

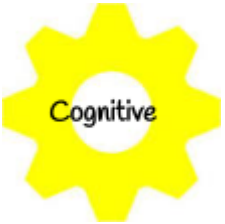








P.E. Subject Profile

Subject Lead(s) background: Courtney Day & Ben Chandler

- Strong interest in sport, fitness and keeping healthy (demonstrate this in their own lifestyles)
- Encourage staff to be physically active to raise profile & awareness
- Coach afterschool clubs, e.g. football, rounders, athletics & multi-skills
- Strong subject knowledge - BA Honors, 'Sports Development' (Ben Chandler)
- Passionate and keen to add physical activity within the school day, wider curriculum and community

Additional health and wellbeing team... Mental Health Lead and PSHE Lead, Forest Lead, Science Lead REALPE resources <https://realpe.co.uk/> - Teach Primary Awards 2023

Objectives (compiled from the National Curriculum)	Sportsperson Assessment Strands (REAL P.E. Cogs)	HH Learning Experience Tier 2 words: techniques and reflection Coverage, context, phase/term taught (2 year creative curriculum cycle per phase KS1 (Year 1 and 2) LKS2 (Year 3 and 4) UKS2 (Year 5 and 6) Au: autumn terms, Sp: spring terms Su: summer terms)		
<u>EYFS</u> <ul style="list-style-type: none"> • Core strength and coordination. • Gross motor skills. • Fine motor skills. 		KS1 Castles - Courtyard dances and REAL P.E. Unit 3 (A1) Penguins - Dances and REAL P.E. Unit 3 (A2)	LKS2 Charlie & The Chocolate Factory Basketball and REAL P.E. Unit 3 (A1) Rainforests - Netball and REAL P.E. Unit 3 (Sp2)	UKS2 Around the World - Golf and Tennis (Su1) Australia - Cricket and Tennis (Su2)
<u>KS1</u> <ul style="list-style-type: none"> • Extend their agility, balance and coordination, individually and with others. • Engage in competitive and cooperative physical activities, in a range of increasingly challenging situations. • Master basic movements including running, 		KS1 The Seaside - Dance and Tennis (Su1) Minibeasts - Dance and Tennis (Su2)	LKS2 Rainforests - Dance and Netball (Sp1) Pirates - Dance and Netball (Sp2)	UKS2 Dance - Victorians and Hockey (A1) Dance - War and Conflict and Tag Rugby (A2)

<p>jumping, throwing and catching</p> <ul style="list-style-type: none"> Develop balance, agility and coordination. Participate in team games, developing simple tactics for attacking and defending. <p>Dance</p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. <p><u>KS2</u></p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games. Apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to 		<p>KS1 Dinosaurs - Football and REAL P.E. Unit 6 (Sp1) Wizards - Quidditch/Hockey and REAL P.E Unit 6 (Sp2)</p>	<p>LKS2 The Tudors - Tennis and Athletics (Su1) Egyptians - Basketball and Box2Bfit (A2)</p>	<p>UKS2 Pompeii - Basketball and Box2Bfit (Sp2) Out of this World - REAL P.E. Unit 6 and Astronaut Fitness (Sp1)</p>
		<p>KS1 Dinosaurs - Basketball and Dance Swimming Year 2 only (A2 and Sp2) Wizards - Basketball and Dance 'ballroom' (Sp2)</p>	<p>LKS2 Inventors - Rounders and Cricket (Su2) Pirates - REAL P.E. Unit 1 and Tag Rugby (Sp1)</p>	<p>UKS2 Victorians - Netball and Real Gym (Personal) (A1) War and Conflict - Hockey and REAL P.E. Unit 2</p>
		<p>KS1 Castles - Jousting/Javelin and REAL P.E. Unit 1 (A1) Penguins - REAL GYM Unit 1 and Football (A2)</p>	<p>LKS2 Charlie and The Chocolate Factory - REAL GYM Unit 1 and Hockey (A1) Egyptians - REAL GYM Unit 1 and Hockey (A2)</p>	<p>UKS2 Out of this World - Football and Dodgeball (Sp1) Pompeii - Dodgeball and REAL P.E. Unit 2 (Sp2)</p>
		<p>KS1 The Seaside - Athletics and Tennis (Su1) Minibeasts - Athletics and Cricket (Su2)</p>	<p>LKS2 The Tudors - Rounders and Golf (Su1) Inventors - Athletics and Tennis (Su2)</p>	<p>UKS2 Around the World - Rounders and Athletics (Su1) Australia - Athletics and Rounders (Su2)</p>
		 Movement Types (running, jumping etc) Patterns (motifs, levels) <ul style="list-style-type: none"> Dance Success Criteria - 6 lessons per year Dance vocabulary to combine into lessons 		

