

Our Vision for PE - Statement of intent

At St Clare's Catholic Primary School, we understand the impact that physical activity can have on the mental, emotional, social and physical wellbeing of a person.

Therefore, in Physical Education, we aim to provide high-quality lessons that inspire all children, including the least active, to succeed and excel. Through this, it is our intention to help develop their physical health and fitness, as well as a growing understanding of the benefits of an active lifestyle.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives



Early Years Outcome: Games

The main Early Years Outcomes covered in the Games units are:

- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. (PD – M&H 40-60)
- Children show good control and co-ordination in large and small movements. (PD – M&H ELG)
- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. (PD M&H 40-60)
- Experiments with different ways of moving. (PD M&H 40-60)
- They move confidently in a range of ways, safely negotiating space. (PD M&H ELG)

KS1 National Curriculum Aims: Games

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, 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. Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities;
- participate in team games, developing simple tactics for attacking and defending;

KS2 National Curriculum Aims: Games

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. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Progression of Skills – Games KS1

	Year 1			Year 2		
<p>Aim of Games</p> <p>In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Children develop basic game-playing skills, in particular the FMS of throwing and catching. They play games based on net games and striking and fielding games. They have an opportunity to play one against one, one against two, and one against three.</p>			<p>Children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. They will continue to practice and refine their FMS and techniques, using them to outwit others. They will also develop an early understanding of simple concepts of attack.</p>		
<p>Performance of skills - Progression</p>	<ul style="list-style-type: none"> ▶ Perform fundamental movement skills at a developing level in: ▶ Travelling skills. ▶ Sending skills. ▶ Receiving skills. 			<ul style="list-style-type: none"> ▶ Perform fundamental movement skills at a developing level and start to master some basic movements in: ▶ Travelling skills. ▶ Sending skills. ▶ Receiving skills 		
<p>Developing Physical Skills – Lancashire Scheme</p>	<ul style="list-style-type: none"> ▶ Side gallop ▶ Underarm throw ▶ Running 	<p>Rolling a ball</p> <p>Bounce a ball</p> <p>Catch ball</p> <p>Running</p>	<p>Overarm throw</p> <p>Running</p>	<ul style="list-style-type: none"> ▶ Underarm throw ▶ Catching ▶ Running ▶ Dodging 	<ul style="list-style-type: none"> ▶ Throw ▶ Catch ▶ Strike a ball ▶ Side gallop ▶ Running 	<ul style="list-style-type: none"> ▶ Strike a ball off a tee ▶ Strike with a drop feed ▶ Catch ▶ Overarm throw
<p>Application of skills – Lancashire Scheme (Core Task)</p>	<p>The 'Ten point hoops' core task involves children scoring points by throwing beanbags to a choice of two targets. Working in pairs, the children set up an area for their game. The pupils stand on either side of the line, one as an attacker and the other as a defender.</p> <p>Knowledge – To use a simple tactic i.e. Pretend to throw one way then throw the other</p>	<p>The aim of the game is to score points by sliding a beanbag or rolling a ball over your opponent's line. Alternatively you can throw a ball over the line for the opposition to catch. The game is played one against one, or two against two.</p> <p>Knowledge – To use a simple tactic i.e. Look one way and roll the ball the other</p>	<p>The aim of the game is for the thrower (the batter) to score as many points as possible by throwing beanbags into a channel and then counting how many times they can move in and out of a hoop before fielders retrieve the beanbags.</p> <p>Knowledge – To use a simple tactic i.e. Throw away from the cones (fielders)</p>	<p>The 'Piggy in the middle' core task involves children trying to score as many points as possible by throwing and catching a ball between players on their team. The pupils work in groups of four, with three attackers and one defender.</p> <p>Knowledge - To use a simple tactic i.e. move into space to receive a ball. To pass a ball to a player in space.</p>	<p>The aim is to score points by throwing or hitting a ball over a line/net so that it bounces twice, with the first bounce in the court area. Play the game two against two – each pair should have one player with a racket and one without.</p> <p>Knowledge – To throw the ball into space away from the opponent</p>	<p>The aim is for the batter to hit a ball into a field, and then to run as far as possible around a circuit of bases before the fielding team returns the ball to the fielding base</p> <p>Knowledge – To use a simple tactic i.e. Strike the ball away from cones/fielders</p>

