

The Priestley Progress Path

Physical Education



Placing learning at the heart of everything we do.

Impact

Priestley and Proud

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.



Intent

Raising Aspiration, Realising Ambition, Stimulating Curiosity.

Priestley Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe, such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team by sharing great ideas, understanding fairness and equity of play to embed life-long values, including respect for all opinions and abilities. Our curriculum aims to improve the wellbeing and fitness of all children at Priestley Primary School, not only through the sporting skills taught through the underpinning values and disciplines PE promotes.

Net & Racket Games



Team Games



Dance



Gymnastics



Athletics



Outdoor & Adventurous Activities



Swimming

Implementation

Placing learning at the heart of everything we do.

- PE at Priestley Primary School provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & passing games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.
- The long-term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.
- Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In addition, children are encouraged to participate in the varied range of extra-curricular activities. After school sport clubs are available on several evenings.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop cooperation, teamwork and leadership skills and are very much enjoyed by the children.
- Each year, a small group of Year 6 children are invited to become House Captains for the school (taking responsibility). They develop into sporting role models for the younger children, assisting with sponsored events, our annual Sports day and any other Sporting activities.
- Children participate in workshops covering a variety of sports throughout the year. For example, Chance 2 Shine, Calne Rugby, Calne Tennis and Up and Under sports, again providing the children with an opportunity to develop, improve their fitness and to try something new.
- Children in Key Stage 2 will be provided the opportunity to swim throughout the Key Stage.



Gymnastics

1. experiment with different ways of moving
2. Jump off an object landing appropriately
3. Travel under, over, through and around climbing equipment
4. Travel with confidence and skill
5. ELG – show good control and coordination in large and small movements.

Games

1. Explore space successfully when playing a racing/chasing game
2. Adjust speed and change direction to avoid obstacles
3. Show increased control over an object when pushing, patting, throwing, catching or kicking it

General

1. Safely use equipment and explore different techniques
2. ELG I can move confidently in a range of ways, safely negotiating space.

1. Experiment with different ways of moving
2. Jump off an object and land appropriately
3. Travel with confidence and skill
4. ELG – show good control and coordination in large and small

Dance

PE in EYFS

Will be able to:

Physical Development

Gross Motor Skills

1. Negotiate space and obstacles safely, with consideration for themselves and others.
 2. Demonstrate strength, balance and coordination when playing.
 3. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
1. Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly.
 2. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.
 3. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Personal, Social Emotional

Self-Regulation

Personal, Social Emotional

Building Relationships

1. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
2. Explain the reasons for rules, know right from wrong and try to behave accordingly.
3. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

1. Offer explanations for why things might happen, making use of recently introduced vocabulary from stories, non-fiction, rhymes and poems when appropriate.
2. Express their ideas and feelings about their experiences using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.

Communication & Language

Speaking

Communication & Language

Listening, Communication & Attention

1. Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions.
2. Make comments about what they have heard and ask questions to clarify their understanding.



Dance

1. Move safely within a space.
2. Move to music and follow dance moves.
3. Make a short dance sequence to perform.



Team Games

1. Throw with both hands in different ways.
2. Roll, kick and hit in different games.
3. Move and stop safely.



Net, Racket & Striking Games

1. Hold a bat comfortably.
2. Develop striking a ball with a bat.
3. Apply a simple tactic in a game.
4. Hit up, down and forwards.

Gymnastics

1. Move safely on, off, around and through apparatus.
2. Perform a gymnastic sequence e.g. roll, spin, jump.

Sports People in Year One

Will be able to:



Athletics

1. Develop the skill of running.
2. Develop the skill of changing direction when moving.
3. Develop the skill of hopping.
4. Develop the skill of underarm throwing.
5. Develop the skill of rolling a ball.



Dance

1. Change level, rhythm, speed and direction in my dance.
2. Dance with control and coordination.
3. Use dance to show a mood or a feeling.

Sports People in Year Two

Will be able to:



Athletics

1. Develop the skill of jumping.
2. Develop the fundamental movement skill of skipping.
3. Develop the skill of overarm throwing.

Net, Racket & Striking Games

1. Develop the skill of overarm throwing.
2. Develop the skill of bouncing a ball.
3. Develop the skill of catching a ball.
4. Hold a bat or racket correctly.
5. Strike a ball for distance.
6. Play a simple striking and fielding game and use a simple tactic.



Gymnastics

1. Change level, rhythm, speed and direction in my movements.
2. Perform with control, balance and co ordination
3. End movements with control.



Team Games

1. Throw a ball underarm with accuracy to a partner.
2. Get into the ready position when catching a ball.
3. Catch a ball from the ready position.
4. Dodge with some agility.
5. Use simple tactics in a game.



KS1 Vocabulary



throw high low skip fast slow safely
step bounce leap hop repeat run target
overarm underarm walking jogging accelerate baton
relay push take off landing evaluate improve
avoiding tracking a ball rolling striking catching free space
own space opposite team rebound follow speed
direction passing controlling shooting place stretch
pull spring crawl slowly tall long wide narrow
body parts around through extension pathway along
tension curved straight in front point twisted curled
level medium smooth sequence height audience stillness
beginning middle end feelings rhythm



Dance

1. Repeat, remember and perform phrases.
2. Use dance to communicate an idea.
3. Share and create phrases with a partner.



Gymnastics

1. Work in a controlled and balanced way.
2. Compare and contrast gymnastic sequences.
3. Begin to evaluate gymnastic performance.
4. Start to adapt movement / performance in terms of balance and speed.



Team Games

1. Catch with increasing control
2. Throw an object with increased power, accuracy and control.
3. Hit a moving ball.
4. Have an awareness of space.
5. Follow the rules of the game.
6. Aware of tactics and skills in a game.



