

Physical Education

Physical Education (PE) at Camestone is delivered using the Cambridge Scheme of Work for PE.

Our curriculum for Physical Education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Physical Education: Key Stage 1			
	Gymnastic Movements	Basic movements and Team Games	Dance
	<i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>	<i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<i>perform dances using simple movement patterns</i>
Year 1	<ul style="list-style-type: none"> • make body curled, tense, stretched and relaxed • control body when travelling and balancing • copy sequences and repeat them • roll, curl, travel and balance in different ways 	<ul style="list-style-type: none"> • throw underarm • throw and kick in different ways • travel fluently whilst changing direction 	<ul style="list-style-type: none"> • perform own dance moves • copy or make up a short dance • move safely in a space
Year 2	<ul style="list-style-type: none"> • plan and perform a sequence of movements • improve sequence based on feedback • think of more than one way to create a sequence which follows some 'rules' 	<ul style="list-style-type: none"> • use hitting, kicking and/or rolling in a game • decide the best space to be in during a game • use a tactic in a game • follow rules 	<ul style="list-style-type: none"> • change rhythm, speed, level and direction in dance • make a sequence by linking sections together • use dance to show a mood or feeling

Physical Education: Key Stage 2

	Athletics	Competitive Games	Gymnastics
	<p><i>use running, jumping, throwing and catching in isolation and in combination</i></p> <p><i>develop flexibility, strength, technique, control and balance</i></p>	<p><i>play competitive games, modified where appropriate [cricket, dodgeball, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</i></p>	<p><i>develop flexibility, strength, technique, control and balance</i></p>
Year 3	<ul style="list-style-type: none"> run at fast, medium and slow speeds; changing speed and direction take part in a relay, remembering when to run and what to do 	<ul style="list-style-type: none"> be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly 	<ul style="list-style-type: none"> adapt sequences to suit different types of apparatus and criteria explain how strength and suppleness affect performance
Year 4	<ul style="list-style-type: none"> sprint over a short distance and show stamina when running over a long distance jump in different ways throw in different ways and hit a target, when needed 	<ul style="list-style-type: none"> throw and catch accurately with one hand hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game 	<ul style="list-style-type: none"> move in a controlled way include change of speed and direction in a sequence work with a partner to create, repeat and improve a sequence with at least three phases
Year 5	<ul style="list-style-type: none"> controlled when taking off and landing throw with increasing accuracy combine running and jumping 	<ul style="list-style-type: none"> gain possession by working a team and pass in different ways choose a specific tactic for defending and attacking use a number of techniques to pass, dribble and shoot 	<ul style="list-style-type: none"> make complex extended sequences combine action, balance and shape perform consistently to different audiences
Year 6	<ul style="list-style-type: none"> demonstrate stamina and increase strength 	<ul style="list-style-type: none"> agree and explain rules to others work as a team and communicate a plan lead others in a game situation when the need arises 	<ul style="list-style-type: none"> combine own work with that of others sequences to specific timings

Physical Education: Key Stage 2

	Dance	Outdoor and Adventurous Activity	Evaluate
	<i>perform dances using a range of movement patterns</i>	<i>take part in outdoor and adventurous activity challenges both individually and within a team</i>	<i>compare their performances with previous ones and demonstrate improvement to achieve their personal best</i>
Year 3	<ul style="list-style-type: none"> improvise freely and translate ideas from a stimulus into movement share and create phrases with a partner and small group remember and repeat dance perform phrases 	Can interact positively when: <ul style="list-style-type: none"> working with a small group to solve and perform a range of tasks working with a small group to design and follow trails 	<ul style="list-style-type: none"> compare and contrast gymnastic sequences recognise own improvement in ball games
Year 4	<ul style="list-style-type: none"> take the lead when working with a partner or group use dance to communicate an idea 	<ul style="list-style-type: none"> can work together to create simple plans and maps, orientate to North and follow map markers can work together to follow trails and assess risks 	<ul style="list-style-type: none"> provide support and advice to others in gymnastics and dance be prepared to listen to the ideas of others
Year 5	<ul style="list-style-type: none"> compose own dances in a creative way perform dance to an accompaniment dance shows clarity, fluency, accuracy and consistency 	<ul style="list-style-type: none"> work well as part of a team and contribute ideas to solve problems and perform a range of tasks use clues and a compass to navigate a route change route to overcome a problem 	<ul style="list-style-type: none"> pick up on something a partner does well and also on something that can be improved know why own performance was better or not as good as their last
Year 6	<ul style="list-style-type: none"> develop sequences in a specific style choose own music and style 	<ul style="list-style-type: none"> plan a route and a series of clues for someone else plan with others, taking account of safety and danger 	<ul style="list-style-type: none"> know which sports they are good at and find out how to improve further

Swimming and water safety is taught within Key Stage 2.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Basic Movements	Gym- Fun Gym Shapes	Large Apparatus work	Large Apparatus work	Athletics	Athletics
Year 1	Multi Skills Games - Fundamentals unit 1	Dance - Fireworks Multi Skills	Tennis Games - Fundamentals unit 2	Gymnastics - Jumping Jacks Multi Skills	Dance - Weather Outdoor Adventure	Gym - Rock and Roll Athletics
Year 2	Games - Fundamentals unit 1 Multi Skills	Archery Games - Fundamentals unit 2	Gym Multi Skills	Dance - Magical Friendships Golf	Gym - Points of Contact Tennis/Rounders	Athletics
Year 3	Gym - Patterns and Pathways Multi Skills	Archery Games - Hockey	Gym Games - Netball	Dance Golf	Dance – Extreme Weather Tag Rugby	Athletics
Year 4	Games - Net Games Dance	Multi Skills Dodgeball	OAA Circuits	Invasion Games Gym - Principles of Balance	Swimming Gym - Rotation	Athletics Cricket
Year 5	Gym - Pair Composition Hockey	OAA Tag Rugby	Dance - Styles Netball	Invasion Games Tennis	Dance - On the Beach Cricket	Athletics
Year 6	Gym - Body Symmetry Football	Dance - Why Bully Me? OAA	Dance – Football Multi Skills	Gym - Group Work Games - Basketball	Rounders/Cricket Athletics	Rounders/Cricket Athletics