control whilst moving</li> <li>• Use speed and space to avoid a passive defender</li> <li>• Beat a defender at <b>speed</b> to score a try</li> </ul>	<ul style="list-style-type: none"> <li>• Tag a player using either hand when moving at full speed in a game situation</li> <li>• Dodge around a defender at speed with a ball in hands avoiding being tagged</li> <li>• Pass and receive the ball when in a pressurised modified game situation</li> <li>• Play modified competitive games avoiding defenders</li> <li>• Work as a team in a game situation to score a try</li> </ul>
	<p><b>Through First PE</b></p> <ul style="list-style-type: none"> <li>• Follow a partner to steal their bib</li> <li>• Move with different objects in their hands</li> <li>• Passing an object to another child</li> <li>• Moving around in a space in different ways</li> <li>• Scoring points with beanbag treasure in a simple hoop invasion game.</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>• Play a tag game whilst moving at speed</li> <li>• Move with the ball holding it with hands - in 'W' shape at chest height</li> <li>• <b>Pass</b> the ball sideways- with smile technique</li> <li>• Dodge around a defender in small area</li> <li>• Scoring a try in a 2v2 game in the end zone</li> </ul>	N/A	N/A

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
<b>Netball</b>	<p><b>Through First PE</b></p> <ul style="list-style-type: none"> <li>• Throw to self, catching a soft ball/balloon</li> <li>• Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</li> <li>• Moving around at speed and changing direction</li> <li>• Fun games encouraging throwing and catching different types of balls</li> <li>• Passing with a partner and counting to 5 and 10</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>• Catch a soft ball safely</li> <li>• Pass the soft ball from chest – ‘W’ shape when passing and receiving.</li> <li>• Small sided games (super hero ball) 3v3 introducing passing and receiving a ball</li> <li>• Play an adapted superhero game and introduces rules</li> <li>• Scoring in a variety of ways</li> </ul>	<ul style="list-style-type: none"> <li>• Pass and receive stepping into the pass (chest, bounce and shoulder pass)</li> <li>• Perform a stride stop with a pivot</li> <li>• Perform a jump top with a pivot</li> <li>• Perform two different dodges (Drive and the dodge)</li> <li>• Marking a player standing side on sticking to player</li> <li>• Shooting- bend knees and place hand under the ball to shoot</li> <li>• Begin to understand the positions in a high five game</li> </ul>	N/A
	<p><b>Through First PE</b></p> <ul style="list-style-type: none"> <li>• Throw to self, catching a soft ball/balloon</li> <li>• Experiment with rolling the ball, throw and catch to self and to a partner (hand eye co-ordination)</li> <li>• Moving around at speed and changing direction</li> <li>• Fun games encouraging throwing and catching different types of balls</li> <li>• Passing with a partner and counting to 5 and 10</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>• Catch a ball in an adapted game</li> <li>• Bounce pass from a short distance to a partner.</li> <li>• Small sided games (super hero ball) Small sided games 3v3 encouraging chest passes in game</li> <li>• Play an adapted super hero netball game. One team is to attack and attempt to score, the opposing team is to stop (defending) them from scoring.</li> <li>• Scoring in a variety of ways and begin to use in a game situation</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Perform a variety of passes within a game with precision and control</li> <li>• Perform correct footwork in a game (stride stop with a pivot)</li> <li>• Perform correct footwork in a game (jump stop with a pivot)</li> <li>• Perform a variety of dodges to move into a space and receive a ball in a practice and in a game situation</li> <li>• To defend a player during a game to intercept the ball</li> <li>• Shoot into a goal and attempt to get the rebound if missed.</li> <li>• Rotate into different positions on the court.</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
<b>Basketball</b>	<p><b>Through First PE/Multiskills</b></p> <ul style="list-style-type: none"> <li>• Ball Awareness-moving ball on body</li> <li>• Experiment with moving an object along the floor</li> <li>• Throw to self, catching a soft ball/balloon</li> <li>• Passing with a partner and counting to 5 and 10. Fun games encouraging throwing and catching different types of balls</li> <li>• Throwing objects onto targets</li> <li>• Jumping and landing on two feet, over equipment</li> <li>• Move around in a variety of ways</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>• Ball Awareness-moving ball on the ground</li> <li>• Experiment with bouncing and dribbling a ball</li> <li>• Catch a soft ball safely</li> <li>• Pass a soft ball from the chest – ‘W’ shape when passing and receiving.</li> <li>• Scoring in superhero basketball – ball into target (someone’s hands)</li> <li>• Stopping – two feet, bending at knees with the ball</li> <li>• Move around and change direction</li> <li>• Small-sided games (Superhero ball Basketball) 3v3 dribbling and passing the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Ball Awareness-moving ball around different parts of the body with control</li> <li>• Dribbling and bouncing a ball with control and using both hands</li> <li>• Pass and receive, stepping into the pass (chest and bounce pass)</li> <li>• Scoring into a net/hoop in a small sided 3V3 basketball game</li> <li>• Perform a jump and stride stop with a pivot</li> <li>• Dodging with the ball to protect it</li> <li>• Protecting the ball in an adapted game- using the pivot to protect the ball</li> <li>• Introduce 4v4 mini basketball or an adapted game. Begin to use some additional rules e.g double dribble, travelling.</li> </ul>	<ul style="list-style-type: none"> <li>• Ball Awareness-copying a partner and keeping control while moving the ball</li> <li>• Dribbling the ball in various directions at speed.</li> <li>• Perform a variety of passes within a game with precision and control</li> <li>• Using the BEEF technique in a competitive game situation.</li> <li>• Dribble the ball and perform the correct footwork when stopping in a competitive game situation</li> <li>• Offensive play using your team member to screen the ball in combination.</li> <li>• To use defence techniques in a competitive game situation.</li> <li>• Use techniques learned and apply in a game situation. Children to officiate and to understand the key rules of the game.</li> </ul>
	<p><b>Through First PE/Multiskills</b></p> <ul style="list-style-type: none"> <li>• Ball Awareness-moving ball on body</li> <li>• Experiment with moving an object along the floor</li> <li>• Throw to self, catching a soft ball/balloon</li> <li>• Passing with a partner and counting to 5 and 10. Fun games encouraging throwing and catching different types of balls</li> <li>• Throwing objects onto targets</li> <li>• Jumping and landing on two feet, over equipment</li> <li>• Move around in a variety of ways</li> </ul>	<p><b>Through Ball skills</b></p> <ul style="list-style-type: none"> <li>• Ball Awareness-moving ball on the ground with control</li> <li>• Experiment with bouncing and dribbling a ball beginning to use left and right hands</li> <li>• Catch a ball safely</li> <li>• Pass from a short distance to a partner.</li> <li>• Scoring in a variety of ways and begin to use these in a game situation</li> <li>• Stopping -two feet bending at knees and holding the ball close to body</li> <li>• Move around and change direction at speed</li> <li>• Small-sided games (Superhero ball Basketball) Small sided games, dribbling the ball and attempting the chest and bounce pass in a game.</li> </ul>	N/A	N/A

