

Thorndon Primary School



Physical Education

Working in partnership with Premier Education

Subject Lead: Ms Meadowcroft

Academic Year: 2024/2025

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Intent - School Sport on a Page

<p>Whole School vision and ethos:</p> <p>At Thorndon we aim to provide all pupils with a high-quality Physical Education curriculum which inspires and motivates. We encourage pupils to succeed in all aspects of Physical Education and competitive sport with enthusiasm, whilst remaining respectful and supportive of peers and fellow competitors. We want pupils to become physically confident in a way that supports their health and fitness for life. We believe that Physical Education builds resilience, perseverance and compassion in individuals which our pupils can apply to their future both during and beyond their time with us. Children are provided with a range of opportunities to support their physical and mental health and wellbeing. We intend to develop children's skills, knowledge and understanding so they can perform with increasing confidence and competence in a variety of physical activities. Our ambition is to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating; developing positive attitudes to a healthy lifestyle. We believe that Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimal physical and emotional development.</p>	<p>Intent targets</p> <table border="1"> <tr><td>Activity levels</td><td></td></tr> <tr><td>Breadth of curriculum</td><td></td></tr> <tr><td>Community and partnerships</td><td></td></tr> <tr><td>Extra-curricular</td><td></td></tr> <tr><td>Performing arts</td><td></td></tr> <tr><td>Physical literacy</td><td></td></tr> <tr><td>Skill development</td><td></td></tr> <tr><td>Social development</td><td></td></tr> <tr><td>Staff CPD</td><td></td></tr> <tr><td>Wraparound care</td><td></td></tr> <tr><td>Personal development</td><td></td></tr> </table>	Activity levels		Breadth of curriculum		Community and partnerships		Extra-curricular		Performing arts		Physical literacy		Skill development		Social development		Staff CPD		Wraparound care		Personal development	
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National Curriculum Intent

Guidance from afPE for the progression within PE was taken into account- along with the national curriculum- when designing our PE curriculum.

Early Years

Expected

Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Children know the importance for good health of physical exercise and a healthy diet and talk about ways to keep healthy and safe. Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity.

Exceeding

Children can hop confidently and skip in time to music Children know about and can make healthy choices in relation to healthy eating and exercise. Children play group games with rules.

Key Stage One

Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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.

Key Stage Two



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.


Curriculum Delivery timetable



Below is an overview of the curriculum delivery topics that will be delivered throughout the year. We aim to create a broad and balanced PE curriculum that also revisits the skills developed at different touch points throughout the year to reinforce the learning within that topic. The curriculum will also be developed to link into other key values and topics within the school.

	Monday	Tuesday	Wednesday	Thursday	Friday
9-10.40					Year 3-4
11-12.00					Year R / 1/2
1.45-3					Year 5 / 6

Pupil Progression plan

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
Team Games 	Fundamentals of Movement Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce	Multi Skills Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)	Multi Skills Theme: Working as a team Coverage: Consolidating fundamental movement skills (FMS) from Year 1 to include, kicking, Trapping, throwing, catching, bouncing, pushing, rolling	Invasion Games (Football / Hockey) Theme: Attacking and defending Coverage: Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.	Invasion Games (Football / Hockey) Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4	Invasion Games (Tag Rugby/Basketball) Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4	Invasion Games (Tag Rugby/Basketball) Theme: Teamwork and tactics Coverage: Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4 5v5 6v6
Dance 	Fundamentals of Movement - ABC Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	Dance Theme: Short stories or story based class/school theme Coverage: Shapes and Patterns, Travelling, Change of speed/rhythm/level /direction (teacher led)	Dance Theme: Linked to class/school theme Coverage: Shapes and rhythm. Responding to rhythm. Negotiating space.	Dance Theme: Science, linked to class/school theme Coverage: Create and perform a short group dance showing a range of movement patterns	Dance Theme: Linked to class/school theme Coverage: Perform a partner dance that includes a range of stimuli that allows performers to react to.	Dance Theme: Linked to class/school theme Coverage: Use a cross curricular link to the classes current topic. Perform a whole class dance with small groups each creating a part of the dance, which they teach to their peers.	Dance Theme: Linked to class/school theme Coverage: Responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.

