

## Whitehill Junior School Physical Education Curriculum Overview and Information 2020

YEAR	AUTUMN	SPRING	SUMMER
<b>3</b>	<p><b>Activity Afternoon</b> Team Games Team Building Boccia/Sitting Volleyball Netball X Country Circuits Lacrosse Tag Rugby</p> <p><b>PE</b> <b>Team games / building</b> – Games based on building relationships with classmates and experiencing new PE opportunities in new school. Parachute games, teamwork and problem solving games, invasion games including Lacrosse which may not have been covered at previous school</p> <p><b>Dance</b> – Introduction to dance, including sessions on ballroom and cheerleading. Pupils are expected to perform simple routines individually and in groups. Some dances will be taught to them, and other times they will have the responsibility to create their own motifs.</p>	<p><b>Activity Afternoon</b> Dance Hockey Basketball Football Swimming Handball</p> <p><b>PE</b> <b>Gymnastics</b> – Perform simple floor routines that show stability control and gymnastic shapes and balances. Knowledge of correct landing technique when dismounting apparatus. Be able to use a variety of ways to travel on the floor and across apparatus.</p> <p><b>Paralympic Games</b> – Exploring Paralympic games and activities including sitting volleyball, Boccia and Goalball. Students will need a brief understanding of rules of each game. They should be able to use correct technique when applying skills to game scenarios.</p> <p><b>OAA</b> – Ability to read simple maps. Team work and communication.</p>	<p><b>Activity Afternoon</b> Tennis Kwik cricket Frisbee Tri Golf Athletics</p> <p><b>PE</b> <b>Athletics</b> - Running at speed in relation to distance. Throwing using different equipment. Understanding how correct technique in track and field events improves PBs</p> <p><b>Sports Day Practice</b> – -Practice the events that will be used at sports day at the end of term. - Develop technique in field events understanding the importance of why correct form creates better results.</p> <p><b>Rounders</b> - Understand the rules of the game and how to play. - Confidence at striking a ball with a tennis racket or rounders bat. -Understand fielding positions and how to throw and stop the ball correctly in game situations.</p>
<p><b>Year 3 Goals:</b></p> <ul style="list-style-type: none"> <li>-Ability to throw/pass and catch various types of balls with accuracy and fluency. (Football, cricket, lacrosse, beanbags et al.)</li> <li>-Confidence with use and correct technique of stick sports (Tennis, Hockey, Lacrosse)</li> <li>- Confidence with ball skills and how to link these together.</li> <li>- Strive to achieve personal bests in athletic events</li> <li>- The ability to work in small groups to create and perform simple routines in Dance and Gymnastics</li> <li>- Knowledge of jumping and landing in Gymnastics.</li> <li>- Be able to use a range of travels and movement patterns in dance and gymnastics.</li> <li>- Have the self-motivation and confidence to join extra-curricular clubs.</li> <li>- 6 weeks swimming intervention at Hitchin Swimming Pool.</li> <li>-Have an understanding of Healthy lifestyle and how this can impact your wellbeing and performance in other curricular activities.</li> </ul>			
<b>Year 3 Extra Curricular</b>	Rapid Fire Cricket Boys Football Girls Football Multi Sports Gymnastics	Tennis Tri Golf Boys Football Girls Football Gymnastics	Lacrosse Rounders Athletics Gym and Dance Gymnastics Advanced Gym