(whole school)	<ul style="list-style-type: none"> ● To understand the rules of dribbling and moving with the ball ● To be able to shoot into a basketball hoop (full height) ● To be able to apply principles of attack and defence
Tag-Rugby (KS2)	<ul style="list-style-type: none"> ● To be able to run with the ball under the arm ● To be able to pass the ball correctly, to the side or behind them ● To be able to score a try correctly ● To be able to kick the ball - both a drop kick and kick from the ground ● To be able to attack and defend following the no-contact rule ● To be able to use the equipment (tags and tag belts) appropriately by following the rules
Hockey (whole school)	<ul style="list-style-type: none"> ● To be able to hold and use the hockey stick correctly and safely ● To be able to dribble the ball using the hockey stick ● To be able to move in and around players with a stick (without a ball) ● To be able to pass the ball using a variety of passes ● To be able to shoot with accuracy ● To be able to apply principles of attack and defence
Tennis (whole school)	<ul style="list-style-type: none"> ● To be able to hold and use a tennis racket correctly ● To be able to move around the court effectively ● To be able to hit an oncoming ball with accuracy and over the net ● To be able to serve the ball underarm and overarm ● To be able to hit forehand and backhand groundstrokes ● To know the basic rules of scoring
Dodgeball (UKS2)	<ul style="list-style-type: none"> ● To identify, understand and know the rules of the lines and zones in a dodgeball court - backline, attack line and no contact zone ● To be able to use the 4 types of throw - overhand, underhand, overhead and two-hand chest pass ● I can work as a team and communicate with my players ● To be able to aim and hit a target ● To dodge the balls to avoid getting hit
Rounders (KS2)	<ul style="list-style-type: none"> ● To know to rules and layout of a rounders game ● To be able to bowl the ball underarm accurately (bowler) ● To be able to throw and catch the ball (fielding) ● To be able to hit the ball with the bat accurately (batting) ● To be able to run around the outside of the posts with the bat (batting)
Cricket (whole	<ul style="list-style-type: none"> ● To know the basic rules and scoring of a cricket game (Diamond Cricket / Dynamos Cricket format) ● To be able to hit the ball with the bat accurately (batting)

school)

- To be able to bowl the ball overarm (bowler)
- To be able to throw and catch the ball (fielding)
- To be able to run with the bat to the crease line (batting)

**Fitness,
Wellbeing
and
Reflection**

 **Other Sports**

Swimming (water confidence, strokes, safety)

Externally taught in Year 2 by professional swimming coaches - 12 sessions

Top-up sessions in Year 6 if children are unable to meet expected standards. (Taught externally by professional swimming coaches)

- Can swim 25m
- Can swim 3 strokes
- Can swim safe self-rescue

Golf (LKS2)

- Can hold and use a golf club correctly
- Can putt the ball with accuracy using a putter
- Can chip the ball with accuracy
- Can aim at a target, avoiding the hazards

Gymnastics - Use Real Gym Objectives/Cogs

Athletics (track, field, Sports Day...)


- Can run, throw, jump, skip with control and balance.
- Can use equipment appropriately for different disciplines/races.

