




## PE at St Alban's CE Aided Primary

Intention													
<p>Through PE we aim to encourage a lifetime love of sport and keeping fit. We aim to provide children with excellent knowledge and understanding of physical literacy, health and well-being. We aim to give a diverse breadth and depth of physical activities which aim to inspire, motivate and to contribute to the holistic child. Our PE and sport aspires to build determination, passion, respect, honesty, self-belief and teamwork. These values will endeavour to:</p> <ul style="list-style-type: none"> <li>• Improve health and well-being.</li> <li>• Provide a broad range of high-quality opportunities and outcomes for all.</li> <li>• Encourage community involvement.</li> <li>• Promote active participation and competition at all levels.</li> <li>• Raise achievement and supporting excellence.</li> </ul> <p>We aim to embed our school's Christian values through using sport as the vessel to carry the message of hope, thankfulness, love and compassion.</p>													
Pupil approach:		Learning journey structure/steps											
<p>As a sportsperson, pupils will have opportunities to:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>reflect</td><td>evaluate</td><td>be creative</td></tr> <tr> <td>solve problems</td><td rowspan="2">  </td><td>be resilient</td></tr> <tr> <td>support others</td><td>apply skills</td></tr> <tr> <td>be confident</td><td>retain knowledge</td><td>understand</td></tr> </table>		reflect	evaluate	be creative	solve problems		be resilient	support others	apply skills	be confident	retain knowledge	understand	<ul style="list-style-type: none"> <li>• Introduce game/sport</li> <li>• Learn technical skills</li> <li>• Teach rules (if applicable)</li> <li>• Apply knowledge and skills</li> <li>• Review</li> <li>• Assess</li> </ul>
reflect	evaluate	be creative											
solve problems		be resilient											
support others		apply skills											
be confident	retain knowledge	understand											
Teaching approach: non-negotiables for teachers		Key resources/documents for planning											
<ul style="list-style-type: none"> <li>• 2 hours of PE per week</li> <li>• Differentiated planning to meet the needs of every individual</li> <li>• At least 75% of PE lesson time to be active</li> <li>• Use of varied equipment and a balance of indoor and outdoor environments.</li> <li>• Focus on technical skill and progression</li> <li>• Pre learning during changing time</li> <li>• Engagement with teacher CPD</li> <li>• Ensure pupils develop resilience through challenging but fair PE scenarios</li> <li>• Consider STEP in each lesson to ensure inclusion.               <ul style="list-style-type: none"> <li>- S = change the space available</li> <li>- T = change the time allowed</li> <li>- E = change the equipment, e.g. softer or larger balls, different sized bats, etc.</li> <li>- P = change the people, e.g. size of the groups</li> </ul> </li> </ul> <p><b>Before each unit please read relevant Health and Safety doc saved in StaffShare – PE Current.</b></p>		<ul style="list-style-type: none"> <li>• Imoves for Dance and Gymnastics Units.</li> <li>• Imoves for additional daily activities.</li> <li>• Get Set 4 PE for all other units of work.</li> </ul>											

Implementation	
Before teaching a unit look through previous assessment to identify class needs. Please read through scheme of work and adapt to the needs of your individual children. Look through key knowledge the children will learn and familiarise yourself with what the learning journey involves.	<b>Individual unit scheme of work.</b>
At the start of each unit children to be given a copy of the relevant knowledge organiser. This also needs to be shared with supporting adults to help build their subject knowledge to best support the children.	<a href="https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1008">https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1008</a>
Progression of skills to support with assessment and supporting those who require additional support or challenge.	<a href="https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1009">https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1009</a>
Assessments to be completed throughout each unit with a final outcome submitted. This will support us in identifying children who require additional support or challenge early to ensure all children reach their full potential.	<b>See Assessments on Get Set 4 PE.</b>
Additional documents to support children with SEND can be found here.	<a href="https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1117">https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1117</a>
To support children with their learning at home use the Active Families section on Get Set 4 PE this is free to access following the link.	<a href="https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1002">https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1002</a>

## PE National Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>P.E. YR</b>	<b>Introduction to PE</b> Unit 2	<b>Fundamentals</b> Unit 2	<b>Gymnastics</b> Unit 2	<b>Dance</b> Unit 2	<b>Games (inc. Sports Day)</b> Unit 2	<b>Ball Skills</b> Unit 2
	<b>Early Learning Goals</b> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> <li>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>					
<b>P.E. Y1</b>	<b>Fundamentals</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  <b>Ball Skills</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Gymnastics</b> Master basic movements as well as developing balance, agility and co-ordination.  <b>Sending and Receiving</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Gymnastics</b> Master basic movements as well as developing balance, agility and co-ordination.  <b>Target Games</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Dance</b> Perform dances using simple movement patterns.  <b>Invasion Games</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Athletics</b> Master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.  <b>Net and Wall Games</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<b>Dance</b> Perform dances using simple movement patterns.  <b>Striking and Fielding Games</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
<b>PE Y2</b>	<b>Fundamentals</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  <b>Ball Skills</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Gymnastics</b> Master basic movements as well as developing balance, agility and co-ordination.  <b>Sending and Receiving</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Gymnastics</b> Master basic movements as well as developing balance, agility and co-ordination.  <b>Target Games</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Dance</b> Perform dances using simple movement patterns.  <b>Invasion Games</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	<b>Athletics</b> Master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.  <b>Net and Wall Games</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	<b>Dance</b> Perform dances using simple movement patterns.  <b>Striking and Fielding Games</b> Master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

<b>P.E.</b> <b>Y3</b>	<b>Dance</b> Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance  <b>Fundamentals Y3/4</b> Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	<b>Dance</b> Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.  <b>Ball Skills Y3/4</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance  <b>Tennis</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance  <b>Tag Rugby</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Football</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.  <b>Athletics</b> Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<b>Cricket</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.  <b>Basketball</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
<b>P.E.</b> <b>Y4</b>	<b>Dance</b> Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.  <b>Fitness</b> Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	<b>Dance</b> Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.  <b>Hockey</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance.  <b>Netball</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<b>Gymnastics</b> Develop flexibility, strength, technique, control and balance.  <b>OAA</b> Take part in outdoor and adventurous activity challenges both individually and within a team	<b>Rounders</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.  <b>Athletics</b> Use running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.	<b>Dodgeball</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.  <b>Tennis</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

<b>P.E.</b> <b>Y5</b>	<p><b>Dance</b></p> <p>Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.</p> <p><b>Fitness</b></p> <p>Use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.</p>	<p><b>Dance</b></p> <p>Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.</p> <p><b>OAA</b></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p>	<p><b>Gymnastics</b></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p><b>Basketball</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p><b>Gymnastics</b></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p><b>Swimming</b></p> <p>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.</p>	<p><b>Volleyball</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Athletics</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Football</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Cricket</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>
<b>P.E.</b> <b>Y6</b>	<p><b>Dance</b></p> <p>Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.</p> <p><b>OAA</b></p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p><b>Dance</b></p> <p>Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance.</p> <p><b>Netball</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p><b>Gymnastics</b></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p><b>Hockey</b></p> <p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>	<p><b>Gymnastics</b></p> <p>Develop flexibility, strength, technique, control and balance.</p> <p><b>Tag Rugby</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p><b>Dodgeball</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Athletics</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Badminton</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p><b>Rounders</b></p> <p>Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p>