

Below outlines the learning focus for each term

Term	Learning Focus		Cross-Curricular Links
	Knowledge	Skills	
Autumn Term PE Lessons: Gymnastics	<p>Physical Development: Health and self-care</p> <ul style="list-style-type: none"> Shows a developing understanding of how to transport and store equipment safely practicing some appropriate safety measures without direct supervision. I know that my heart beats faster when I exercise. <p>Physical Development: Moving and handling</p> <ul style="list-style-type: none"> I know to slow down or change direction when someone is close by and the speed up when there is open space. I know some of the gymnastics body shapes such as: ball shape, star, tuck, straight. I know that there are different ways of moving such as: running, jumping, leaping, climbing, hopping etc. I know how to jump off equipment safely, beginning to land correctly, (bending my knees) I know how to bunny hop by using both my hands and feet. I know to keep a straight body for a log roll. I know that holding my arms out will help me keep my balance when walking across a bench, plank or crate. I know the rules for assessing the equipment in the outdoor area and I know how to use the equipment safely. <p>Expressive arts and design: Creating with materials</p> <ul style="list-style-type: none"> Begins to build a collection of dances. <p>Expressive arts and design: Being imaginative and expressive</p> <ul style="list-style-type: none"> I know that there are different ways of moving to music, such as moving from swaying from side to side, wiggling, shaking, bouncing, jumping etc. 	<ul style="list-style-type: none"> Knows and talks about the different factors that support their overall health and wellbeing Can begin to transport and store equipment safely, practicing some appropriate safety measures without direct supervision. Takes turns with an adult supporting Negotiates space: Speeds up, slows down or changes direction to avoid bumping into equipment or other children Travels with a developing confidence and skill around, under, over and through balancing and climbing equipment Moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping Jumps off low object and lands appropriately using hands, arms and body to stabilise and balance Move in response to music, such as moving from swaying from side to side, wiggling, shaking, bouncing, jumping etc. 	Expressive Arts and Design. Understanding the World Literacy - Writing
Spring Term PE Lesson:	<p>Physical Development: Health and self-care</p> <ul style="list-style-type: none"> I Know and talk about the different factors that support my overall health and wellbeing. (eating and exercising) I know why it is important to brush my teeth. <p>Physical Development: Moving and handling</p>	<ul style="list-style-type: none"> Knows and talks about the different factors that support their overall health and wellbeing <ul style="list-style-type: none"> ❖ Talk about which food and drinks are healthy for my body and which are not. ❖ Talk about why brushing teeth is important and healthy. 	Expressive Arts and Design. Understanding the World Literacy - Writing

<p>Dance</p>	<ul style="list-style-type: none"> • Use core muscle strength to achieve a good posture when sitting at the table or sitting on the floor. • Progress towards a more fluent style of moving, with developing control and grace. • I know how to jump off an object and land appropriately and safely using my hands, arms and body to stabilise and balance. • I know which fingers I need to hold a pencil correctly. • I know that my hands need to be together to catch a ball. • I know that I can move in different ways to different types of music. <p>Expressive arts and design: Creating with materials</p> <ul style="list-style-type: none"> • Create collaboratively sharing ideas, resources and skills. <p>Expressive arts and design: Being imaginative and expressive</p> <ul style="list-style-type: none"> • Moves to and talks about music, expressing their feelings and responses. • Explore and engage in dance, performing solo or in groups 	<ul style="list-style-type: none"> ❖ Talk about what changes happen to my body when I exercise such as: getting hot, out of breath, heart beating faster, feeling tired, feeling thirsty. <ul style="list-style-type: none"> • Negotiates space: Speeds up, slows down or changes direction to avoid bumping into equipment or other children • Travels with a developing confidence and skill around, under, over and through balancing and climbing equipment • Moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping • Jumps off low object and lands appropriately using hands, arms and body to stabilise and balance • Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming • Move in response to music, such as moving from swaying from side to side, wiggling, shaking, bouncing, jumping etc. • Begins to build a collection of dances, performing solo or in groups • Takes turns with an adult supporting. • Beginning manage their feelings and tolerate situations in which their wishes cannot be met • Throws a large object with some control in a general direction 	
<p>Summer Term PE Lessons: Balls Skills/Athletics</p>	<p>Physical Development: Health and self-care</p> <ul style="list-style-type: none"> • I know that exercise is good for me and keeps my body healthy. <p>Physical Development: Moving and handling</p> <ul style="list-style-type: none"> • Develop overall body strength balance, co-ordination and agility. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. <p>PSED: Making Relationships</p> <ul style="list-style-type: none"> • I know that it is important to encourage my friends. 	<ul style="list-style-type: none"> • Knows and talks about the different factors that support their overall health and wellbeing <ul style="list-style-type: none"> ❖ Talk about different types of exercise. ❖ Talk about the changes that happen to my body when I exercise. • Beginning manage their feelings and tolerate situations in which their wishes cannot be met • Takes steps to resolve conflicts with other children by negotiating and finding a compromise • Negotiates space: Speeds up, slows down or changes direction to avoid bumping into equipment or other children • Travels with a developing confidence and skill around, under, over and through balancing and climbing equipment 	<p>Expressive Arts and Design. Understanding the World Literacy - Writing</p>

		<ul style="list-style-type: none"> • Moving freely and with confidence making changes to body shape, position and pace of movement such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping • Jumps off low object and lands appropriately using hands, arms and body to stabilise and balance • Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming • Develops overall body strength, balance, co-ordination and agility • Throws a large object with some control in a general direction 	
--	--	---	--

Ambition / Intent:

PE plays a vital role in promoting physical activities and a healthy lifestyle in a positive and enjoyable way for all pupils. PE gives pupils the ability to develop their physical well-being in a range of physical activities and sports – helping them to grow and achieve their personal fitness and learn important life skills.

Through physical education, we teach students a set of all-important values including self-belief, teamwork, determination, honesty, passion and respect. We want children to learn to include exercise and physical activity as part of their lifestyle

Design / Implementation:

Teachers use curriculum objectives from LTPE to plan, deliver and assess a broad range of knowledge, skills and understanding. Many PE lessons include activities which also help to embed knowledge from other areas of the curriculum such as Geography, History, Science and Math.

Curriculum enrichment activities such as Wellness Days and Sports Week, intra-school competitions and sports leadership opportunities provide children with inspirational experiences where they can apply and build on the skills they have learnt. Through the wide range of activities children experience within the PE curriculum they are able to develop a set of values which will prepare them for their future lives.

The focus on co-operative, collaborative and competitive experiences is an ideal environment to model, practice and embeds our school values of resilience, responsibility, reflection, resourcefulness, readiness and respect

Impact:

At Camrose, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities.

PE lessons are fun, enjoyable and challenging and all pupils can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Pupils understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing.

We aspire for all children to enjoy PE and develop a love of sport and physical activity.