Progression of Skills – Invasion Games KS2

	Year 3	Year 4	Year 5	Year 6
<p>Aim of Invasion Games</p> <p>In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>This unit lays the foundations for future invasion games. Children will learn to apply their understanding and skills from Key Stage 1. Children will improve their accuracy in throwing and catching, and will learn new invasion game sport specific techniques.</p>	<p>Children continue to learn simple attacking tactics using a range of equipment and sport specific skills. They playing small, uneven-sided games and think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>	<p>Children will learn how to work well as a team when attacking, and explore a range of ways to defend. The play uneven-sided games leading to 5V4 or 4V3.</p> <p>Children will also learn a wider range of sport specific techniques for passing, dribbling and shooting, and will learn to apply basic principles for attacking and defending.</p>	<p>Children will improve their defending and attacking play. They start to play even-sided mini-versions of invasion games.</p> <p>In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.</p>
<p>Performance of skills - Progression</p>	<ul style="list-style-type: none"> ▶ Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 	<ul style="list-style-type: none"> ▶ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. 	<ul style="list-style-type: none"> ▶ Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. 	<ul style="list-style-type: none"> ▶ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.
<p>Developing Physical Skills – Lancashire Scheme</p>	<p>Invasion Games skills through:</p> <ul style="list-style-type: none"> ▶ Three touch ball (netball) – running, dodging, Chest pass, Bounce pass, Catching a ball ▶ Three touch ball (rugby) – running, dodging, swing pass, Catching a ball ▶ Three touch ball (handball) – running, dodging, one-handed pass, One handed Bounce pass, Catching a ball 	<p>Invasion Games skills through:</p> <ul style="list-style-type: none"> ▶ On the Attack (basketball) – running, chest pass, bounce pass, dribbling a ball. ▶ On the attack (rugby) – running, dodging, swing pass, Catching a ball ▶ On the attack (handball) – running, dodging, one-handed pass, One handed Bounce pass, Catching a ball, shooting a ball. 	<p>Invasion Games skills through</p> <ul style="list-style-type: none"> ▶ Year 5 core task (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting, ▶ Year 5 core task (rugby): - – running, dodging, swing pass, Catching a ball, kicking a ball ▶ Year 5 core task (hockey): - running, push pass, dribbling, receiving a pass, shooting. 	<p>Invasion Games skills through:</p> <ul style="list-style-type: none"> ▶ Calling the shots' (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting, ▶ Calling the shots' (rugby): - – running, dodging, swing pass, Catching a ball, kicking a ball ▶ Calling the shots' (hockey): - running, push pass, dribbling, receiving a pass, shooting.
<p>Application of skills – Lancashire Scheme (Core Task)</p>	<p>Develop simple attacking skills in a 3V1 invasion game.</p> <ul style="list-style-type: none"> - The 'Three touch ball' core task involves children trying to score as many goals as possible by passing a ball (netball, handball, rugby ball) at least three times before throwing it into a hoop <p>Knowledge - To know to move into space to receive a ball. To pass a ball to a player in space when playing an invasion games.</p>	<p>Develop attacking skills in a 4V2 invasion game.</p> <ul style="list-style-type: none"> - The "On the attack" core task involves children Working in groups of six, the children create a playing area with two goals at one end and three at the other and play 4V2. <p>Knowledge - To know to move into space to receive a ball. To feint or disguise a pass a ball to outwit a defender.</p>	<p>Collaborate as a team and develop defending skills through modified versions of 5V3 or 5V4 invasion games.</p> <ul style="list-style-type: none"> - The year 5 core task games aim is to beat the opposition by scoring more goals. Play the game initially 5V3 and then 5V4. <p>Knowledge – Attacking tactics – to use a range of passes. To pass ahead of supporting players. To get away from a defender to receive a pass.</p> <p>Defending Tactic – to close down space</p>	<p>Apply attacking and defending skills through modified versions of 4V4 or 5V5 invasion games.</p> <ul style="list-style-type: none"> - The 'Calling the shots' core task involves children setting up a 4 v 4 invasion game based on mini-versions of invasion games. <p>Knowledge - Attacking tactics – to use a range of passes. To get away from a defender to receive a pass. To send the ball wide and/or deep to supporting players</p> <p>Defending Tactic – to close down space. To intercepting a pass.</p>

