

Intent The principal aim of our P.E curriculum aims to inspire pupils to succeed and excel in competitive sport and other physically demanding activities. We have a strong desire to be the best we can be and embed our core values into opportunities for children to become physically and mentally confident, support their health and fitness and build character through their commitment, ambition. Our teachers are ambitious in providing a curriculum that is challenging and that expect the best from our students. Developing children who are passionate and have a secure understanding of how to improve in different physical activities and sports, learn how to value and recognise their own success.
Key Stage 2 National Curriculum Objectives ▪ 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
Key Skills in Physical Education for Year 6 pupils • Fundamental movement skills: These include basic movements such as running, jumping, and skipping, which are essential for developing agility, balance, and coordination. • Competence and confidence: Pupils should become increasingly competent and confident in their movement skills, applying them across different sports and physical activities. • Competitive and cooperative activities: They should engage in both competitive and cooperative physical activities, participating in a range of increasingly challenging situations. • Improvement and evaluation: Pupils should learn to improve in different physical activities and sports and evaluate and recognize their own success. Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations

Term 1		Term 2		Term 3	
Athletics	Netball	Hockey	Football	Gymnastics	OAA team building
Introduction of sprint technique	Passing technique	Dribbling and running with the ball – maintaining control whilst dribbling and vision	Ball manipulation	Shapes, travel, tension	Introduction to problem solving
Use of rebound boards	Footwork/ passing on the move	Passing – Push pass	Running with the ball	Partner balances	Building Relationships
Chest push	Shooting – technique	Passing and receiving	Ball control - Ground	Handstands, shoulder stands, frog stand	Communication
Soft/Javelin/Ball throw	Dodging	Tackling – Block and jab	Dribbling	Bridges, strength games	Leadership
Jumping: Speed bounce/Standing LJ/ Standing TJ/ Vertical jump	Attacking – moving into space	Shooting	Short-range passing	Rolls; egg, pencil, circle, forward	Teamwork
Sprint relay baton exchange technique	Defending – positional awareness	Game awareness – Marking and getting free / space	Defending – 1 V 1	Cartwheel spins	Teamwork challenge
Extras: Variations to throwing technique eh. Shot put glide etc.	Extras: Positions/ Set play/ Small sided games	Positions and rules for game play / decision making	Shooting		Raft/ structure building exercise