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| **Intent for TVED PE** | | | | |
| The aim of our PE programme is to develop children's basic physical competencies, build confidence in their ability and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle. We aim to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical well-being in our children now and for their future. Physical fitness is an important factor. It teaches self-discipline and that to be successful you must work hard, cooperate, collaborate and demonstrate resilience. | | | | |
| **Outcomes** | | | | |
| **By the end of KS1 most children will be able to:** | | **By the end of KS2 most children will be able to:** | | |
| * Master basic movements including running, jumping, throwing and catching * Develop 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 | | * 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] * 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 * Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations. | | |
|  | **Autumn** | | **Spring** | **Summer** |
| **Year 1** | **Movement – Jumping**  Can you use head, arms and feet and apply the correct technique when jumping? | | **Gymnastics – Body parts**  Can you explore movements and balances on big and small body parts in wide, narrow and curled ways? | **Ball Skills – Hands**  Can you use sending and receiving skills, applying your developing technique? |
| **Movement - Running**  Can you use a developing technique to run at speed? | | **Dance – The Zoo**  Can you co-ordinate and control your body movements to create a sequence showing character expression? | **Attack v Defence - Games for Understanding**  Can you create and apply simple tactics for attacking and defending? |
| **Year 2** | **Movement - Dodging**  Can you apply your knowledge of how, where and why to dodge? | | **Gymnastics - Pathways**  Can you explore different ways to link movements and balances while travelling along a variety of pathways? | **Ball Skills - Hands**  Can you combine dribbling, passing and receiving skills in order to keep possession and score a point? |
| **Movement - Jumping**  Can you apply jumping in game situations? | | **Dance - Explorers**  Can you create and develop characters, adding movements, expression and emotion to your performance? | **Attack v Defence - Games for Understanding**  Can you create simple defending and attacking tactics, within a developing understanding of the transition from defence to attack? |
| **Year 3** | **Gymnastics – Symmetry & Asymmetry**  Can you create sequences with symmetrical and asymmetrical balances? | | **Outdoor Adventure Activities - Problem Solving**  Can you develop effective team working through different problem-solving challenges? | **Striking & Fielding – Rounders**  Can you and apply a variety of fielding skills through exploring the concept of batting and fielding? |
| **Dance – Wild Animals**  Can you bring together choreography to create a final performance? | | **Outdoor Adventure Activities – Communication & Tactics**  Can you explore how to orientate and locate points on a map, travel to them and record what you find? | **Athletics - Year 3 Athletics**  Can you use the correct technique for running fast, jumping far and throwing for distance? |
| **Year 4** | **Gymnastics - Bridges**  Can you create sequences combining movements and bridge balances applying flow and creativity? | | **Net/ Wall – Tennis**  Can you develop your ability to apply the principles of attack vs defence in order to play a game of tennis? | **Striking & Fielding – Cricket**  Can you apply the principles of attack vs defence in cricket? |
| **Dance - Cats**  Can you sustain characters and extend dance skills by using more complex interacting movements and actions? | | **Invasion – Dodgeball**  Can you apply throwing, catching and dodging skills and understanding of team work in a game? | **Athletics - Year 4 Athletics**  Can you develop your sprinting technique, explore throwing pacing and technique for triple jump and javelin? |
| **Year 5** | **Gymnastics -**  Can you use counter balance & counter tension to construct a sequence and link movements? | | **Net/ Wall – Tennis**  Can you apply prior learning to develop your ability to serve and volley? | **Striking & Fielding – Rounders**  Can you apply refined fielding skills in order to prevent the batters from scoring? |
| **Dance – The Circus**  Can you develop clear movements and expression to perform  their routine as part of a group | | **Invasion – Netball**  How do you apply passing and moving skills to create attacks that result in a shooting opportunity? Develop and apply tactics for attacking and defending | **Athletics - Year 5 Athletics**  How do you sprint effectively, develop technique for throwing a shot putt, explore and develop understanding of how to hurdle safely? |
| **Year 6** | **Invasion Games - Tag Rugby**  Can you create tactics for attack and defence and apply them into game situations? | | **Dance - Carnival**  Can you develop group movements selecting and applying choreography into a performance? | **Striking & Fielding – Cricket**  Can you use your knowledge, understanding and ability to apply a range of fielding skills, batting skills and tactics into mini games? |
| **Gymnastics - Matching and mirroring**  Can you create a sequence through a combination of movements? | | **Net/ Wall** – **Badminton**  Can you execute shots and think tactically in a game? | **Athletics - Year 6 Athletics**  Can you apply your knowledge, understanding and skills into a competition? |
| **KS2** | **Swimming - planned by each individual academy to be delivered in KS2** | | | |