



Manland Primary School-PE Curriculum Intent



Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

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.

Reception The EYFS framework is structured very differently to the national curriculum as it is organised across seven areas of learning rather than subject areas. Children in Reception will develop the prerequisite skills they need to access the Key Stage 1 PE Curriculum through a range of activities. These include both taught sessions and access to continuous provision.

Early Learning Goals that Link to PE:

PSED – Managing Self

Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.

Explain the reasons for rules, know right from wrong and try to behave accordingly.

Manage their own basic hygiene and personal needs, including dressing.

PSED – Building Relationships

Work and play cooperatively and take turns with others.

PD – Gross Motor Skills

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.

EAD – Being Imaginative and Expressive

Children will:

- Practise a range of movements joining them together.
- Perform familiar dance routines linked to nursery rhymes.
- Begin to show emotion through movement
- Create individual and paired dances.
- Create gymnastic sequences using controlled movements
- Balance with different points of contact
- Move carefully on to and around equipment
- Develop throwing and catching skills
- Participate in group games and sports

Children will know:

- Being healthy includes movement and activity as well as rest and sleep
- They can use their body to control and move equipment such as balls around
- How to use equipment safely

Key Vocabulary:

Walk, run, hop, jump, travel, move, space, balance, catch, pass, kick, travel, jump, catch, throw, roll, obstacle, team



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	Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p><u>National Curriculum Content Area:</u> Games/Ball skills</p> <p><u>Pupils will know that:</u> Scoring a point/goal means to hit/strike/throw the ball into your opponent's goal area.</p> <p><u>Pupils will learn to:</u> Travel in a variety of ways including running, jumping and walking. Use basic ball control when in possession of the ball. Throw and catch a ball with some level of control. Use basic hand-eye co-ordination to catch a ball. Find space when playing in a game situation. <u>Key Vocabulary:</u> Travel, jumping, running, throwing,</p>	<p><u>National Curriculum Content Area:</u> Dance/Movement to music</p> <p><u>Pupils will know that:</u> Making a dance sequence means Performing basic movements using our body. Listening to music can help you dance and move your body in time.</p> <p><u>Pupils will learn to:</u> Explore basic movement patterns Respond to basic stimuli such as a theme through music and picture. For example – animals. Use the space around them to make their own sequence of movements Create a simple dance routine as pair/group. <u>Key Vocabulary</u> Copy, explore, patterns, rhythm, speed, steps</p>	<p><u>National Curriculum Content Area:</u> Gymnastics Body shape and parts</p> <p><u>Pupils will know that:</u> They can use their body to make basic shapes and perform them in sequence to complete a routine.</p> <p><u>Pupils will learn to:</u> Use their body to make basic shapes such as star, tuck, straight shape. Perform these shapes in sequence to make a short routine Perform a starting and finishing position before and after their routine to make a clear start and finish. Observe and comment on others routines. <u>Key Vocabulary:</u> Copy, explore, shape, action, balance, link, travel, star, tuck,</p>	<p><u>National Curriculum Content Area:</u> Invasion Games/Ball skills</p> <p><u>Pupils will know that:</u> Basic rules and tactics are needed to score a point/win a game</p> <p><u>Pupils will learn to:</u> Use basic tactics to work towards a common goal. For example, pass the ball into a space to move it forward. Try and prevent an opponent getting the ball. For example, stand next to someone from the opposite team to try and stop them finding space to receive the ball. The basic rules of the game they are playing. For example, you cannot pick the ball up in football unless you are the goalkeeper.</p>	<p><u>National Curriculum Content Area:</u> Striking and fielding/Net/wall games.</p> <p><u>Pupils will know that:</u> They can use a bat or racket to strike the ball. They can use under and overarm throws as well as rolling to move the ball to where it needs to be.</p> <p><u>Pupils will learn to: Key</u> Position the body to catch/strike a ball with either their hands or a bat/racket. Throw overarm and underarm. Attempt to decide what type of throw to perform and how to get the ball to where it needs to be. Use rolling skills when needed.</p>	<p><u>National Curriculum Content Area:</u> Athletics – physical development/movement literacy. Sports Day</p> <p><u>Pupils will know that:</u> Their body can be used in different ways to run, jump and throw. <u>Pupils will learn to:</u> Run at different speeds and in different directions. Jump from a standing position from one or both legs Attempt to throw a variety of objects different heights and distances. <u>Key Vocabulary:</u> Run, jump, speed, throw, position, equipment</p>