Progression of Skills – Striking and Fielding KS2

	Year 3/4	Year 3/4	Year 5/6	Year 5/6
<p>Aim of Striking/Fielding games</p> <p>In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition.</p>	<p>Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.</p> <p>In striking and fielding games, players learn to strike a ball and try to avoid fielders, so that they can run around bases to score runs.</p>	<p>Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.</p> <p>In striking and fielding games, players learn to strike a ball and try to avoid fielders, so that they can run around bases to score runs.</p> <p>When fielding, they try to prevent runs or points being scored.</p>	<p>Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, backstop, fielder and batter.</p> <p>Children will focus on developing their technique and using a wider range of shots, working in larger teams for some of the time. They will concentrate on developing their bowling technique and using tactics as a fielding team.</p>	<p>Children will develop the range and quality of their skills and understanding. They learn how to play the different roles of bowler, wicket-keeper, fielder and batter.</p> <p>Children will focus on developing their technique and using a wider range of shots, working in larger teams for some of the time. They will concentrate on developing their bowling technique and using tactics as a fielding team.</p>
<p>Progression of performance of skills</p>	<ul style="list-style-type: none"> ▶ Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 	<ul style="list-style-type: none"> ▶ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. 	<ul style="list-style-type: none"> ▶ Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. 	<ul style="list-style-type: none"> ▶ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.
<p>Developing Skills – Lancashire Scheme</p>	<ul style="list-style-type: none"> ▶ Bowl underarm ▶ Strike a ball off a tee ▶ Catch a ball ▶ Field a ball and return it quickly 	<ul style="list-style-type: none"> ▶ Bowl underarm ▶ Perform a straight drive ▶ Catch a ball ▶ Field a ball and return it quickly 	<ul style="list-style-type: none"> ▶ Bowl underarm ▶ Strike a ball off a tee ▶ Strike a bowled ball ▶ Field a ball and throw back overarm. 	<ul style="list-style-type: none"> ▶ Bowl overarm ▶ Strike a bowled ball ▶ Field a ball and throw back overarm
<p>Application of skills – Lancashire Scheme (Core Task)</p>	<ul style="list-style-type: none"> ▪ Rounders type game The 'Run the loop' core task involves a team of four batters trying to score points by striking the ball and running between bases, and a team of four fielders trying to retrieve, throw and catch the ball quickly and accurately. <p>Knowledge - Batters/Strikers Hit the ball into a space away from the fielders Fielders - judge where the ball is going to be hit and try and intercept it.</p>	<ul style="list-style-type: none"> ▪ Cricket type game The 'Run the loop' core task involves a team of four batters trying to score points by striking the ball and running between wickets, and a team of four fielders trying to retrieve, throw and catch the ball quickly and accurately. <p>Knowledge – Batters/Strikers - run as quickly as and strike the ball into a space away from the fielders Fielders - judge where the ball is going to be hit and try and intercept it.</p>	<ul style="list-style-type: none"> ▪ Rounders Level 1 competition The aim of this game is for a team to score as many runs as possible. Play the game 9V9. One team bats while the other team fields and bowls. The bowler bowls the ball underarm to the batter who hits the ball anywhere on the rounders pitch. <p>Knowledge – Batters – to run as quickly as possible to score To strike the ball into space away from the fielders. Fielders - Retrieve the hit object as quickly as possible to limit the number of runs scored</p>	<ul style="list-style-type: none"> ▪ Cricket Level 1 competition The aim of this game is for pairs to score as many runs as possible. Start with a three-pair game. One pair bats; one pair fields; and the third pair bowls and keeps wicket. The bowling pair take it in turns to bowl. Set a length for an innings <p>Knowledge - Knowledge – Batters – to run as quickly as possible to score To strike the ball into space away from the fielders. Fielders - Retrieve the hit object as quickly as possible to limit the number of runs scored</p>
<p>Character Education</p>	<ul style="list-style-type: none"> • Communication • Evaluation 	<ul style="list-style-type: none"> • Communication • Evaluation 	<ul style="list-style-type: none"> • Encouragement • Decision Making • Evaluation 	<ul style="list-style-type: none"> • Encouragement • Decision Making • Evaluation