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Tennis	<ul style="list-style-type: none"> <li>• Throw and catch to self with a soft ball and attempt to bounce catch to self</li> <li>• Balance an object e.g. beanbag on racket</li> <li>• Hand eye co-ordination passing ball to a partner</li> <li>• Move on the floor ball with hand in a variety of ways</li> <li>• Push the ball with throw down strips to develop hand eye co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing and catching a small ball with control and bounce catch to self and partner</li> <li>• Balance a ball on racket</li> <li>• Racket familiarisation- moving ball with racket in forehand position</li> <li>• Racket Familiarisation – moving a ball in backhand position</li> <li>• Tap up tennis to self keeping control</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch from one hand to the other and bounce catch into a target with a partner</li> <li>• Balance a ball on racket with control</li> <li>• Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving</li> <li>• Racket Familiarisation – moving a ball in backhand position whilst moving</li> <li>• Tap up tennis with a partner to keep control of the ball</li> </ul>	N/A
	<ul style="list-style-type: none"> <li>• Throw and catch to self with a soft ball and attempt to bounce catch to self</li> <li>• Balance an object e.g. beanbag on racket</li> <li>• Hand eye co-ordination passing ball to a partner</li> <li>• Move on the floor ball with hand in a variety of ways</li> <li>• Push the ball with throw down strips to develop hand eye co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch from one hand to the other and bounce catch into a target with a partner</li> <li>• Balance a ball on racket with control</li> <li>• Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving</li> <li>• Racket Familiarisation – moving a ball in backhand position whilst moving</li> <li>• Tap up tennis with a partner to keep control of the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Move with balance and control to catch a ball</li> <li>• Hit/bounce ball on racket when moving</li> <li>• Hit ball in forehand position with drop feed</li> <li>• Hit a ball in backhand position with a dropfeed</li> <li>• Hit a ball into a target from a variety of distances with no bounce</li> </ul>	<ul style="list-style-type: none"> <li>• Move in a variety of directions when hitting a ball</li> <li>• Hit/bounce ball to a partner with control</li> <li>• Move to hit a ball in game in forehand position</li> <li>• Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.</li> <li>• Serve diagonally under/overarm in a game of mini tennis</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 2 Years 1 and 2	Milestone 3 Years 3 and 4	Milestone 4 Years 5 and 6
Quicksticks	N/A	N/A	N/A	N/A
	N/A	N/A	<ul style="list-style-type: none"> <li>• Dribble the ball the ball with control</li> <li>• Perform a short pass and begin to move into a space and receive the ball with some control</li> <li>• Pass the ball over a longer distance with accuracy and power</li> <li>• Tackle a player using correct grip</li> <li>• Can occasionally score whilst the ball is moving</li> <li>• Inspire others with fair play and being gracious in victory and defeat</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble the ball at various speeds- both in isolation and a game situation</li> <li>• Pass and move into a space with accuracy, control and speed (in isolation/game situation)</li> <li>• I can start to pass the ball over a variety of distances in attacking or defensive situations</li> <li>• Begin to defend as an individual and communicate to defend as a team (marking and tackling)</li> <li>• I can hit a moving ball into a goal from different angles and sometimes with different levels of power.</li> <li>• Communicate with team evaluate and recognise success to help improve individual and team performance</li> </ul>