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	catching, receiving, space, ball control, accuracy.		straight, start, finish, position.	Key Vocabulary: Space, opponent, tactics, Movement, rules.	Vocabulary: Throw, catch, hit, body position, racket hand, rally, movement.	
Year 2	<p>National Curriculum Content Area: Games/Ball skills</p> <p>Pupils will know that: They need to work to invade their opponent's half of the pitch to score a point/goal. The terms 'attacking' and 'defending' and their meaning.</p> <p>Pupils will learn to: Develop some spatial awareness. Understand the importance of rules Begin to apply some basic skills in game situations Start to show more accuracy when throwing and catching the ball</p> <p>Key Vocabulary: Accuracy, teamwork, throw, catch, space, invade, score.</p>	<p>National Curriculum Content Area: Dance</p> <p>Pupils will know that: Movement patterns are created by putting together a number of steps to make a simple routine.</p> <p>Pupils will learn to: Respond to a variety of stimuli including music, picture and instruction. Describe a simple dance routine pointing out what they liked. Copy and explore movement patters, changes of levels and direction.</p> <p>Key Vocabulary: Copy, explore, patterns, rhythm, dance, steps.</p>	<p>National Curriculum Content Area: Gymnastics. Pathways and levels.</p> <p>Pupils will know that: Perform a sequence of shapes and body positions, showing a clear starting and finishing position.</p> <p>Pupils will learn to: Copy basic shapes including straight, tuck, star, pile and straddle. Begin to select shapes to create short sequences. Show understanding of performing at different levels Show a clear starting and finishing position before and after routine. Observe and comment on others performance</p>	<p>National Curriculum Content Area: Invasion Games/ball skills</p> <p>Pupils will know that: To use a selection of basic tactics to defeat an opponent.</p> <p>Pupils will learn to: Display a level of spatial awareness Show ability to move the ball around as a team to work towards scoring a goal/point. Show some understanding of the difference between attack and defence. Show basic understanding of key rules of the game being played.</p> <p>Key Vocabulary: Rules, attack, defence, space, score, move</p>	<p>National Curriculum Content Area: Striking and fielding/Net & wall games</p> <p>Pupils will know that: To use a selection of techniques to attempt to score a point and to work together as a team to try and prevent opponents scoring a point.</p> <p>Pupils will learn to: Strike or hit a ball with increasing accuracy Attempt to use the correct body position when attempting to hit a ball Use hand-eye co-ordination to throw, catch and bounce a ball in an game and practice situation How teamwork when working as fielders for a team.</p>	<p>National Curriculum Content Area: Athletics/Sports Day</p> <p>Pupils will know that: In order to complete at athletics events, we must be able to use our body to run, jump and throw.</p> <p>Pupils will learn to: Jump for height and distance with one or both feet/1/2 footed take off/landing. Run at different speeds changing direction when needed. Understand the difference between the speed ran at and distance covered. Perform throwing actions using various equipment. Show ability to listen to instruction and</p>



