

Physical Education

Intent

At Hyde Park Schools, we understand the valuable contribution that being physically active can make to our physical and mental wellbeing. Through our PE provision, we aim to encourage an active, healthy lifestyle for all our pupils. Aligned with the National Curriculum, we have developed a broad and balanced curriculum to inspire all children and foster their interest and participation in extra-curricular sport. The aim of our curriculum is to build upon the knowledge and skills developed in lessons. Our lessons are based upon a scheme of work, Complete PE, but teachers use their knowledge of the children to adapt lessons where necessary. We understand that, for some pupils, PE can be an opportunity to excel and succeed outside of academic pursuits; we aim to provide physical and cognitive challenge for all pupils inclusive of their ability. For some pupils the focus will be on participation and involvement as they develop their physical confidence.

Implementation

PE is monitored regularly through lesson visits, planning scrutiny and conversations with pupils. We provide all students with two hours of timetabled Physical Education per week. This is a combination of:

- two taught sessions with the Class Teacher;
- daily bursts of short activity, for example a short work-out, a short PE activity outside or a guided dance video.

Each week, children will have one indoor session, such as gymnastics and dance, and one outdoor session, for example invasion games or striking and fielding. As a school, we take part in a variety of sporting competitions with other Plymouth primary schools. Additionally, inter-class and inter-year group competitions are encouraged throughout the school year. Every year, we hold our Sports Day across the Schools where children take part as Alliances: Lynher, Meavy, Plym and Tamar. The day consists of competitive athletic events (such as long jump) and non-competitive events (such as team challenges), so that all pupils are involved and able to participate.

Impact

Our curriculum map allows for children to revisit key skills (for example, throwing and catching) throughout their primary schooling. Over time, our pupils will develop these skills and become more confident and be able to apply them with increasing independence. For example, pupils will improve not only the accuracy of their throwing skills but also the range of passes they can make (for example, over-head, underhand etc.) and select the most appropriate pass in a given situation.

Our curriculum seeks to, over the year, develop the key skills of flexibility, strength, technique, control, and balance as well as improving children's physical fitness and stamina. Our lessons provide opportunities for pupils to develop their strategic thinking, for example how to outwit an opponent. Teachers conduct on-going formative assessment during lessons and adjust their planning accordingly.

Quality teaching provides engaging and enjoyable opportunities for children to participate in a range of sports as well as take responsibility for their own health and fitness.

We foster a love of being active and encourage children to take part in competitive sport.

Our children will grow to lead happy, healthy lifestyles using what they have learned with us during their time at Hyde Park Schools.

Progression

	Locomotion	Locomotion Jumping	Ball Skills Hands 1	Ball Skills Hands 2	Ball Skills Feet	Games for Understanding
EYFS	Walking Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game	Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping	Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing	Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching	Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attacking and defending into a game
Year 1	Running Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running – apply to a competitive game	Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game	Introduce sending (bouncing) with control Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills	Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game	Develop moving the ball using the feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point	Understanding the principles of attack/defence Applying attacking/ defending principles into a game Consolidate attacking/defending
Year 2	Dodging Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams	Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations	Develop dribbling/passing and receiving Combine dribbling, passing and receiving, keeping possession Develop dribbling/passing and receiving to score a point Combine dribbling, passing and receiving to score a point	Consolidate pupils application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent	Develop dribbling/passing/ receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving as a team to score a point	Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics

	Gymnastics	Gymnastics	Dance	Dance	Team Building	Health and Wellbeing
EYFS	<p>High, Low, Over, Under Introduction to high, low, over and under Introduction to the apparatus</p> <p>Applying high and low on apparatus</p>	<p>Moving Explore moving and making shapes using different body parts</p> <p>Explore moving in different directions</p> <p>Explore big and small ways of moving and making shapes Moving in pairs</p> <p>Creating shapes in pairs</p>	<p>Nursery Rhymes Explore/develop zig-zag pathways/on apparatus</p> <p>Explore/develop curved pathways/on apparatus</p> <p>Creation of pathway sequences</p> <p>Completion of pathways sequences and performance</p>	<p>Ourselves Moving in sequence</p> <p>Responding in movement to words and music</p> <p>Moving with props and contrasting tempos</p> <p>Creating their own movements</p> <p>Exploring opposites and creating simple movement sequences</p>	N/A	N/A
Year 1	<p>Wide, Narrow, Curled Introduction to wide, narrow and curled</p> <p>Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements Linking two movements together</p>	<p>Body Parts Introduction to big/small body parts</p> <p>Combining big and small with wide, narrow and curled</p> <p>Transition between wide narrow and curled using big and small body parts</p> <p>Adding (linking) movements together</p>	<p>The Zoo Exploring expression</p> <p>Developing our movements, adding movements together Responding to a rhythm: Introducing partner work</p> <p>Creating an animal sequence motifs</p> <p>Exploring relationships within our motifs</p>	<p>Growing Responding to rhythm</p> <p>Developing the growing plant 'dance' Introduction to motifs</p> <p>Creating motifs</p> <p>Creating movement sequences Relationships and performance</p>	<p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies Problem solving: Consolidate teamwork</p>	<p>Introduce and explore agility</p> <p>Introduce and explore balance</p> <p>Introduce and explore coordination:</p> <p>Bouncing, rolling and throwing</p>
Year 2	<p>Linking Developing linking</p> <p>Linking on apparatus</p> <p>Jump, roll, balance sequences/on apparatus</p> <p>Creation of sequences</p>	<p>Pathways Explore/develop zig-zag pathways/on apparatus</p> <p>Explore/develop curved pathways/on apparatus</p> <p>Creation of pathway sequences</p>	<p>Exploring Responding to stimuli</p> <p>Developing our motif with expression and emotion</p> <p>Applying choreography in our motifs</p>	<p>Water Responding to stimuli</p> <p>Developing whole group movement Improvisation and physical descriptions</p>	<p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p>	<p>Consolidate agility</p> <p>Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination:</p> <p>Dribbling and kicking</p>

	Completion of sequences and performance	Completion of pathways sequences and performance	Extending our motifs Sequences, relationships and performance	Creating contrasting movement sequences Sequences, relationships and performance	Explore simple strategies Problem solving: Consolidate teamwork	
--	---	--	---	---	---	--