Key Concepts	Milestone 1 EYFS	Milestone 1 Years 1 and 2	Milestone 2 Years 3 and 4	Milestone 3 Years 5 and 6
<b>Kwik cricket</b>	<p><b>Through First PE</b></p> <ul style="list-style-type: none"> <li>• Rolling and stopping a ball sitting down and standing up</li> <li>• Move with different objects in their hands</li> <li>• Passing an object to another child</li> <li>• Pushing a ball away from body with hands</li> <li>• Push ball with throw down strips to develop hand eye co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>• Rolling and stopping a ball with one/two hands</li> <li>• Throw and catch a ball with some control</li> <li>• Bowl underarm towards a target</li> <li>• Hit a ball off a tee using various bats</li> <li>• Play a modified game hitting off a tee</li> </ul>	<ul style="list-style-type: none"> <li>• Roll and stop a ball with control/accuracy</li> <li>• Throw underarm with some accuracy and catch a ball</li> <li>• Bowl underarm towards a target with control and accuracy</li> <li>• Begin to hold the bat in correct position and hit a ball off a tee</li> <li>• Play a modified game encouraging teamwork when fielding</li> </ul>	N/A
		<ul style="list-style-type: none"> <li>• Roll and stop a ball with control/accuracy</li> <li>• Throw underarm with some accuracy and catch a ball</li> <li>• Bowl underarm towards a target with control and accuracy</li> <li>• Begin to hold the bat in correct position and hit a ball off a tee</li> <li>• Play a modified game encouraging teamwork when fielding</li> </ul>	<ul style="list-style-type: none"> <li>• Roll the ball with one hand and stop the ball from different directions using Long barrier method</li> <li>• Throw and catch under pressure in modified games</li> <li>• Bowl at a wicket underarm/overarm with accuracy and control</li> <li>• Hit a drop fed ball and/or moving ball with a bat</li> <li>• Play a game communicating as a team</li> </ul>	<ul style="list-style-type: none"> <li>• Positioning in a modified game to field a ball (both throwing and stopping it)</li> <li>• Making correct decisions with the type of throw to use in modified game. Move body into a position to catch the ball</li> <li>• Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket</li> <li>• In a competitive game begin to tactically hit/place a ball into a space</li> <li>• Use a variety of tactics to attack and defend in a game of quick cricket</li> </ul>

## **Aspirations for the Future**

Children develop an understanding of how subjects and specific skills are linked to future jobs. Here are some of the jobs you could aspire to do in the future as an Athlete. :

- Physiotherapist
- Coach
- Instructor
- Kit manager
- Referee
- Sports player

## **Physical Education and our Locality**

- We have links with both Settle College and QES and attend sporting events organised by them, for Primary Schools.
- We have strong links with our local cluster and attend events whenever possible.
- Local Swimming Pools nearby.
- Specialist coaches come in to school often.
- Outdoor and Adventurous Activities are enhanced by the local countryside; Three Peaks, climbing, potholing etc.

## **Impact**

### **Assessment**

Through the explicit teaching of the PE skills, both the teachers and the children assess their learning continuously throughout the lesson. Throughout and at the end of a unit of work, children will reflect on their learning alongside their peers and their teacher. Our assessment systems enable teachers to make informed judgements about the depth of their learning and the progress they have made over time.

Subject Leader Portfolios will collate evidence of learning across the year. This will include pupil and parent voice, photographs and examples of children's learning both within and beyond the school day.