

Below outlines the learning focus for each term

KS1 PE Curriculum End Points (NC)			
<ul style="list-style-type: none"> Has mastered basic movements including running, jumping, throwing and catching. Has developed balance, agility and co-ordination, and is beginning to apply these in a range of activities. Can participate in team games and is developing simple tactics for attacking and defending. Can perform dances using simple movement patterns Can understand the importance of leading healthy, active lives and exercising safely 			
Term	Learning Focus		Cross curricular links
	Knowledge	Skills	
Autumn 1 Outdoor	Movement Skills: <ul style="list-style-type: none"> Understand that running can be done in many ways Run at different speeds and in different directions with control Understand the purpose of a circuit and how it can improve fitness Understand the importance of using the arms when running The importance of stretching and staying hydrated Knows how to correctly stretch muscles un a warm up. Understand what happens to our breathing during exercise, and why it changes 	<ul style="list-style-type: none"> Explore running at a variety of speeds and in a variety of styles Run at different speeds Complete a running circuit Run quickly in a relay activity, aiming to improve speed Show self-belief, honesty, fairness and imagination in a range of activities. 	PHSE – resilience, taking turns, team spirit. Science – Health & Movement which will be studied in Year 3
Autumn 1 Indoor	Dance: <ul style="list-style-type: none"> Understand how different mini-beasts might move. Show contrasting movements with strength and clarity. Compose and perform simple dance phrases Show contrasts in simple dances with good body shape and position. Develop a range of dance movements and improve timing To work to music, creating movements that show rhythm and control Knows how to correctly stretch muscles in the warm up 	<ul style="list-style-type: none"> Explore different levels and speeds of movement Performing actions in response to stimuli. Explore ideas by experimenting with actions, dynamics, directions and levels Explore patterns of movement with a partner Work in small groups and develop phrases of movements. Link contrasting movements together to make a short dance sequence Perform a complete dance with clarity and flow, showing changes in levels and speed 	
Autumn 2 Outdoor	Multi-skills: <ul style="list-style-type: none"> To explore static balancing. Learn about a stable base and losing balance Know how to throw a ball at the right speed and strength. To travel in different ways, showing clear transitions between movements 	<ul style="list-style-type: none"> Combine a number of co-ordination drills, using upper and lower body movements Aim a variety of balls and equipment accurately Be able to copy a partner and change speed and direction To maintain balance when changing direction 	

	<ul style="list-style-type: none"> Identify a strength and improvement of a skill or performance using success criteria and adult prompting 	<ul style="list-style-type: none"> Explore different ways of twisting and turning 	
Autumn 2 Indoor	<p>Fitness:</p> <ul style="list-style-type: none"> Understand how to prepare the body for exercise. Understand what fitness means Understand what happens to the heart rate during exercise. Perform simple patterns of movement To complete a circuit that includes activities practised 	<ul style="list-style-type: none"> Raise heart rate. Develop agility and co-ordination. Perform simple patterns of movement. complete a range of circuit-based activities and understand the reason for doing them Demonstrate the correct technique for activities Knows that physical activity is important to stay healthy 	Science / PSHE – keeping healthy
Spring 1 Outdoor	<p>Skipping:</p> <ul style="list-style-type: none"> Perform skipping moves with agility, balance and co-ordination. To explore different ways of jumping/hopping with balance and accuracy To skip with control and balance Identify a strength and improvement of a skill or performance using success criteria and adult prompting 	<ul style="list-style-type: none"> Consolidate skipping techniques. Raise the heart rate in order to improve personal fitness. Hop consistently. Jump with control. Skip with good technique. Improve awareness of where the rope is when skipping. Improve control of the rope and running skip technique 	
Spring 1 Indoor	<p>Gymnastics</p> <ul style="list-style-type: none"> To remember and repeat simple gymnastic actions with control Learn to perform balances and movements, and combine them into a routine To balance on isolated parts of the body using the floor and hold balance. To develop a range of gymnastic moves, particularly balancing To link together a number of gymnastic actions into a sequence To choose and use a variety of gymnastic actions to make a sequence Safely use benches and mats to develop sequences Developing an increasing awareness of how to use equipment safely. 	<ul style="list-style-type: none"> Link balances with other travelling moves, moving smoothly into and out of the balances Perform using simple movement patterns Travelling, balancing on points and patches, rolling and shapes Work with a partner to create a sequence of gymnastic actions. Use benches and mats to explore balances on different levels. Explore ways of travelling around on large apparatus Mirror and match a partner Identify a strength and improvement of a skill or performance using success criteria and adult prompting 	Science / PSHE – keeping healthy
Spring 2 Outdoor	<p>Ball Skills:</p> <ul style="list-style-type: none"> To use hand-eye co-ordination to control a ball Know how to catch different objects Know how to throw overarm, underarm and bounce pass. Understand techniques for dribbling and passing a football 	<ul style="list-style-type: none"> Move a ball using hands and feet Target the receiver's hands when throwing. Watch the ball or object when trying to catch it. To vary types of throw To kick and move with a ball 	

