



P.E.	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UMPS Intent	At Upton Meadows, we aim to provide a PE curriculum that pupils from Reception to Year 6 not only enjoy but that also allows them to experience a range of activities that help them to develop their health, fitness and wellbeing. We intend to offer a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Our curriculum provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.					
KS1 Order of topics may vary depending on year group.	<u>Fundamentals – Netball and Mini Tennis</u> In KS1 children will establish their understanding of safe practice whilst working within a defined space with equipment.	<u>Gymnastics – Key Steps</u> Children will start to use their ABC's in Gymnastics. They will be able to link movement patterns and perform a simple routine whilst understanding the need for safe practice. Jumping and landing will also be introduced from heights.	<u>Sending and Receiving – Hockey Heroes</u> Children will develop their striking and receiving skills. Children will work individually and with others in challenging situations.	<u>Dance</u> Children will perform routines using a range of movement patterns. KS1 will link their routines to their topic work and will start to develop their theatrical ability. KS1 will also develop an understanding of basic choreography. Children will improve their knowledge, skill and technique of different dance genres. Developing confidence and working as team.	<u>Team Games – Tag Rugby and Rounders/Kwik Cricket</u> During the summer term children will start to participate in team games, developing simple tactics for attacking and defending.	<u>Athletics</u> Children will start to develop their technique, balance control and strength whilst working in a group and individually. KS1 will develop the understanding of different events, learn how to develop a competitive edge in individual and team events.
LKS2 Order of topics may vary depending on year group.	<u>Tennis - Mini</u> LKS2 tennis lessons will help develop eye-hand coordination, body management competency and fundamental skills, which include agility, balance and coordination. Children will develop an understanding of the basic rules for Mini Tennis.	<u>Athletics</u> Children will learn how to develop their technique, balance control and strength whilst working in a group and individually. LSK2 will develop the understanding of different events, learn how to develop a competitive edge in individual and team events and start to understand the muscular and cardiovascular systems.	<u>Gymnastics – Key Steps</u> In gymnastics children will develop flexibility, strength, muscular endurance and power through different disciplines. Children in LKS2 will create basic routines and will be able to recall and/or perform them in front of an audience. They will also be able to work towards performing three different disciplines (floor, body management and vault).	<u>Dance</u> Children will perform routines using a range of movement patterns. LKS2 will link their genre of dance and routines to their topic work and will start to develop their theatrical ability. LSK2 will also develop an understanding of basic choreography. Children will improve their knowledge, skill and technique of different dance genres. Developing	<u>Tag Rugby</u> LKS2 will start to link a range of skills learnt in KS1 in a game situation. Starting to also communicate and to compete with others. Children will learn the basic rules for tag rugby, develop a keen ethos to work collectively with others. They will also improve their ball control and technique on throwing and catching.	<u>Rounders</u> LKS2 lessons will look at developing basic batting, bowling, fielding skills and applying tactics within the game. LKS2 will start to develop their sporting vocabulary and start to understand the rules of Rounders. They will develop the technique in bowling and batting, then linking their fundamental skills of throwing to their fielding skills.



		<p><u>Hockey - Quicksticks</u> During Hockey LKS2 will start to put skills and techniques learnt into a competitive environment. They will also be able to demonstrate what they have learnt to others in their classes. They will start to show some leadership qualities.</p>	<p><u>Netball – High 5</u> Children in LKS2 will develop their throwing and catching. This will be delivered through High 5 Netball ensuring children are collaborating and competing with each other. They will also develop a responsibility to understand the positions of play.</p>	<p>confidence and working as team. .</p>		
<p>UKS2 Order of topics may vary depending on year group.</p>	<p><u>Tennis – Mini</u> UKS2 will demonstrate accuracy and develop and enhance technique in a fun and competitive environment. Children will lead warm up and skill based drills.</p> <p><u>Athletics</u> Children will enjoy communicating, collaborating and competing with each other. They will also be able to analyse their own and others performances.</p>	<p><u>Hockey – QuickSticks</u> Children will be able to play competitive games of Quicksticks Hockey with confidence and success. Children in UKS2 will also show confidence and effective communication with peers.</p>	<p><u>Gymnastics – Key Steps</u> Children’s flexibility, strength, muscular endurance and power will continue to be a focus as well as continuing to develop balance, control and technique. UKS2 will be able to perform more complex routines in floor, body management and vault. Children will also be able to evaluate their own and others performances and give positive and constructive feedback.</p>	<p><u>Netball – High 5</u> Children in UKS2 will continue with their development of throwing, catching. This will be delivered through High 5 Netball ensuring children are collaborating and competing with each other. They will also develop a responsibility to lead class warm ups and umpire matches.</p> <p>UKS2 will perform routines using a range of movement patterns. Children will link their routines to their topic work and will start to develop their theatrical ability. UKS2 will also develop an understanding of more complex choreography. Children will improve their knowledge, skill and technique of dance.</p>	<p><u>Tag Rugby</u> Children in UKS2 will be able to show excellent skills, strategies and tactics during Tag Rugby. They will also be able to lead and officiate matches showing good leadership skills, with the help of professional Coaches from Northampton Saints as part of the Saints In Schools Partnership.</p>	<p><u>Cricket – Kwik Cricket</u> Children will develop their batting and fielding techniques. They will also learn to work as a team and officiate matches and lead skill based drills.</p>



				Developing confidence and working as team.		
Enrichment						
National Curriculum Aims	<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> - 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. 					
KS1 National Curriculum	<p>Key Stage 1 pupils should be taught to:</p> <ul style="list-style-type: none"> - 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 - perform dances using simple movement patterns 					
KS2 National Curriculum	<p>Key Stage 2 pupils should be taught to:</p> <ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton ,basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best 					
Swimming and Water Safety	<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - perform safe self-rescue in different water-based situations 					