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			<p>s using some of the key vocab.</p> <p>Key Vocabulary: Create, movement, perform, shape, balance, starting and finishing position.</p>		<p>Key Vocabulary: Strike, hit, catch, throw, fielding, batting.</p>	<p>handle equipment safely. Key Vocabulary: Jump, speed, distance, run, throw. Run, jump, speed, distance, throw, position, equipment, time.</p>
Year 3	<p>National Curriculum Content Area: Swimming/Invasion games</p> <p>Pupils will know that: They need to throw, catch and use space with a degree of accuracy when working as a team. Very simple tactics for attacking and defending.</p> <p>Pupils will learn to: Apply and follow rules fairly. Begin to apply the principles of invasion games Throw and catch with more accuracy and consistency.</p>	<p>National Curriculum Content Area: Swimming/dance</p> <p>Pupils will know that: They can use a simple sequence of movements to perform a dance routine. Pupils will learn to: Listen to the music and identify a basic beat to move to. Follow a very simple, short motif. Use the space to work individually and in pairs/groups. Attempt to use different levels when performing movements Put together a short sequence of</p>	<p>National Curriculum Content Area: Swimming/Gymnastics</p> <p>Pupils will know that: Linking body shapes, levels and movements with good body tension and timing they can create a gymnastics routine.</p> <p>Pupils will learn to: Perform movements displaying control, balance and body tension Perform in time with another person/as a group. Link at least two basic movements to attempt</p>	<p>National Curriculum Content Area: Swimming/Games</p> <p>Pupils will know that: To follow rules fairly and accurately, To work as a team in order to attack and defend.</p> <p>Pupils will learn to: Understand basic rules of play and display this understanding during a game. Work with team mates to find space and move a ball forward in order to attempt to score a goal/Point. Attempt to use basic defensive skills and</p>	<p>National Curriculum Content Area: Striking & fielding Net & wall</p> <p>Pupils will know that: Basic rules in tennis, rounders and cricket Using the correct technique with a degree of accuracy will help in striking a ball will result in a point being scored or a rally being successful. Basic retrieving and throwing/catching techniques are needed when fielding. Pupils will learn to:</p>	<p>National Curriculum Content Area: Swimming/Athletics/Sports day</p> <p>Pupils will know that: Athletics involves running, jumping and throwing activities and how to perform them safely. Pupils will learn to: Key Vocabulary: Look at running action and running speed and how they are linked. Estimate time travelled over various distances Perform a range of throws using different implements and</p>



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	<p>Work as a team to try and score a goal Attempt to mark a space or an opponent to prevent a goal being scored.</p> <p><u>Key Vocabulary:</u> Attack, defend, opponent, space, goal/point.</p>	<p>movements following a given theme. <u>Key Vocabulary:</u> Levels, space, theme, sequence, fluency, motif. Music.</p>	<p>a simple gymnastic routine. To perform different rolls, jumps and body shapes. Show different levels and use of space as part of a routine. Understand what symmetry is and attempt to display an example of it. <u>Key Vocabulary</u> Link, level, body tension, balance, symmetry</p>	<p>tactics to try and prevent a goal from being scored.</p> <p><u>Key Vocabulary:</u> Teamwork, rules, attack, defend, space, score.</p>	<p>Accurately feed an underarm ball Attempt to perform a basic overarm throw Use hand/eye co-ordination to strike a ball with a bat or racket Build a rally with a partner Use basic knowledge to attempt to score a point in a small game. Use basic knowledge as fielders to prevent points being scored.</p>	<p>different throwing actions Estimate how far something will travel when thrown. Look at how we use our body to jump over distance and height. Use both standing take off from both one and two feet and with a run up to experiment with which helps gain distance.</p>
Year 4	<p><u>National Curriculum Content Area:</u> Games/invasion games Football/tag rugby</p> <p><u>Pupils will know that:</u> Ball control and accuracy are important when playing team games. Following rules, knowing the difference between attack and defence and working together are all important.</p>	<p><u>National Curriculum Content Area:</u> Dance</p> <p><u>Pupils will know that:</u> Dance involves expressing ideas through movement to music.</p> <p><u>Pupils will learn to:</u> Show awareness of rhythm and space. Share and create dance phrases with a partner, individually or in a small group.</p>	<p><u>National Curriculum Content Area:</u> Gymnastics</p> <p><u>Pupils will know that:</u> They require good control and body tension to perform various gymnastics movements.</p> <p><u>Pupils will learn to:</u> Warm and cool down safely. Perform different types of rolls, including forward,</p>	<p><u>National Curriculum Content Area:</u> Games Netball/hockey/basket ball</p> <p><u>Pupils will know that:</u> Working as a team, following rules and using simple tactics are all important in successful game play.</p> <p><u>Pupils will learn to:</u> Know and understand simple rules for different sports.</p>	<p><u>National Curriculum Content Area:</u> Striking & fielding Net & wall</p> <p><u>Pupils will know that:</u> The basic rules of the game being played and apply this knowledge in a game. The importance of using simple tactics.</p> <p><u>Pupils will learn to:</u> Perform an underarm throw in the right situation</p>	<p><u>National Curriculum Content Area:</u> Athletics/Orienteering Sports day</p> <p><u>Pupils will know that:</u> Problem solving and working as a team to achieve a common goal is an important skills. Athletic events consist of running, jumping and throwing and how to perform different activities involving these skills.</p>



