

PE Curriculum

We show our love for Jesus in all we do and say. We celebrate everyone's gifts and talents as we enjoy learning and playing together. We try to follow the example of St Patrick within our school community.



PE

Physical Education plays a vital part in school life at St. Patrick's and we are always striving to improve upon the provision within school in order for all pupils to take part in high quality Sport and PE. We want all children in our care to develop physical literacy and aim to educate our pupils that physical activity, as well as health and fitness, does not belong solely in a school P.E. lesson. We want our children to gain both physical and psychological advantages from their P.E. lessons and school sport experiences, and to achieve this we draw upon the specialist knowledge of P.E. staff and coaches. We hope that in doing so, our children will take part in regular exercise that they enjoy as a natural part of their day.

Subject content

Key stage 1

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 coordination, 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.



Key stage 2

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.



Year Group coverage

Whole school overview in line with guidance on restrictions due to Covid 19 from DfE and Youth Sport Trust

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Foundation	Locomotion 1 (Fundamental skills)	Dance - Jungle	Athletics 1	Gymnastics - Flight- Bouncing, jumping & landing.	Target Games 1	Net & Wall Game Skills
Year 1	Athletics 2	Dance - Under the Sea	Gymnastics - Balancing & spinning on points & patches	Net & Wall Game Skills 1	Striking & Fielding Game Skills 2	Object Manipulation 2
Year 2	Dance - Fire of London	Athletics 2	Gymnastics - Stretching, curling & arching.	Net & Wall Game Skills 2	Fundamental Movement Skills 2	Striking & Field Game Skills
Year 3	Tri Golf	Athletics	Dance - Dance around the world	Tennis	Cricket	Netball
Year 4	Hockey	Health Related Fitness	Gymnastics - Rolling & travelling low	Athletics	Rounders	Dodgeball
Year 5	Athletics	Badminton	Yoga	Volleyball	Team Building and Problem Solving	Cricket
Year 6	Athletics	Tennis	Dance - The Haka	Health Related Fitness	Netball	Rounders



Year Group coverage

Planning based to cover a variety of different skills with guidance from the Havering Sports Collective Competition Calendar of events suitable for use after Covid.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundatio n	Balance	Dance - Jungle	Invasion Game Skills 1	Gymnastics - Flight, bouncing, jumping & landing	Target Games 1	Athletics 1
Year 1	Movement Skills 1	Athletics 2 (can be hall based)	Gymnastics - Balancing & spinning on points & patches.	Net & Wall Game skills 1	Striking & Fielding Game skills 2	Target Games 2
Year 2	Dance - Fire of London.	Athletics (can be hall based)	Gymnastics - Stretching, curling & arching.	Net & Wall Game skills 2	Movement Skills 2	Invasion Game skills 2
Year 3	Netball	Athletics	Gymnastics - Linking movements together.	Tag Rugby	Cricket	Tri Golf
Year 4	Athletics	Tag Rugby	M4: Swimming J4: Basketball	M4: Swimming J4: Hockey	J4: Swimming M4: Basketball	J4: Swimming M4: Hockey
Year 5	H5: Swimming V5: Athletics	V5: Swimming H5: Athletics	Badminton	Gymnastics - Synchronisation & canon	Basketball	Cricket
Year 6	Athletics	Tag Rugby	Dance - The Haka	Tennis	Rounders	Leadership

