

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer2
<p>INTENT – 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 & fitness, cognitive and creative abilities. Our core values in PE are teamwork, endurance, courage and respect.</p> <p>IMPLEMENTATION – All pupils will experience a 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>IMPACT – Pupils enjoy PE. Pupils develop the key abilities they need to be successful within PE and sport and across the curriculum.</p>						
EARLY YEARS	<p>Covered throughout the year through discrete PE lessons and access to outdoor provision.</p> <ul style="list-style-type: none"> 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 					
Rec, Year 1 & 2	<p>REAL PE</p> <ul style="list-style-type: none"> Coordination – footwork Balance (one leg) 	<p>REAL PE</p> <ul style="list-style-type: none"> Dynamic balance – jumping & landing Static balance – seated 	<p>REAL PE</p> <ul style="list-style-type: none"> Balance on a line Static balance – stance 	<p>REAL PE</p> <ul style="list-style-type: none"> Ball skills – coordination Counter balance with partner 	<p>REAL PE</p> <ul style="list-style-type: none"> Sending & receiving Agility – reaction/response 	<p>REAL PE</p> <ul style="list-style-type: none"> Agility – ball chasing Floor work
Year 1	<p>Ball skills – throwing & catching</p> <ul style="list-style-type: none"> throw underarm move and stop safely throw and catch with both hands throw and kick in different ways 	<p>Ball skills – bat & ball</p> <ul style="list-style-type: none"> hit a ball with a bat move and stop safely 	<p>Creative dance</p> <ul style="list-style-type: none"> move to music copy dance moves perform my own dance moves make up a short dance move safely in a space 	<p>Gymnastics</p> <ul style="list-style-type: none"> make my body curled, tense, stretched and relaxed control my body when travelling and balancing copy sequences and repeat them roll, curl, travel and balance in different ways 	<p>Invasion games</p> <ul style="list-style-type: none"> Group games Making rules 	<p>Athletics</p> <ul style="list-style-type: none"> copy actions repeat actions and skills move with control and care use equipment safely
Year 2	<p>Ball skills – throwing & catching, leading to games</p> <ul style="list-style-type: none"> use hitting, kicking and/or rolling in a game decide the best space to be in during a game use one tactic in a game follow rules 	<p>Ball skills – hitting & striking, leading to games</p> <ul style="list-style-type: none"> use hitting, kicking and/or rolling in a game decide the best space to be in during a game use one tactic in a game follow rules 	<p>Creative dance</p> <ul style="list-style-type: none"> change rhythm, speed, level and direction in my dance dance with control and coordination make a sequence by linking sections together use dance to show a mood or feeling 	<p>Cross cultural dance</p> <ul style="list-style-type: none"> change rhythm, speed, level and direction in my dance dance with control and coordination make a sequence by linking sections together use dance to show a mood or feeling 	<p>Gymnastics</p> <ul style="list-style-type: none"> plan and perform a sequence of movements improve my sequence based on feedback think of more than one way to create a sequence which follows some ‘rules’ work on my own and with a partner 	<p>Athletics</p> <ul style="list-style-type: none"> copy and remember actions talk about what is different from what I did and what someone else did
Year 3 Year 4	<p>REAL PE</p> <ul style="list-style-type: none"> Coordination – footwork Static balance (one leg) 	<p>REAL PE</p> <ul style="list-style-type: none"> Dynamic balance – jumping & landing Static balance – seated 	<p>REAL PE</p> <ul style="list-style-type: none"> Dynamic balance on a line Coordination – ball skills 	<p>REAL PE</p> <ul style="list-style-type: none"> Coordination – sending & receiving Counter balance with partner 	<p>REAL PE</p> <ul style="list-style-type: none"> Agility – reaction/response Static Balance – floor work 	<p>REAL PE</p> <ul style="list-style-type: none"> Agility – ball chasing Static balance - stance
Year 3	<p>Ball skills & kicking - Football & rugby</p> <ul style="list-style-type: none"> throw and catch with control be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly 	<p>Ball skills & kicking – Netball & basketball</p> <ul style="list-style-type: none"> throw and catch with control be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly 	<p>Creative dance</p> <ul style="list-style-type: none"> improvise freely and translate ideas from a stimulus into movement share and create phrases with a partner and small group repeat, remember and perform phrases 	<p>Cross cultural dance</p> <ul style="list-style-type: none"> improvise freely and translate ideas from a stimulus into movement share and create phrases with a partner and small group repeat, remember and perform phrases 	<p>Gymnastics</p> <ul style="list-style-type: none"> adapt sequences to suit different types of apparatus and criteria explain how strength and suppleness affect performance compare and contrast gymnastic sequences 	<p>Athletics</p> <ul style="list-style-type: none"> run at fast, medium and slow speeds; changing speed and direction take part in a relay, remembering when to run and what to do
Year 4	<p>Ball skills & kicking – Football, invasion games</p> <ul style="list-style-type: none"> catch with one hand throw and catch accurately hit a ball accurately with control keep possession of the ball vary tactics and adapt skills depending on what is happening in a game 	<p>Ball & stick skills - Hockey & invasion games</p> <ul style="list-style-type: none"> hit a ball accurately with control keep possession of the ball vary tactics and adapt skills depending on what is happening in a game 	<p>Gymnastics</p> <ul style="list-style-type: none"> work in a controlled way include change of speed and direction include a range of shapes work with a partner to create, repeat and improve a sequence with at least three phases 	<p>Cross cultural dance</p> <ul style="list-style-type: none"> take the lead when working with a partner or group use dance to communicate an idea 	<p>Rounders/Baseball</p> <ul style="list-style-type: none"> catch with one hand throw and catch accurately hit a ball accurately with control keep possession of the ball vary tactics and adapt skills depending on what is happening in a game 	<p>Athletics</p> <ul style="list-style-type: none"> run over a long distance sprint over a short distance throw in different ways hit a target jump in different ways
Year 5 Year 6	<p>REAL PE</p> <ul style="list-style-type: none"> Coordination – ball skills Agility – reaction/response 	<p>REAL PE</p> <ul style="list-style-type: none"> Static balance – seated Static Balance – floor work 	<p>REAL PE</p> <ul style="list-style-type: none"> Dynamic balance on a line Counter balance with a partner 	<p>REAL PE</p> <ul style="list-style-type: none"> Dynamic balance to agility – jumping & landing Static balance – one leg 	<p>REAL PE</p> <ul style="list-style-type: none"> Static Balance – stance Coordination – footwork 	<p>REAL PE</p> <ul style="list-style-type: none"> Coordination – sending & receiving Agility – ball chasing

PE CURRICULUM PLAN

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