

Physical Education Curriculum Learning Statements Overview 2023-24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Introduction to PE (What's your favourite fairy-tale?) We will be learning to find space, freeze on command, use and share equipment and working individually or with a partner. We will take part in activities which will develop skills such as running, jumping, skipping. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i>	Fundamentals (What changes in our environment can you see?) We will be balancing, running, changing direction, jumping, hopping and travelling. We will learn how to stay safe using space and instructions and work independently and with a partner. <i>I keep everyone safe and use equipment appropriately.</i> <i>I work as a team and support my peers.</i>	Ball skills (What can you see through a telescope?) We will be developing fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i>	Dance (If you were a fish, what fish would you be?) We will be exploring space and how to use space safely. We will explore travelling movements, shapes and balances and will also be introduced to counting to help them keep in time with the music <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>	Gymnastics (How does your garden grow?) We will be exploring creating shapes, balances and jumps and begin to develop rocking and rolling. We will begin to show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i>	Games (Are you mad about animals?) We will be practising and developing skills through games. We will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i>
Year 1	Fitness and Team building (How have toys changed overtime?) Fitness: We will be developing the knowledge to explain how exercise can make you feel, how exercise can make you strong and keep you healthy. We will explore how exercise relates to breathing and helps our brain and muscles. Team Building: We will be learning to co-operate and communication with a partner to solve challenges. We will develop our teamwork, communication and problem-solving skills in with a partner and within a group. <i>I know the impact of exercise on the body.</i> <i>I work as a team and support my peers.</i>	Ball Skills and Fundamentals (How does the weather change over seasons?) Ball Skills: We will be learning to control and co-ordinate our hands when dribbling, rolling, throwing, catching and tackling a ball. Fundamentals: We will be exploring moving in different ways and landing safely. We will explore how the body moves differently at speed, when moving direction and jumping. <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Dance and Invasion Games (Who is the oldest reigning monarch?) Dance: We will be using counts of 8 to move in time and make dances look interesting. We will explore pathways, actions and speed to create and remember actions to show a weather and pirate dance. Invasion Games: We will be learning to understand the role of defenders and attackers. We will know who to pass to and why as well as moving towards a goal and supporting team mates. <i>I keep everyone safe and use equipment appropriately.</i> <i>I work as a team and support my peers.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i>	Gymnastics and Sending and receiving (How is London different to where we live?) Sending and receiving: We will be exploring how different body parts move, remember and repeating actions. We will express and communicate our ideas through movement and exploring directions and levels. We will begin to copy and repeat actions to show control and co-ordination. Gymnastics: We will be exploring how to travel safely, develop our quality when performing and linking shapes. We will also develop stability and control when balancing. The children will develop technique and control when rolling and jumping in order to create a sequence. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>	Target games and Striking and Fielding (What makes the seaside the seaside?) Target Games: We will be developing our ball skills. We will be developing accuracy for throwing over and under arm towards a target. We will be able to select the correct throwing technique in a situation. We will be practising our throwing and accuracy within distance. Striking Games: We will be developing our ball skills and accuracy. We will practise our underarm and overarm throwing and catching and use these skills during games. We will collect balls during fielding and understand how to get a batter out and score points. <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I keep everyone safe and use equipment appropriately.</i>	Athletics and Net and Wall (Who was Mary Anning and how did she change history?) Athletics: We will be learning and practising moving at different speeds over distances. Developing balance, agility and co-ordination. We will be learning how to hop, jump and leap for distance. We will develop our throwing skills for accuracy and distance. Net and Wall: We will be learning to defend space, using the ready position. We will play against an opponent and keep score of the game. We will explore and develop our racket and ball skills to hit over a net. <i>I apply my balance, co-ordination and agility skills.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I work as a team and support my peers.</i>

