

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

	Invasion Games	Striking and Fielding	Net/wall games	Dance	Gymnastics	Athletics
Year 3	<p>Netball</p> <ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing and moving • Combine/develop passing and shooting <p>Football</p> <ul style="list-style-type: none"> • Introduce/develop dribbling • keeping control • Introduce passing and receiving • Combine dribbling and passing to create space • Develop passing, receiving and dribbling 	<p>Rounders</p> <ul style="list-style-type: none"> • Introduce to rounders • Introduce overarm throwing • Apply overarm and underarm throwing • Introduce stopping the ball • Application of stopping the ball in a game 	<p>Tennis</p> <ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game • introduce rackets • Introduce the forehand 	<ul style="list-style-type: none"> • Responding to stimuli • Developing character/thematic dance into a motif • Developing sequences with a partner in character that show relationships • Extending sequences with a partner in character 	<ul style="list-style-type: none"> • Introduction to symmetry • Introduction to asymmetry • Application of learning onto apparatus • Sequence formation • Sequence completion 	<ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • Introduce /develop relay: speed in a team • Throwing: Accuracy vs distance • Standing long jump
Year 4	<p>Tag Rugby</p> <ul style="list-style-type: none"> • Introduce moving with the ball, passing, and receiving • Introduce tagging • Create space when attacking • Develop passing and moving • Combine passing/moving to create attacking opportunities 	<p>Cricket</p> <ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent • Introduce bowling underarm 	<p>Tennis</p> <ul style="list-style-type: none"> • Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game situations • Applying the forehand and 	<ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting relationships and interlinking dance moves • Developing sequences with 	<ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<ul style="list-style-type: none"> • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when

	<ul style="list-style-type: none"> Develop defending in game situations Combine passing and moving to create an attack and score <p>Basketball</p> <ul style="list-style-type: none"> Introduce dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	<ul style="list-style-type: none"> Develop stopping and returning the ball Develop retrieving and returning the ball 	<ul style="list-style-type: none"> backhand creating space to win a point 	<p>a partner in character that show</p> <ul style="list-style-type: none"> relationships and interlinking dance moves 		<p>running for distance</p> <ul style="list-style-type: none"> Javelin Standing triple jump
Year 5	<p>Netball</p> <ul style="list-style-type: none"> Develop footwork Develop passing and creating space Develop passing, moving and shooting Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles <p>Hockey</p> <ul style="list-style-type: none"> Introduce dribbling, keeping control Introduce passing and receiving 	<p>Rounders</p> <ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in 	<p>Badminton</p> <ul style="list-style-type: none"> Exploring different forehand/backhand shots Applying different forehand/backhand shots to win a point Consolidate outwitting an opponent Doubles: Understanding and applying tactics to win a point 	<ul style="list-style-type: none"> Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive Extending our Performance incorporating props and apparatus linked to the variety of performers 	<ul style="list-style-type: none"> Introduction to counterbalance Application of counterbalance learning onto apparatus Sequence formation Counter Tension Sequence completion 	<ul style="list-style-type: none"> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles

	<ul style="list-style-type: none"> Combine dribbling and passing to create space Develop passing, receiving, and dribbling Introduce shooting Introduce defending, blocking and tackling 	<ul style="list-style-type: none"> mini games 				
Year 6	<p>Football</p> <ul style="list-style-type: none"> Turning Introduce shooting Introduce and develop Defending Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games <p>Tag Rugby</p> <ul style="list-style-type: none"> Explore different passes that can be used to outwit defenders Refine defending as a team Create, understand, and apply attacking/defending 	<p>Cricket</p> <ul style="list-style-type: none"> Refine batting, understand, and develop batting and bowling tactics Refine fielding stooping, catching, and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring Create, understand, and apply attacking/defensive tactics in game 	<p>Badminton</p> <ul style="list-style-type: none"> Introduction to badminton: Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand: Creating space to win a point Controlling the game from the serve 	<ul style="list-style-type: none"> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Choreographical elements including still imagery Extending our choreography through controlled movements, character emotion and expression Explore the relationships between characters applying character 	<ul style="list-style-type: none"> Introduction to matching/mirroring Application of matching/mirroring learning onto apparatus Sequence development 	<ul style="list-style-type: none"> Running for speed competition Running for distance competition Throwing competition Jumping competition

	<p>g tactics in game situations</p> <ul style="list-style-type: none">• Consolidate attacking and• defending in mini games			<ul style="list-style-type: none">• emotion and expression		
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