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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.
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|  | **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 performtheir 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** |