



St. Edward's Catholic Primary School

Curriculum Intent



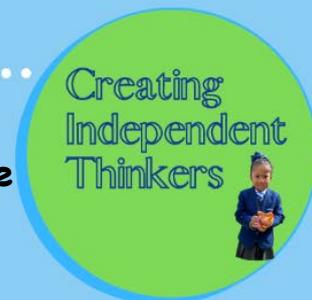
Physical Education

To learn about the challenges, we face with keeping ourselves fit and healthy. Our inspiration is to improve our compassion for others, enabling us to work cooperatively and to become team players.



We are learning to understand that we are all unique and have different physical skills. We are learning to celebrate and embrace our individual differences and special qualities.

Through PE we aspire to be leaders and team players through different games and activities. We think for ourselves and make our own judgements. We also explore and challenge prejudices within sport.



We are learning to be compassionate and show concern for others' safety and wellbeing as we control our bodies through games and play.

In P.E we work cooperatively, share equipment and praise others for their success, as well as, learning to live happy and healthy lives.



We are learning to introduce new technological methods, ideas and products into our everyday learning experiences.

'Following Christ we reach our goals'





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PHYSICAL EDUCATION

The curriculum for Physical Education is split into 6 strands:

Competitive Games (All Games)	Developing Health Related Fitness (All topics especially Fundamental Movement Skills and HRE)
Swimming and Water Safety (Swimming)	Outdoor Adventurous Activities (Orienteering)
Movement Patterns (Dance)	Personal Performance (Gymnastics and Athletics)

TOPICS

Invasion Games	Net Games
Striking and Fielding Games	Orienteering
Swimming	Athletics
Dance	Gymnastics
Health Related Exercises (HRE)	Fundamental Movement Skills (Agility, Balance and Coordination - ABC's)

EYFS

Autumn: Locomotion- Walking and Jumping and Ball skills – using their hands.

Spring: Gymnastics- an introduction to high, low, over and under and moving.

Summer: Dance-Ourselves and Games for Understanding.

YEAR 1 and 2

Year 1	<p>Locomotion Jumping Recap and develop jumping Apply jumping to games</p> <p>Ball skills (Hands 1) Introducing sending (bouncing) with control and combining sending and receiving skills</p>	<p>Dance: Growing An introduction to motifs and creating movement sequences</p> <p>Ball skills (Feet 1) Apply dribbling with feet in games</p> <p>Ball skills (Hands 2) Develop sending (bouncing) with control and combining sending and receiving skills</p>	<p>Locomotion: Running Exploring running with speed and applying running to competitive games</p> <p>Gymnastics: Body Parts An introduction to big/small body parts Adding movements together</p> <p>Health and Wellbeing Explore agility and balances Hand and eye coordination</p>
	<p>Ball skills (Hands Pt 1) Develop dribbling/passing and receiving</p> <p>Ball skills (Feet 1) Develop dribbling with feet in games</p> <p>Gymnastics Explore different movements on apparatus</p>	<p>Ball skills (Hands Pt 2) Dance Explorers Develop character work, expression and emotion</p> <p>Games for Understanding Understand attacking and defencing</p>	<p>Gymnastics Pathways</p> <p>Team Building Introduce teamwork. Building trust and develop communication.</p> <p>Locomotion-Dodging Explore and develop dodging</p>



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YEAR 3 and 4

Year 3	<p>Invasion Tag Rugby Introduce moving with the ball Passing and receiving</p> <p>Gymnastics Symmetry and Asymmetry Introduction to symmetry and asymmetry Apply learning to apparatus</p> <p>Invasion Handball Passing and moving skills</p>	<p>Dance Weather Developing thematic</p> <p>Athletics Running Develop running at speed Explore our stride pattern</p> <p>Athletics Throwing Accuracy vs distance</p>	<p>Striking and Fielding Rounders Dance Wild Animals Adding drama and emotion to the dance.</p> <p>Athletics Competitions Focuses on using prior learning within Athletics to compete</p>
Year 4	<p>Swimming Pt1 At Newham Leisure centre</p> <p>Swimming Pt 2</p>	<p>Dance Space Extending sequences with a partner in character</p> <p>Invasion Basketball Pt1</p> <p>Invasion Basketball Pt2</p>	<p>Invasion Dodgeball Develop changing direction</p> <p>Athletics Throwing Javelin</p> <p>Gymnastics Bridges</p>

YEAR 5 and 6

Year 5	<p>Gymnastics Counterbalance Introduction to Counterbalance Sequence completion</p> <p>Invasion Dodgeball</p> <p>Striking and fielding: Cricket</p>	<p>Swimming Pt1</p> <p>Swimming Pt 2 At Newham Leisure centre</p>	<p>Dance Greeks Use expressive vocabulary to enhance movement quality</p> <p>Invasion Basketball Pt1 With Coach Kelvin</p> <p>Invasion Basketball Pt2</p>
Year 6	<p>Invasion: Basketball Part 1 With Coach Kelvin</p> <p>Invasion: Basketball Part 2</p> <p>Gymnastics Matching & Mirroring Create sequences on apparatus</p>	<p>Striking and fielding: Cricket</p> <p>Dance: Carnival Performing with technical control and rhythm in a group</p> <p>Athletics Focus on distances Compete in small groups</p>	<p>Swimming Pt1 At Newham Leisure centre</p> <p>Swimming Pt 2</p>

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