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	<p><u>Pupils will learn to:</u> Use basic passing and moving to move forward Find space to receive and make a pass Understand and follow simple rules Use simple tactics to beat and opponent individually or as a team Understand the techniques needed for different types of passes Understand movement on and off the ball Tag Rugby (sideways and backwards passing) Understand how to referee very basic rules in order to referee a simple game.</p> <p><u>Key Vocabulary:</u> Pass, move, space, rules, tactics,</p>	<p>Show understanding of levels and direction when performing dance movements Perform dances clearly to communicate ideas.</p> <p><u>Key Vocabulary:</u> Dance phrase, expression, ideas, levels, direction.</p>	<p>teddy bear and log roll. Jump on and off apparatus safely Know how to perform a balance with good body tension. Perform a gymnastic movement in time with a partner/group. Perform a sequence of movements including a starting and finishing position.</p> <p><u>Key Vocabulary:</u> Balance, roll, body tension, starting and finishing.</p>	<p>Attempt to apply simple tactics to attack and defend in a game Move into space to receive a pass in a game situation. Use basic technique to control a ball when playing. Play fairly and respect others during game play.</p> <p><u>Key Vocabulary:</u> Fair play, tactics, rules, movement, pass, space.</p>	<p>Perform an overarm throw in the right situation Catch a ball with control and throw a ball with a degree of accuracy Perform a short rally with a partner Use knowledge and ability to work individually and as a team to field a ball. Strike a ball in order to attempt to score a point.</p> <p><u>Key Vocabulary:</u> Throw, fielding, catch, strike, rules</p>	<p><u>Pupils will learn to:</u> Look at running action and speed and how they are linked. Throw different implements and experiment with most effective technique. Use both a standing and moving take off to jump for distance. Jump for height and experiment with the best way to do this. <u>Orienteering:</u> Use communication and teamwork skills to locate markers. Work together to problem solve. Use physical stamina to move round an orienteering course completing challenges.</p> <p><u>Key Vocabulary:</u> Throw, run, jump, communicate, teamwork, stamina, problem solve.</p>
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Year 5	<p><u>National Curriculum</u> <u>Content Area:</u> Games/invasion games Tag Rugby/Football</p> <p><u>Pupils will know that:</u> They need to work as a team to create scoring opportunities and defend against opposition scoring.</p> <p><u>Pupils will learn to:</u> Show understanding of basic tactics for attacking and defending. Show more fluency in working as a team to move the ball forward Regularly use available space to receive a pass Show understanding of basic rules through performance and observation of small games Show ability to perform basic attacking and defensive movements.</p> <p><u>Key Vocabulary:</u></p>	<p><u>National Curriculum</u> <u>Content Area:</u> Dance/fitness</p> <p><u>Pupils will know that:</u> <u>Dance</u> To perform different types of dance clearly and fluently. <u>Fitness</u> Regular exercise is important for mental and physical health.</p> <p><u>Pupils will learn to:</u> <u>Dance</u> – Plan dances creatively and collaboratively in groups and pairs. Explore dynamics when planning a dance through levels, space, direction, weight etc Attempt to perform different styles of dance fluently in response to given theme. <u>Fitness</u> – Warm up and cool down understanding the reasons why.</p>	<p><u>National Curriculum</u> <u>Content Area:</u> Gymnastics</p> <p><u>Pupils will know that:</u> Good body tension, balance and timing are important when devising a sequence in pairs and groups. <u>Pupils will learn to:</u> Recap and refine different rolls, using correct technique for forward rolls, teddy bear rolls etc Show examples of good body tension when performing shapes and balances. Show a degree of fluency when linking movements and performing jumps. Perform movements in pairs with examples of mirror and matching and cannon and unison. <u>Key Vocabulary:</u> Body tension, body shape, linking, mirror and match, cannon and unison.