Sports People in Year Three

Will be able to:

Athletics

1. Run at fast, slow and medium speeds.
2. Run changing direction.
3. Run changing speed and avoiding obstacles.
4. Sprint over a short distance.
5. Take part in a relay, remembering what to do.
6. Throw at a target.



Net, Racket & Striking Games

1. Catch with increasing control.
2. Throw an object with increased power, accuracy and control.
3. Strike a ball with accuracy for distance.
4. Strike a ball to a partner.
5. Hit a moving ball.



Outdoor & Adventurous Activities

1. Follow a simple map, locating places and objects in a familiar context.
2. Follow a simple route, in a familiar context.



Gymnastics

1. Adapt sequences to suit. different types of equipment and apparatus.
2. Include levels, speed and direction when using the apparatus.
3. End performances with balance and control.
4. Work with a partner to create and perform a sequence with at least 3 elements.



Dance

1. Improvise freely and translate ideas from a stimulus into movement phrases.
2. Take the lead in a performance
3. Create phrases as part of a small group.



Team Games

1. Kick a ball with accuracy and control
2. Travel with a ball.
3. Dribble a basketball with some control.
4. Find space to receive a chest or bounce pass.
5. Use space and recognise how that helps a team's performance.
6. Know and apply the rules of a game fairly.
7. Vary my tactics and skills during a game.



Sports People in Year Four

Will be able to:

Athletics

1. Run in different ways.
2. Jump in different ways.
3. Throw in different ways.
4. Hit a target.



Swimming

1. Be confident in water.



Net, Racket & Striking Games

1. Catch with one hand
2. Throw accurately to a target
3. Hit a ball with accuracy and control.



Outdoor & Adventurous Activities

1. Follow a simple map, locating places and objects in a more demanding context.
2. Follow a simple route, in a more demanding context.
3. Follow a route within a time limit.





Lower KS2 Vocabulary



sling distance sprint steady pace accuracy height record

joints rhythm leading leg measure heartbeat pulse rate

hurdles landing control preferred landing foot stamina

obstacles stance diagonal approach speed keep possession

keep the ball scoring keeping score making space pass send

receive dribble travel with the ball back up support partner

make use of space tactics defending stance flow explosive

symmetrical asymmetrical combination evaluate improve refine

adapt contrasting suppleness strength inverted 90 degrees

180 degrees leaving approaching combine rotation against

towards constructive timing repeat dance phrase improvisation

character gesture repetition action reaction costume

prop and pattern



Dance

1. Compose their own dance in a creative way.
2. Develop sequences in a specific style
3. Show clarity, fluency and accuracy in their dance.



Gymnastics

1. Evaluate and improve complex extended sequences /movements by combining my own work.
2. Combine action, balance and shape.



Team Games

1. Gain possession by working as a team.
2. Pass in different ways – chest pass, bounce pass, lob etc.
3. Hit forehand and backhand with a racquet.
4. Field with concentration, catch and throw successfully.
5. Choose a tactic for attacking and defending.

Sports People in Year Five

Will be able to:



Athletics

1. Show control when taking off and landing.
2. Throw with control and accuracy.



Swimming



1. Swim with greater confidence.
2. Swim on their front.
3. Enter the water safely.
4. Climb out of the water safely.

Net, Racket & Striking Games

1. Develop sending skills.
2. Evaluate success in a game.
3. Dribble a ball using a hockey stick.
4. Understand the need to prepare properly for games.



Outdoor & Adventurous Activities

1. Follow a map in an unknown location.
2. Use clues and a compass to navigate a route.
3. Change a route to overcome a problem.



Gymnastics

1. Link performance to specific timings.
2. Perform consistently to different audiences.
3. Evaluate and improve complex extended sequences/ movements by combining my own work with that of others.

Sports People in Year Six

Will be able to:

Athletics

1. Combine running and jumping.
2. Demonstrate stamina when performing.



Swimming



1. Swim at least three strokes confidently.
2. Be safe in water.
3. Swim 25 meters competently.

Outdoor & Adventurous Activities

1. Use new information to change a route.
2. Plan with others taking account of safety and danger.
3. Plan a route and a series of clues for someone else to follow.



Dance

1. Demonstrate consistency in their dance/movement sequences.
2. Perform their sequence to their own choice of music.
3. Perform to an accompaniment.



Team Games

1. Make a plan and communicate it.
2. Lead others in a game situation.
3. Play to an agreed set of rules and explain the rules.
4. Use a number of techniques to pass, dribble and shoot.
5. Adapt and amend tactics as the game develops.
6. Develop the skill of running with a rugby ball in two hands.
7. Pass a rugby ball with accuracy .
8. Catch a rugby ball with confidence.
9. Create an invasion game.



Net, Racket & Striking Games

1. Dribble a ball using hockey sticks.
2. Select and apply appropriate tactics when playing different games.
3. Explore adapting net/racquet game to explore positions and attacking/defending options.
4. Choose and apply skills and tactics consistently in any competitive game.





Upper KS2 Vocabulary



measure *height* *target* *pacing* *obstacles* *leading leg*
speed *accuracy* *take off* *stamina* *time* *trajectory*
release *performance* *position* *run up* *keeping possession* *support*
marking *covering* *repossession* *attackers* *defenders* *team play*
dynamics *mirroring* *matching* *refine* *display* *performance*
create *assessment* *suppleness* *muscles* *joints* *explore*
co-operate *elements* *obstacles* *aesthetically* *criteria* *extension*
judgement *tension* *inverted* *judge* *counter-tension*
counter-balance *imaginative* *parallel* *dance style* *technique*
formation *variation* *improvisation* *unison* *action* *reaction*
motif *interpret* *exploration*