YEAR	AUTUMN	SPRING	SUMMER
4	<p><b>Activity Afternoon</b> Team Games Team Building Boccia/Sitting Volleyball Netball X Country Circuits Swimming Lacrosse Tag Rugby</p> <p><b>PE</b> <b>Team Games -</b> -Uses skills with co-ordination, control and fluency. -Takes part in competitive games with a strong understanding of tactics and composition. - These skills will be adapted into a Rapid Fire Cricket unit of work. Children will develop fluency in striking, fielding and will develop these skills in team games.</p> <p><b>Team Building –</b> Games intended to develop their teamwork and problem solving skills</p> <p><b>Dance –</b> -Pupils will be working on completing a Dinosaur dance in line with their IPC topic. -Students are expected to create their own short motifs with increasing fluency and control. -Demonstrates rhythm and spatial awareness. -Modify parts of a sequence as a result of self-evaluation. -Uses simple dance vocabulary to compare and improve work</p>	<p><b>Activity Afternoon</b> Dance Hockey Basketball Football Handball</p> <p><b>PE</b> <b>Gymnastics –</b> -Links skills with control, technique, co-ordination and fluency. -Understands composition by performing more complex sequences. -Beginning to use gym vocabulary to describe how to improve and refine performances. -Develops strength, technique and flexibility throughout performances. -Creates sequences using various body shapes and equipment. -Combines equipment with movement to create sequences. - Understanding of rolls and has the ability to perform a forwards and/or backwards roll with/without support.</p> <p><b>Paralympic Games –</b> Learn and play Paralympic activities including Boccia, Sitting Volleyball and Goal Ball. -Increasing development of tactics in game scenarios. -beginning to understand how to implement rules and officiate small sided games.</p> <p><b>OAA –</b> -Increasing knowledge in map reading and treasure hunting activities. -Use of teamwork and communication to complete tasks with efficiency.</p>	<p><b>Activity Afternoon</b> Tennis Kwik cricket Frisbee Tri Golf Athletics</p> <p><b>PE</b> <b>Athletics –</b> -Beginning to build a variety of running techniques and use with confidence. -Can perform a running jump with more than one component. <i>e.g. hop skip jump (triple jump)</i> -Demonstrates accuracy in throwing activities. -Describes good athletic performance using correct vocabulary. -Can use equipment safely and with good control.</p> <p><b>Sports Day Practice-</b> -Practice of sports day events in preparation for Sports Day.</p> <p>-Events must be completed with accuracy, control and effort to achieve PB's.</p> <p><b>Rounders -</b> -Develop competence in striking ball with a rounders bat. -Understand tactics in game situations -Use of teamwork -Develop fluency in throwing and catching activities.</p>
<p><b>Year 4 Goals:</b></p> <ul style="list-style-type: none"> <li>-Ability to throw/pass and catch various types of balls with accuracy and fluency. (Football, cricket, lacrosse, beanbags et al.)</li> <li>-Confidence with use and correct technique of stick sports (Tennis. Hockey, Lacrosse) and how to link these skills together in simple game scenarios.</li> <li>- Confidence with ball skills and how to link these together.</li> <li>- Strive to achieve personal bests in athletic events</li> <li>- The ability to work in small groups to create and perform more complex routines in Dance and Gymnastics</li> <li>- Be able to use a range of travels and movement patterns in dance and gymnastics with increasing confidence and fluency.</li> <li>- The ability to perform a forwards and/or backwards roll with/without support.</li> <li>- Have the self-motivation and confidence to join extra-curricular clubs.</li> <li>- 6 weeks swimming intervention at Hitchin Swimming Pool.</li> <li>-Have an understanding of Healthy lifestyle and how this can impact your wellbeing and performance in other curricular activities.</li> </ul>			
<b>Year 4 Extra Curricular</b>	Rapid Fire Cricket Boys Football Girls Football Multi Sports Gymnastics	Tennis Tri Golf Boys Football Girls Football Gymnastics	Lacrosse Rounders Athletics Gym and Dance Gymnastics Advanced Gym

YEAR	AUTUMN	SPRING	SUMMER
5	<p><b>Activity Afternoon</b> Football Sports Hall Athletics Rugby Basketball</p> <p><b>PE</b> <b>Team games</b> -Developing fluency to send and receive a ball in different competitive scenarios through the medium of tag rugby. -Be able to use tactics and critical thinking in order to complete team based tasks. -Begin to develop leadership qualities through coaching and officiating small sided games. -Shows confidence, control and fluency during skills.</p> <p><b>Team building</b> -Teamwork and confidence building activities, aimed at providing an inclusive and balanced environment within the class. - Aiming to build a sense of equity and democracy within the class.</p> <p><b>Dance –</b> -Beginning to exaggerate dance movements and motifs -Demonstrates strong movements throughout a dance sequence. -Combines flexibility, techniques and movements to create a fluent sequence. -Moves appropriately and with the required style in relation to the stimulus.</p>	<p><b>Activity Afternoon</b> Lacrosse Netball Dance Hockey</p> <p><b>PE</b> <b>Gymnastics –</b> -Apply combined skills accurately and appropriately, consistently showing precision, control and fluency. -Draw on what they know about strategy, tactics and composition when performing and evaluating. -Analyse and comment on skills and techniques and how these are applied in their own and others' work. -Uses more complex gym vocabulary to describe how to improve and refine performances.</p> <p><b>Paralympic / International Games</b> -Explore Paralympic and traditional games from different cultures. -Link to IPC topic Fit 4 Life. -Be able to use their current knowledge of skills and tactics and apply them into a unique scenario. -Support each other's learning through teamwork and coaching.</p> <p><b>OAA</b> Developing their map reading and teamwork skills. Identifying clues in more complex tasks which require critical thinking and improvisation.</p>	<p><b>Activity Afternoon</b> Tennis Frisbee Tri Golf Cricket Athletics</p> <p><b>PE</b> <b>Athletics –</b> Beginning to record peers performances, and evaluate these. -Demonstrates accuracy and confidence in throwing and catching activities. -Describes good athletic performance using correct vocabulary. -Can use equipment safely and with good control.</p> <p><b>Sports Day Practice</b> -Practice for events held at sports day. -Good technique, passion and results will determine what events are given to whom.</p> <p><b>Rounders</b> - Confidence and fluency with a game scenario and how to set up and play a match. - Developing confidence and fluency of striking and fielding. - Can use tactics and teamwork within game situations.</p>
<p><b>Year 5 Goals</b></p> <ul style="list-style-type: none"> <li>-Fluency and accuracy to send and receive various types of balls. (Football, cricket, lacrosse, netball et al.)</li> <li>- Competence in stick skills and the ability to use these in game situations.</li> <li>- Strive to achieve personal bests in athletic events</li> <li>- Performing complex routines in Dance and Gymnastics and adapt and refine through feedback.</li> <li>- Develop strength and flexibility through gymnastics and dance conditioning based exercise.</li> <li>- The ability to perform a forwards and/or backwards roll with/without support.</li> <li>- Have the self-motivation and confidence to join extra-curricular clubs.</li> <li>- Water confidence or regular lessons at a swimming facility.</li> <li>-Have an understanding of Healthy lifestyle and how this can impact your wellbeing and performance in other curricular activities.</li> <li>- Begin to analyse performance and providing coaching input.</li> <li>- Ability to use tactics and space within game situations.</li> </ul>			
<b>Year 5 Extra Curricular</b>	Netball Boys' Football Girls' Football Lacrosse Basketball Sports Hall Athletics	Netball Boys' Football Girls' Football Lacrosse Hockey Advanced Gym	Cricket Athletics Rounders Gym and Dance Gymnastics Advanced Gym