</p>	<p><u>National Curriculum</u> <u>Content Area:</u> Games Netball/Basketball/Hockey</p> <p><u>Pupils will know that:</u> Working as a team to attack, defend and move the ball forward is important in successful team play.</p> <p><u>Pupils will learn to:</u> Work more fluently as a team to attack and defend the space and opponents. Show understanding of the rules when playing and refereeing small sided games. Use tactics to successfully attack and defend. Know how to warm up and cool down in preparation for game</p> <p><u>Key Vocabulary:</u> Attack, defend, control, rules, skills, space.</p>	<p><u>National Curriculum</u> <u>Content Area:</u> Striking & fielding Net & wall</p> <p><u>Pupils will know that:</u> Selecting the most appropriate pass/strike of the ball is important in scoring points. The importance of teamwork and movement when working as fielders.</p> <p><u>Pupils will learn to:</u> Throw and catch over various distances with increasing accuracy. Select the right type of pass in different situations. Display good hand/eye co-ordination to strike the ball. Use basic tactics to receive and return the ball. Hold a short rally Understand the basic rules regarding scoring and outs etc.</p> <p><u>Key Vocabulary:</u></p>	<p><u>National Curriculum</u> <u>Content Area:</u> Athletics/orienteering Sports day</p> <p><u>Pupils will know that:</u> <u>Athletics</u> – The ability to run, jump, throw and improve on own performance in order to get better at these skills. <u>Orienteering</u> – Teamwork, problem solving, communication and physical stamina are all important skills when orienteering. <u>Pupils will learn to:</u> <u>Athletics</u> Look at and build on a variety of different running techniques. Understand the link between speed and distance covered. Perform a jump from a static starting position from one or both feet, jumping on to one or both feet. Learn basic technique for javelin, discus and</p>
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	<p>Rules, attack, defence, space, tactics.</p>	<p>Know how exercise affects the body in different ways Experiment with different kinds of fitness tests to help understanding of own fitness levels and how the body responds. Key Vocabulary: Heart rate, endurance, speed, strength, fitness, health.</p>			<p>Field, strike, rally, rules, over/underarm throw, catch, retrieve.</p>	<p>shot put and be able to use these with a lighter, smaller version of each. Orienteering To problem solve in teams To communicate effectively in order to achieve a common goal. To use physical and problem solving skills to locate markers around the area. Key Vocabulary: Throw, run, jump, distance, time, technique.</p>
Year 6	<p><u>National Curriculum Content Area:</u> Games/Invasion games Tag Rugby/football</p> <p><u>Pupils will know that:</u></p>	<p><u>National Curriculum Content Area:</u> Dance</p> <p><u>Pupils will know that:</u> What dynamics, levels and relationships mean and how they're important in dance.</p>	<p><u>National Curriculum Content Area:</u> Gymnastics</p> <p><u>Pupils will know that:</u> Gymnastics requires the ability to balance, roll, jump and link movements fluently.</p>	<p><u>National Curriculum Content Area:</u> Games Netball/basketball/hockey</p> <p><u>Pupils will know that:</u> Tactics, fair play, team work and knowledge</p>	<p><u>National Curriculum Content Area:</u> Striking & fielding Net & wall</p> <p><u>Pupils will know that:</u> Throwing, catching and striking a ball are all important in</p>	<p><u>National Curriculum Content Area:</u> Athletics/orienteering Sports day</p> <p><u>Pupils will know that:</u> <u>Athletics</u></p>