	Reception ⇨	Year 1 ⇨	Year 2 ⇨	Year 3 ⇨	Year 4 ⇨	Year 5 ⇨	Year 6
<p>Gymnastics</p> 	<p>Fundamentals of Movement</p> <p>Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.</p>	<p>Gymnastics</p> <p>Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space</p>	<p>Gymnastics</p> <p>Theme: Rolling and Jumping, Linking actions. Coverage: (FSS) Developing Rolling, Jumping skills and linking these actions</p>	<p>Gymnastics</p> <p>Theme: Shapes, jumping and landing Coverage: Create a sequence using gymnastic floor elements in pairs and/or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.</p>	<p>Gymnastics</p> <p>Theme:Transferring weight Coverage: Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.</p>	<p>Gymnastics</p> <p>Theme: Sequences, effective combinations Coverage:Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.</p>	<p>Gymnastics</p> <p>Theme: Sequencing, matching and mirroring Coverage: To create a sequence in pairs using mirror and matching elements using complex apparatus and skills.</p>
<p>OAA</p>	<p>Fundamentals of Movement</p> <p>Theme: Simple skills of sending/receiving Coverage: send/receive various equipment using feet, hands, other. Kick, throw, hit, catch, trap, roll</p>	<p>Team Work</p> <p>Theme: Send, receive and retrieve & teamwork Coverage: Kicking, striking, catching (using various equipment) and working in teams, co-operation.</p>	<p>Team Work</p> <p>Theme: Develop FMS. Developing simple attacking and defending skills for invasion sports (basketball, netball) Coverage: Working in pairs– Send, receive and score, based on a 2v1 or 2v2 scenario.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: planning/ recording in different activities and problem solving. Coverage: Use maps and diagrams to orientate. Plan to overcome challenges to problems as a group. Identify success.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: Responding to challenges in different environments Coverage: Attempt to adapt quickly to unfamiliar situations and recognise solutions. Understand what is needed in challenging situations and take a lead role in their group being successful with ideas.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: OAA in familiar/ unfamiliar environments; working Individual /small groups Coverage: Adapt quickly to unfamiliar situations and recognise solutions. Implement changes needed in challenging situations and take a lead role in their group being successful with ideas.</p>	<p>Outdoor Adventurous Activity</p> <p>Theme: Planning, recording, navigation and evaluation in different activities, problem solving Coverage: Assess weakness and discuss ways of improving performance.</p>

	Reception →	Year 1 →	Year 2 →	Year 3 →	Year 4 →	Year 5 →	Year 6
Athletics 	Sports Day Preparation Theme: run, Jump, throw. Coverage: development of fundamental movement skills for run, throw, jump	Sports Day Athletics Theme: Different ways of running, jumping and throwing. Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self.	Sports Day Athletics Theme: Running, jumping and throwing skills, setting personal targets Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. others	Athletics Theme: Running, jumping and throwing skills, partner work. Coverage: Developing hurdle and running events with a partner. Competing in pairs in throwing and jumping events.	Athletics Theme: Running/ jumping/throwing. Time and direction. Coverage: Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events	Athletics Theme: Running, jumping and throwing. Personal best. Coverage: Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be Included.	Athletics Theme: Running, jumping and throwing. Achieving personal best. Team events. Coverage: Compete in a variety of athletics events for pupils to be able to achieve their personal best. Introduce competitive team events.
Striking and Fielding 	Team Games Theme: co-operating, sharing, listening, taking turns Coverage: A variety of fundamental movement skills introduced through team activities.	Games Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.	Games (Striking & Fielding) Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for cricket and playing simplified versions of the game	Striking & Fielding Games Theme: Finding and closing down space. Coverage: Create small-sided and modified games of cricket and rounders. Introduce basic rules of these sports	Striking & Fielding Games - Rounder's Theme: Bowling & Striking Coverage: Introduce basic rules of rounders and play competitive modified versions of this game. Introduce sport specific techniques for bowling and striking.	Striking & Fielding Games – Cricket Theme: Batting and fielding tactics and strategies Coverage: Develop rules of cricket and play competitive modified versions of this game. Introduce sport specific techniques and tactics for fielding and batting.	Striking & Fielding – Cricket & Rounder's Theme: Teamwork and tactics Coverage: Pupils to organise and compete in full cricket and rounder's games as well as developing skills as captains, coaches and officiators.

Early Years Foundation stage overview

We recognise that PE and sport can positively impact the EYFS prime and specific area of learning and development. Whilst EYFS do not have to do PE, we value the role PE can play within their development and have implemented the below overview to achieved specific early learning goals:

Premier delivery – Blue Teacher delivery- Orange

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamental movement skills	Ball/multi skills	Movement to music	Gymnastics	Ball/Multi Skills	Fundamental movements skills

The above topics will help support/achieve the below early learning goals:

Physical development: Moving and handling: Early Learning Goal Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Physical Development: Health and Self-Care: Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Personal, Social and emotional development: Self- Confidence and self-awareness: Early Learning Goal Children are confident to try new activities and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.