Opportunities to develop skills further outside of P.E lessons

Children are given the opportunity to apply the skills they have learned and developed during their PE sessions, to competitive situations through organised sporting fixtures, against schools within the local community (eg Football matches, cheerleading competition, mud run, tennis tournaments).

After school activities and clubs provided to allow the children to further develop and harness their sporting prowess. This is provided through both teaching staff and external sporting companies and organisations (e.g. Football training, Multi Skills, Dance Club, EPC).






Alternative P.E Provision: Wet weather, calming sessions, brain breaks etc and Embodied Learning and LOtC


Teach Active <https://www.teachactive.org/> - 'multi-award winning resources' and LOtC experiences throughout a Creative Curriculum (purposefully-designed indoor and outdoor areas within the school - see below)  **Learning Outside the Classroom Policy 2023**

Zen Den, Skip 2B Fit, Just Dance, Joe Wicks, Cosmic Kids, Go Noodle brain breaks, Daily Mile

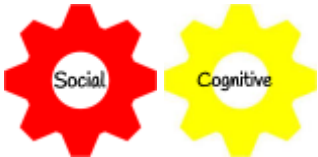

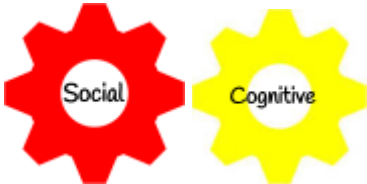
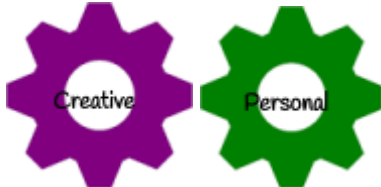
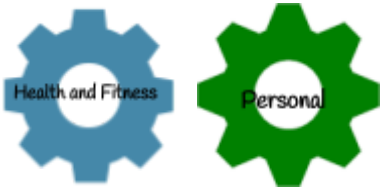

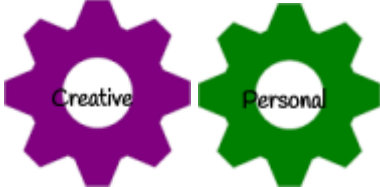

Play and lunchtimes - all weathers access to the field or active-play on The Hills (changing systems, mats, footwear and waterproof trousers)


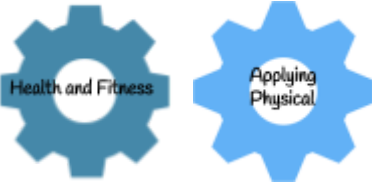
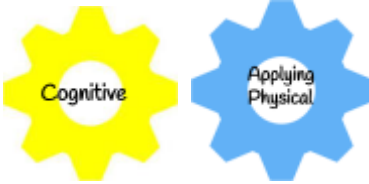
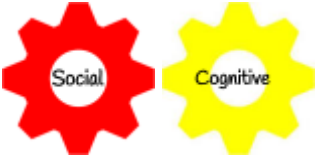

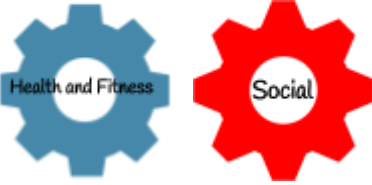
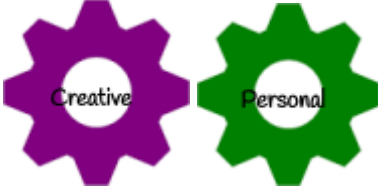
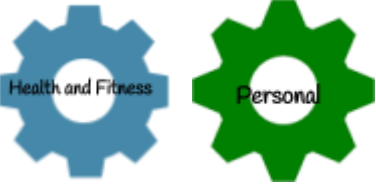