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	<p>It's important to apply tactics and work as a team to score goals.</p> <p><u>Pupils will learn to:</u> Pass and move into space. Select and execute the appropriate pass. Move effectively and confidently with the ball. Be able to pick out a player and mark them to try and stop a pass. Use knowledge of simple tactics and perform in a game Use basic set plays.</p> <p><u>Key Vocabulary:</u> Set play, tactics, attack, defend, space, movement.</p>	<p><u>Pupils will learn to:</u> Follow a theme and design own movement phrase. Learn a basic motif to perform as a part of a dance sequence. Listen for the Rhythm and beat in the music in order to perform a dance sequence. Create own expressive movements. Show understanding of dynamics and relationships when creating a dance.</p>	<p><u>Pupils will learn to:</u> Show good body tension and control when holding a balance Understand a perform a counter balance Perform a forward roll with fluency and control Link movements together with fluency and control Use apparatus safely and attempt to incorporate it into a sequence Work in pairs or groups to create a sequence Show examples of mirror/matching/cannon/unison Be able to observe and comment on others performance.</p> <p><u>Key Vocabulary:</u> Counter balance, balance, mirror & match, cannon & unison. Link Perform, body tension.</p>	<p>of the rules are all important skills in invasion games.</p> <p><u>Pupils will learn to:</u> Apply relevant, basic tactics, use a simple set play. Beat an opponent in order to gain momentum/advantage . Working as a team in both attack and defence is important. Show understanding and follow the rules of the game. Lead small groups in developing skills and show understanding of the rules through short referring activities.</p> <p><u>Key Vocabulary:</u> Rules, space, attack, defend, tactics, movement, teamwork.</p>	<p>striking and fielding activities. Understand the rules and where the ball can and can't go is important when attempting a rally or a game in net & wall games.</p> <p><u>Pupils will learn to:</u> Throw accurately and with control over short distances. Attempt to throw accurately and with control over longer distances. Select the right type of pass during a game situation. Hold a rally during a net & wall game – understanding how to score a point and when a ball is out. Understand the role of a fielder and where to stand when fielding. Know and attempt to show the best way to retrieve a ball that has been hit.</p>	<p>Running, jumping and throwing form athletic activities. Power, speed, strength and endurance are all useful in various athletic activities. <u>Orienteering</u> Teamwork, problem solving, communication and collaboration are key to completing orienteering activities. <u>Pupils will learn to:</u> <u>Orienteering</u> Problem solve to complete tasks and locate markers Work collaboratively to achieve team aims. Communicate ideas and solutions Use physical speed and stamina to move around set out course. <u>Athletics</u> Use both speed and stamina in individual running events to give best performance Understand and attempt to demonstrate how running action</p>
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					<p><u>Key Vocabulary:</u> Fielding, batting, retrieve, rules, points, rally.</p>	<p>changes depending on distance being run. Learn techniques for discus, shot putt and javelin. Attempt to throw these implements with the best possible technique. Jump for both distance and height in various jumping events. Attempt different take offs and landings when Jumping. <u>Key Vocabulary:</u> Run, jump throw, distance, height, power, speed, endurance.</p>
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