

Kingfisher Primary School
PE – Whole School Overview

Key Stage 1 National Curriculum Expectations	Key Stage 2 National Curriculum Expectations
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: • 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 • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns.	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: • use running, jumping, throwing, and catching 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 their performances with previous ones and demonstrate improvement to achieve their personal best. <u>Swimming and water safety</u> All schools must provide swimming instruction either in key stage 1 or key stage 2. 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.

Intent:

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.

Whole School PE Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Multi-Skills	Team Games	Gymnastics	Multi-skills	Striking Games	Athletics
1	Multi-Skills	Team Games	Gymnastics	Multi-skills	Striking Games	Athletics
2	Multi-Skills	Team Games	Gymnastics	Multi-skills	Striking Games	Athletics
3	Multi-Skills	Invasion Games	Gymnastics	Outdoor Adventurous Activities Swimming	Striking Games	Athletics
4	Multi-Skills	Invasion Games	Gymnastics Swimming	Outdoor Adventurous Activities	Striking Games	Athletics
5	Multi-Skills	Invasion Games Swimming	Gymnastics	Outdoor Adventurous Activities	Striking Games	Athletics
6	Multi-Skills Swimming	Invasion Games	Gymnastics	Outdoor Adventurous Activities	Striking Games	Athletics

* Pupils across KS2 swim one half-term each year with catch up sessions in Term 6

Whole School Swimming Overview

Year Group	Spring 1	Spring 2	Summer 1	Summer 2
3	Key skills: • Building water confidence. • Correct body position. • Introducing leg kick on front and back. • Introducing of arms. • Ability to kick on front and back for minimum 5-10 metres. • Water Safety.			
4		Key skills: • Building water confidence. • Correct body position. • Strengthening leg kick on front and back. • Continuation of arms on front and back. • Introduction to breaststroke legs. • Distance to ½ length or above. • Water Safety.		

5			Key skills: • Consolidating water confidence. • Ensuring correct body position. • Strengthening leg kick on front and back. • Continuation of arms on front and back. • Improving distance to at least $\frac{3}{4}$ length on front and back. • Continuation of breaststroke. • Water Safety.	
6			Key skills: • Securing water confidence. • Ensuring correct body position. • Strengthening leg kick on front and back. • Continuation of arms on front and back. • Improving distance to at least a length on front and back. • Consolidation of breaststroke. • Water Safety.	