Expressive arts and design: being imaginative Early Learning Goal Children use what they have learnt about media and materials in original ways, thinking about uses and purposes. They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.

Key Stage 1 overview

Year 1	Autumn Term		Spring Term		Summer Term	
	Term 1 Multi Skills	Term 2 Gymnastics	Term 1 Invasion Games (Football / Hockey)	Term 2 Team Work	Term 1 Sports Day Athletics	Term 2 Games
	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:
	Activity Themes and Coverage: Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)	Activity Themes and Coverage: Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space	Activity Themes and Coverage: Theme: Attacking and defending Coverage: Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.	Activity Themes and Coverage: Theme: Send, receive and retrieve & teamwork Coverage: Kicking, striking, catching (using various equipment) and working in teams, co-operation.	Activity Themes and Coverage: Theme: Different ways of running, jumping and throwing. Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self.	Activity Themes and Coverage: Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.
	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:
	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:

Year 2	Autumn Term		Spring Term		Summer Term	
	Term 1 Multi Skills	Term 2 Gymnastics	Term 1 Invasion Games (Football / Hockey)	Term 2 Team Work	Term 1 Sports Day Athletics	Term 2 Games (Striking & Fielding)
	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:
	Activity Themes and Coverage: Theme: Multi Skills,	Activity Themes and Coverage: Theme: Rolling and	Activity Themes and Coverage: Theme: Attacking and	Activity Themes and Coverage: Theme: Develop FMS.	Activity Themes and Coverage: Theme: Running, jumping	Activity Themes and Coverage: Theme: Striking / fielding

	Activity Themes and Coverage: Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4	Activity Themes and Coverage: Theme: Transferring weight Coverage: Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.	Activity Themes and Coverage: Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4	Activity Themes and Coverage: Theme: Responding to challenges in different environments Coverage: Attempt to adapt quickly to unfamiliar situations and recognise solutions. Understand what is needed in challenging situations and take a lead role in their group being successful with ideas.	Activity Themes and Coverage: Theme: Running/ jumping/throwing. Time and direction. Coverage: Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events	Activity Themes and Coverage: Theme: Bowling & Striking Coverage: Introduce basic rules of rounders and play competitive modified versions of this game. Introduce sport specific techniques for bowling and striking.
	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:
	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:

Upper Key Stage 2 overview

Year 5	Autumn Term		Spring Term		Summer Term	
	Term 1 Invasion Games (Tag Rugby/Basketball)	Term 2 Gymnastics	Term 1 Invasion Games (Tag Rugby/Basketball)	Term 2 Outdoor Adventurous Activity	Term 1 Athletics	Term 2 Striking & Fielding Games - Cricket
	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:
	Activity Themes and Coverage: Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4	Activity Themes and Coverage: Theme: Sequences, effective combinations Coverage: Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.	Activity Themes and Coverage: Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4	Activity Themes and Coverage: Theme: OAA in familiar/unfamiliar environments; working Coverage: Adapt quickly to unfamiliar situations and recognise solutions. Implement changes needed in challenging situations and take a lead role in their group being successful with ideas.	Activity Themes and Coverage: Theme: Running, jumping and throwing. Personal best. Coverage: Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be Included.	Activity Themes and Coverage: Theme: Batting and fielding tactics and strategies Coverage: Develop rules of cricket and play competitive modified versions of this game. Introduce sport specific techniques and tactics for fielding and batting.
	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:	Curriculum Area:
	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:	Activity Themes and Coverage:

Year 6	Autumn Term		Spring Term		Summer Term	
	Term 1 Invasion Games (Tag Rugby/Basketball)	Term 2 Gymnastics	Term 1 Invasion Games (Tag Rugby/Basketball)	Term 2 Outdoor Adventurous Activity	Term 1 Athletics	Term 2 Striking & Fielding - Cricket & Rounder's

Extra-Curricular Overview

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	8am-8.45	8am-8.45	8am-8.45	8am-8.45	8am-8.45
Lunchtime	12.15-1.15	12.15-1.15	12.15-1.15	12.15-1.15	12.15-1.15
After School				3.15-4.15	

Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	8am-8.45	8am-8.45	8am-8.45	8am-8.45	8am-8.45
Lunchtime	12.15-1.15	12.15-1.15	12.15-1.15	12.15-1.15	12.15-1.15
After School				3.15-4.15	

Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	8am-8.45	8am-8.45	8am-8.45	8am-8.45	8am-8.45
Lunchtime	12.15-1.15	12.15-1.15	12.15-1.15	12.15-1.15	12.15-1.15
After School				3.15-4.15	

