

# PE CURRICULUM PROVISION

## Boys' Physical Education

## Academic Year 2018-19

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 5</b>	Gymnastics	Football	HRF/ Orienteering	Basketball	Athletics	Cricket
	SPA Swimming	Swimming	Swimming	X-C Swimming	Swimming	Swimming
<b>Year 6</b>	Cricket	Basketball	Gymnastics	Hockey	Athletics	Tennis
	SPA			X-C		

In Key Stage 2, pupils are taught to:

- Use running, catching and throwing 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 individual pupil performances with previous ones and demonstrate improvement to achieve their personal best.
- 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.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 7</b>	Basketball  SPA	Football	Orienteering	Dance  X-C	Athletics	Tennis
<b>Year 8</b>	Basketball  SPA	Hockey	Gymnastics	Orienteering/ Problem Solving  X-C	Athletics	Cricket
<p>In Key Stage 3, pupils are taught to:</p> <ul style="list-style-type: none"> <li>• Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].</li> <li>• Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]</li> <li>• Perform dances using advanced dance techniques within a range of dance styles and forms</li> <li>• Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</li> <li>• Analyse personal performance compared with previous outcomes and demonstrate improvement to achieve their personal best</li> <li>• Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul>						
<b>Extra-curricular KS2 &amp; KS3</b>	Inter-house competitions, sports' clubs and sports' fixtures					

## Girls' Physical Education

Academic Year 2018-19

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 5</b>	Netball SPA	Gymnastics	Dance/HRF	Hockey	Athletics	Tennis
	Swimming	Swimming	Swimming	X-C Swimming	Swimming	Swimming
<b>Year 6</b>	Netball	Gymnastics	Football	Dance/HRF	Athletics	Rounders
	SPA			X-C		

In Key Stage 2, pupils are taught to:

- Use running, catching and throwing 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 individual pupil performances with previous ones and demonstrate improvement to achieve their personal best.

- 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.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 7</b>	Netball  SPA	Gymnastics	Dance	Hockey  X-C	Athletics	Rounders
<b>Year 8</b>	Netball  SPA	Gymnastics	Football/Hockey	Dance/HRF  X-C	Athletics	Tennis

In Key Stage 3, pupils are taught to:

- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis].
- Develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- Perform dances using advanced dance techniques within a range of dance styles and forms
- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse personal performance compared with previous outcomes and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school through community links or sports clubs.

**Extra-curricular  
KS2 & KS3**

Inter-house competitions, sports' clubs and sports' fixtures

Below is the KS2 and KS3 curriculum calendar for Autumn, Spring and Summer.

HRF: Health Related Fitness

SPA: Sportshall Athletics

X-C: Cross Country

<b>AUTUMN TERM KS2</b>															
W/B	W/B 3rd SEPT	W/B 10th SEPT	W/B 17th SEPT	W/B 24th SEPT	W/B 1st OCT	W/B 8th OCT	W/B 15th OCT	W/B 22nd OCT	W/B 5th NOV	W/B 12th NOV	W/B 19th NOV	W/B 26th NOV	W/B 3rd DEC	W/B 10th DEC	W/B 17th DEC
YEAR															
Y5 boys	Data collection	5CWK SWIMMING to 13/11/18										5JB SWIMMING to 29/01/19			
	Data collection	Gymnastics/ABC Activities							Football						
Y5 girls	Data collection	5CWK SWIMMING to 13/11/18										5JB SWIMMING to 29/01/19			
	Data collection	Netball							Gymnastics						
Y6 boys	Data collection	Cricket							Basketball						
Y6 girls	Data collection	Netball							Gymnastics						
<b>AUTUMN TERM KS3</b>															
W/B	W/B 3rd SEPT	W/B 10th SEPT	W/B 17th SEPT	W/B 24th SEPT	W/B 1st OCT	W/B 8th OCT	W/B 15th OCT	W/B 22nd OCT	W/B 5th NOV	W/B 12th NOV	W/B 19th NOV	W/B 26th NOV	W/B 3rd DEC	W/B 10th DEC	W/B 17th DEC
YEAR															
Y7 boys	Basketball						SPORTSHALL ATHLETICS			Football					
Y7 girls	Netball						SPORTSHALL ATHLETICS			Gymnastics					
Y8 boys	Basketball						SPORTSHALL ATHLETICS			Hockey					
Y8 girls	Netball						SPORTSHALL ATHLETICS			Gymnastics					

HRF: Health Related Fitness

SPA: Sportshall Athletics

X-C: Cross Country

## SPRING TERM KS2

W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B
YEAR	7th	14th	21st	28th	4th	11th	25th	4th	11th	18th	25th	1st	8th
	JAN	JAN	JAN	JAN	FEB	FEB	FEB	MAR	MAR	MAR	MAR	APR	APR
Y5 boys	5JB SWIMMING to 29/01/19						5SJ SWIMMING 09/04/19						
	Health Related Fitness						Basketball/Ball skills (SH)				Athletics		
Y5 girls	5JB SWIMMING to 29/01/19						5SJ SWIMMING 09/04/19						
	Dance						Football/Hockey (SS)				Athletics		
Y6 boys	Gym (SS)						Hockey				Athletics		
Y6 girls	Football/Hockey (SH)						Dance				Athletics		

## SPRING TERM KS3

W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B
YEAR	7th	14th	21st	28th	4th	11th	25th	4th	11th	18th	25th	1st	8th
	JAN	JAN	JAN	JAN	FEB	FEB	FEB	MAR	MAR	MAR	MAR	APR	APR
Y7 boys	Orienteering & Problem Solving						Dance				Athletics		
Y7 girls	Dance						Hockey				Athletics		
Y8 boys	Gymnastics (SH)						Orienteering				Athletics		
Y8 girls	Football (SS)						Dance				Athletics		

HRF: Health Related Fitness

SPA: Sportshall Athletics

X-C: Cross Country

SUMMER TERM KS2												
W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B
YEAR	29th APR	7th MAY	13th MAY	20th MAY	3rd JUN	10th JUN	17th JUN	24th JUN	1st JUL	8th JUL	15th JUL	
Y5 boys	5TJ SWIMMING to 09/07/19										Follow up	
	Athletics				Athletics	Cricket/Rounders						
Y5 girls	5TJ SWIMMING to 09/07/19										Follow up	
	Athletics				Athletics	Tennis						
Y6 boys	Athletics				Athletics	Tennis						
Y6 girls	Athletics				Athletics	Rounders						

SUMMER TERM KS3												
W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B	W/B
YEAR	29th APR	7th MAY	13th MAY	20th MAY	3rd JUN	10th JUN	17th JUN	24th JUN	1st JUL	8th JUL	15th JUL	
Y7 boys	Athletics				Athletics	Tennis						
Y7 girls	Athletics				Athletics	Rounders						
Y8 boys	Athletics				Athletics	Cricket						
Y8 girls	Athletics				Athletics	Tennis						

HRF: Health Related Fitness

SPA: Sportshall Athletics

X-C: Cross Country



HRF: Health Related Fitness

SPA: Sportshall Athletics

X-C: Cross Country