YEAR	AUTUMN	SPRING	SUMMER
6	<p><b>Activity Afternoon</b> Football Sports Hall Athletics Rugby Basketball</p> <p><b>PE</b> <b>Team Games –</b> Uses skills with co-ordination, control and fluency. -Takes part in competitive games with a strong understanding of tactics and composition. -Can create their own games using knowledge and skills. -Can make suggestions as to what resources can be used to differentiate a game. -Developing leadership qualities throughout games.</p> <p><b>Team Building –</b> Teamwork and confidence building activities, aimed at providing an inclusive and balanced environment within the class. - Aiming to build a sense of equity and democracy within the class.</p> <p><b>Dance-</b> Developing their own complex motifs that fit within the stimulus provided. -Work in groups to create a dance with a clear understanding of levels, dynamics and rhythm. - Ability to provide feedback using correct vocabulary to peers work. -Can accept feedback and adapt dance to fit objectives.</p>	<p><b>Activity Afternoon</b> Lacrosse Netball Dance Hockey</p> <p><b>PE</b> <b>Gymnastics –</b> -Uses more complex gym vocabulary to describe how to improve and refine performances. -Develops strength, technique and flexibility throughout performances. -Links skills with control, technique, co-ordination and fluency. -Understands composition by performing more complex sequences. -Can adapt sequences by using equipment during routines. - Can work individually, and in large groups to perform complex and well-choreographed routines.</p> <p><b>Paralympic Games –</b> -Exploration into inclusive Paralympic games. - Can develop skills and tactics through different game situations -Can adapt games to make them harder/easier independently and can set up and referee these games.</p>	<p><b>Activity Afternoon</b> Tennis Kwik cricket Tri Golf Frisbee Handball</p> <p><b>PE</b> <b>Athletics</b> -Demonstrates accuracy, fluency and control in field events. -Can improve on personal bests in all events and has the motivation and confidence to do so. -Understanding of the technique in a relay changeover and can use this within competitive races. - Can record their own and their peers scores and analyse these.</p> <p><b>Sports Day Practice</b> -Practice for events held at sports day. -Good technique, passion and results will determine what events are given to whom.</p> <p><b>Rounders</b> Fluency of how to set up and play a game -Officiate and score their own games. -A strong understanding of rules and tactics -Fluent teamwork during game scenarios.</p>

**Year 6 Goals**

- Fluency in hand eye, foot eye coordination and can use a range of sticks and balls to send and receive within a game scenario.
- Strive to achieve personal bests in athletic events
- Performing complex routines in Dance and Gymnastics and adapt and refine through feedback.
- Develop strength and flexibility through gymnastics and dance conditioning based exercise.
- The ability to perform a forwards and/or backwards roll with/without support.
- Have the self-motivation and confidence to join extra-curricular clubs.
- Water confidence or regular lessons at a swimming facility.
- Have an understanding of Healthy lifestyle and how this can impact your wellbeing and performance in other curricular activities.
- Ability to analyse performance and providing coaching input.
- Ability to use tactics and space within game situations.
- Can perform complex skills in a range of different activities.
- Understanding of the importance of teamwork and unity within sport.
- Motivated and inspired to continue physical activity throughout their lives.

<b>Year 6 Extra Curricular</b>	Netball Boys' Football Girls' Football Lacrosse Basketball Sports Hall Athletics	Netball Boys' Football Girls' Football Lacrosse Hockey Advanced Gym	Cricket Athletics Rounders Gym and Dance Gymnastics Advanced Gym
--------------------------------	---	--	---