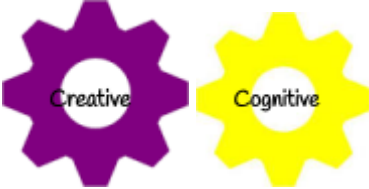
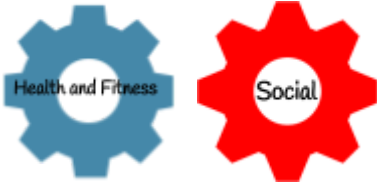
Outdoor Learning Environment Design

-  Feedback 1-Edited -The Haven wildlife area and The Forest.  Feedback Report 2 KS1 & Play markings .pdf
-  Feedback Report 3 comp EY, KS1 & Play markings updated .pdf  Feedback Report November 2022 .pdf
-  **Learning Outside the Classroom Policy 2023**

 Sports Premium Impact and Sustainability 21-24

Links to Thematic Planning

	KS1	LKS2	UKS2
A1	<p><u>Castles</u> Jousting/Javelin Real Gym (inside) Unit 1 Social Courtroom Dance (inside) Real PE (outside) Unit 3 Cognitive</p>  <p>Swimming (Year 2 only) </p>	<p><u>Charlie and The Chocolate Factory</u> Hockey Real Gym (inside) Unit 1 Social Basketball Real PE (inside) Unit 3 Cognitive</p> 	<p><u>Victorians</u> Dance AC (inside) Hockey* Netball Real Gym (inside) Unit 1 Personal (lessons 1-6)</p>  <p>*can change tactics, rules or tasks to make activities more fun or challenging.</p>
Sp1	<p><u>Dinosaurs</u> Basketball Dinosaur dancing (inside) Real PE (inside) Unit 6 Health & Fitness Football</p>  <p>Swimming (Year 2 only) </p>	<p><u>Pirates</u> Tag-Rugby Real PE (inside) Unit 1 Personal Pirate Dance - (AC) Netball *</p>  <p>*can change tactics, rules or tasks to make activities more fun or challenging.</p>	<p><u>Out of this World</u> Real P.E (inside) Unit 6 Health & Fitness Astronaut Fitness Football Dodgeball (inside)</p> 
So1	<p><u>Seaside</u> Dance Tennis * Athletics</p>	<p><u>The Tudors</u> Tennis Athletics Rounders</p>	<p><u>Around the World</u> Golf Tennis Athletics</p>

	<p>Cricket (Clacton Cricket Club)</p>  <p>*I can explore and describe different movements</p>	<p>Golf</p> 	<p>Rounders</p> 
A2	<p>Penguins Football Real Gym (inside) Unit 1 Social Penguin Dances (inside) Real PE (outside) Unit 3 Cognitive</p>  <p>Swimming (Year 2 only) </p>	<p>Egyptians Basketball * Box2BFit (inside) Hockey Real Gym (inside) Unit 1 Social</p>  <p>*Describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down.</p>	<p>War and Conflict Dance (AC) Tag Rugby * Real Gym (inside) Unit 2 Personal (lesson 7-12) Hockey</p>  <p>*can change tactics, rules or tasks to make activities more fun or challenging.</p>
Sp2	<p>Wizards Basketball Dance/ballroom dancing (inside) Real PE (inside) Unit 6 Health & Fitness Hockey (Quidditch link)</p>  <p>Swimming (Year 2 only) </p>	<p>Rainforests Football Dance (AC) Netball Real P.E (inside) Unit 3 Cognitive</p> 	<p>Pompeii Basketball Box2BFit (inside) Dodgeball Real PE (inside) Unit 2 Social</p> 

Su2

Minibeasts

Dance

Tennis *

Athletics

Cricket (Clacton Cricket Club)



*I can explore and describe different movements

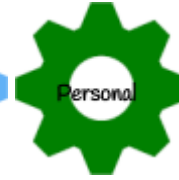
Inventors

Tennis

Athletics

Rounders

Cricket



Australia

Cricket

Tennis

Athletics

Rounders