Progression of Skills – Net and Wall Games KS2

	Year 3/4	Year 3/4	Year 5/6	Year 5/6
<p>Aim of Net/Wall games</p> <p>In net/wall games, players outwit their opponents by sending a ball (or other implement) towards a court or target area, which their opponent is defending.</p>	<p>Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.</p>	<p>Children will learn to develop the skills they need for net/wall games and on how to use these skills to make the game difficult for their opponent. They learn to direct the ball towards the target area and away from their opponent. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.</p>	<p>Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games. They will also spend time developing effective serving techniques and tactics. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.</p>	<p>Children will learn to develop the range and quality of their skills when playing games using rackets. They also learn specific tactics and skills for net/wall type games. They will also spend time developing effective serving techniques and tactics. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it.</p>
<p>Progression of performance of skills</p>	<ul style="list-style-type: none"> ▶ Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. 	<ul style="list-style-type: none"> ▶ Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. 	<ul style="list-style-type: none"> ▶ Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control. 	<ul style="list-style-type: none"> ▶ Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.
<p>Developing Skills – Lancashire Scheme</p>	<ul style="list-style-type: none"> ▶ Ready position ▶ Underarm throw ▶ Overarm throw ▶ Hold a racket ▶ Strike a ball with a racket 	<ul style="list-style-type: none"> ▶ Ready position ▶ Underarm throw ▶ Overarm throw ▶ Hold a racket ▶ Strike a ball with a racket 	<ul style="list-style-type: none"> ▶ Throwing a ball ▶ Hold a racket correctly ▶ Forehand ▶ Backhand ▶ Volley 	<ul style="list-style-type: none"> ▶ Throwing a ball ▶ Forehand ▶ Backhand ▶ Volley ▶ Underhand serve
<p>Application of skills – Lancashire Scheme (Core Task)</p>	<p>▪ Core Task 1 The aim of the game is to score points by throwing a ball into the opponent's court area and making it bounce twice. Play the game one against one. Use a low net (bench to short tennis height), on a court that is relatively long and narrow. Put a gym mat on either side of the net, about 1m away from the net, and make the court a little larger than this. Use throwing and catching skills. Move on to introduce hitting the ball with a racket after it has bounced.</p> <p>Knowledge – To use a simple tactic i.e. directing the ball to a space to make it difficult for their opponent.</p>	<p>▪ Core Task 2 The aim of the game is to score points by getting a small soft ball or beanbag to land in one of two targets. Play the game one against one. Use a high net on a long narrow court. Encourage the children to use short, low throws to try to hit the target at the front, and long, high throws to try to hit the target at the back. Their opponent's aim is to intercept the ball or beanbag before it bounces. Later, a racket can be used to hit a ball or shuttlecock.</p> <p>Knowledge – To use a simple tactic i.e. choose a good place to stand when receiving the ball.</p>	<p>Core Task - The 'Long and thin or short and fat' core task involves children using shots to strike a ball accurately at targets, moving their opponent around the court in order to create spaces in which to attack. They devise a scoring system and evaluate and adapt it as necessary. As they gain experience, they start to play more competitively, hitting the ball away from their opponent to try to prevent them scoring</p> <p>Knowledge – To use tactics effectively i.e. strike the ball with purpose, varying the speed. Strike the ball into spaces they can see.</p>	<p>Core Task 1 The aim of the game is to score points by hitting a ball into your opponent's court and the ball bouncing twice. Play the game one against one on a long, narrow court. Use a racket and a suitable ball.</p> <p>Core Task 2 This game is played in the same way as Task 1, but: raise the height of the net, and make the court a little narrower and longer</p> <p>Knowledge – To know the need for different tactics i.e. hit the ball with purpose, varying the speed, height and direction position themselves well on court</p>
<p>Character Education</p>				