	<ul style="list-style-type: none"> To develop catching and dribbling skills Participate in a mini team sports, understanding the rules and demonstrating good techniques and sporting behaviour 	<ul style="list-style-type: none"> Pass and dribble with accuracy and control Catch the ball at different heights. 	
Spring 2 Indoor	Gym skills: <ul style="list-style-type: none"> To identify techniques to improve balance Master basic movements, as well as developing balance, agility and co-ordination Identify a strength and improvement of a skill or performance using success criteria and adult prompting 	<ul style="list-style-type: none"> Perform using simple movement patterns. Practise a range of gymnastic skills through a series of circuits Perform a range of gymnastic skills with increased accuracy 	
Summer 1 Outdoor	Athletics: <ul style="list-style-type: none"> To run with agility and confidence To learn the best jumping techniques for distance Know how to throw different objects in a variety of ways Know how to hurdle an obstacle and maintain effective running style. Know the difference between running for speed and running for distance Knows that physical activity is important to stay healthy Understand what happens to the heart rate during exercise. 	<ul style="list-style-type: none"> Run with a change of speed. Change direction when running, while maintaining balance. Use arms to jump with balance and fluency Know how to throw safely and for distance Run in a relaxed way and with balance when jumping over an obstacle Use the skills learned in the previous lessons by completing an obstacle course Show self-belief, honesty, fairness and imagination in a range of activities 	Science / PSHE – keeping healthy
Summer 1 Indoor	Fitness: <ul style="list-style-type: none"> To demonstrate the correct technique previously learnt for activities To understand the purpose of a circuit and how it can improve fitness Demonstrate good technique while skipping Master basic movements, as well as developing balance, agility and co-ordination Identify a strength and improvement of a skill or performance using success criteria and adult prompting To improve core strength, balance and agility 	<ul style="list-style-type: none"> Develop agility and co-ordination. Perform simple patterns of movement Complete a running circuit Skip with control and balance Observe and comment on others' performance Hoop skills that will aid core strength and balance. Hand-eye co-ordination 	
Summer 2 Outdoor	Throwing & Catching: <ul style="list-style-type: none"> Know how to throw a ball underarm with accuracy Know the correct technique for striking a ball from a tee. Know the best technique for catching. Know the overarm throw technique and when to use it To know the tactics and skills to use in order to win a game 	Striking and Hitting a ball: <ul style="list-style-type: none"> Practise basic striking, sending and receiving. Use the correct body position to strike a ball. To practise striking a small ball. Throwing and Catching: <ul style="list-style-type: none"> Accurately throw underarm and overarm and to a 	

		<p>target</p> <ul style="list-style-type: none"> • Develop their ability to catch and bounce a ball. • Practise accurate throwing and consistent catching. • Show self-belief, honesty, fairness and imagination in a range of activities 	
<p>Summer 2 In or Outdoor</p>	<p>Outdoor and adventure</p> <ul style="list-style-type: none"> • Knows how to follow a map in a familiar context • Knows how to use clues to follow a route • Knows how to follow a route safely 	<p>Trails</p> <ul style="list-style-type: none"> • Orientate themselves with increasing confidence and accuracy around a short trail. <p>Problem Solving</p> <ul style="list-style-type: none"> • Identify and use effective communication to begin to work as a team. • Identify symbols on a key <p>Communication</p> <ul style="list-style-type: none"> • Communicate with others. 	<p>PSHE – teamwork</p> <p>Geography - Locational Knowledge</p>
<p>Ambition / Intent:</p> <p>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.</p> <p>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</p> <p>Design / Implementation:</p> <p>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.</p> <p>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.</p> <p>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</p> <p>Impact:</p> <p>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.</p> <p>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.</p>			

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