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Year 2	Fundamentals and Team building (What does a Pirate need to reach the treasure?) Fundamentals: Learning how to develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Team Building: We will be developing their teamwork skills. They develop key skills of communication and problem solving. <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i>	Fitness and Ball skills (How did the fire change London?) Fitness: We will take part in a range of activities to develop components of fitness Ball skills: We will develop their fundamental ball skills such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. <i>I know the importance of an active and healthy lifestyle.</i> <i>I know the impact of exercise on the body.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I provide feedback to others.</i>	Target games and Sending and Receiving How does the weather change the closer you get to the equator? Target games: We will develop their understanding of the principles of defending and attacking for target games. Sending and receiving: We will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>	Dance and Invasion games Could The Titanic have been saved? Dance: We will explore space and how their body can move to express and idea, mood, character or feeling. Invasion games: They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>	Gymnastics and Net and Wall How has Andover changed? Gymnastics: We will learning, exploring and developing basic gymnastic actions on the floor and using apparatus. Net and wall: The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>	Athletics and Striking and Fielding How is Kingston different to Andover? Athletics: We will develop skills required in athletic activities such as running at different speeds, jumping and throwing. Striking and fielding: We will develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>
Year 3	Dance and Fundamentals Did it rock to live in Stone Age Britain? Dance: We will be creating simple arm actions to music. Creating, actions in response to music as a group and with a partner. Fundamentals: We will be developing our balance, agility when changing direction and speed and our technique and control when jumping, hopping and landing. <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I keep everyone safe and use equipment appropriately.</i> <i>I work as a team and support my peers.</i> <i>I know the impact of exercise on the body.</i>	Dance and Ball skills When was life in Andover better? The Iron Age or Stone Age? Dance: We will be listening and responding to country and western style music. Continuing to dance in unison as a group and begin to dance using canon. They will then be forming repetitive dance moves around a theme. Ball skills: We will be developing our tracking, collecting, dribbling, catching and throwing skills. <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I provide feedback to others.</i>	Gymnastics and Tag rugby How extreme can Earth be? Gymnastics: We will be learning to create interesting patch and point balances before moving onto using the balances with apparatus. We will then be moving on to developing our shape jumps as well as our barrel and straight rolls. Tag rugby: We will be developing our skills of throwing and catching before moving onto understanding the 'forward pass' and 'offside' rule. We will also be developing an understanding of defending an opponent. <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I keep everyone safe and use equipment appropriately.</i>	OAA and Hockey Why should we save Earth's Rainforests? OAA: We will be developing our co-ordination and team work skills as well as our trust in one another. We will also be working as a team to work towards a shared goal and begin to follow and draw routes on a map. Hockey: We will be developing our sending and receiving skills ensuring that they are completed with accuracy and control. Then we will be developing our attacking and defending techniques before applying them to a game scenario. <i>I work as a team and support my peers.</i> <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i>	Cricket and Basketball Who were the Romans? What did they do for us? Cricket: We will be developing our underarm and over arm throwing and applying these to a game. We will be developing our bowling, batting, and fielding techniques before applying them to a game. Basketball: We will be developing our attacking skills through learning to protect the ball and developing passing skills. We will then be moving onto developing our defending skills and developing the technique of scooting. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i>	Athletics and Tennis Andover- How do we use our land? Athletics: We will be developing our sprinting technique, understand the changeover technique in relay events. We will then develop our throwing technique for a variety of activities. Tennis: We will be developing racket and ball control before beginning to explore rallying with forehand. We will be exploring returning a ball using forehand before developing the technique of backhand. <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>

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Year 4	Fitness and OAA ("Why do so many people settle in Megacities?") Fitness: We will be developing awareness of fitness and using activities to improve agility, strength, speed, co-ordination, stamina and balance. OAA: We will be using interpersonal skills to develop teamwork, orientation and map skills, including drawing routes and following instructions. <i>I know the impact of exercise on the body.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I keep everyone safe and use equipment appropriately.</i>	Gymnastics and Netball ("Were the Anglo Saxons the ruin of Britain?") Gymnastics: We will be working independently and together to develop and improve balances, rotation movements, rolls and other movements using apparatus. Netball: We will be following game rules and improving strategy to develop footwork, passing and shooting techniques, resulting in mini-matches. <i>I reflect on my own performance and identify my own improvement.</i> <i>I provide feedback to others.</i> <i>I keep everyone safe and use equipment appropriately.</i> <i>I work as a team and support my peers.</i>	Dance and Dodgeball "Were the Vikings Raiders or Traders?" Dance: We will be using music and rhythm to develop set pieces, mirroring and canon in response to spy and carnival theme music. Dodgeball: We will be applying throwing, aiming, dodging and blocking to whole game situations, leading to a tournament. <i>I apply my balance, co-ordination and agility skills.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i>	Dance and Golf "Where does the River Anton begin and end?" Dance: We will be identifying the role of dynamics, style, space and relationships in dance, developing and performing in partner dance to States of Matter and 1960s music. Golf: We will be exploring techniques for hitting, aiming, putting, chipping and shot accuracy. <i>I apply my balance, co-ordination and agility skills.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I provide feedback to others.</i> <i>I work as a team and support my peers.</i> <i>I keep everyone safe and use equipment appropriately.</i>	Handball and Tennis "Was King Alfred really great?" Handball: We will be developing throwing and catching while on the move, accuracy with throwing and aiming, defence techniques and attacking techniques. Tennis: We will be developing forehand and backhand returns, strategies to work with and against peers and demonstrate honesty and fairness when playing with others. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i>	Athletics and Rounders Is the Costa Brava a world away from our local area? Athletics: We will be developing power and technique for throwing, jumping, sprinting and pace-running, and officiating others. Rounders: We will be developing bowling and fielding techniques, following game rules and thinking tactically when playing. <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i>
Year 5	Dance and Tag rugby (What was the greatest achievement for each civilisation?) Dance: We will be working with a partner to copy and repeat actions in time with the music and then work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll. Tag Rugby: We will be using running, passing and catching in isolation and in combination; maintaining possession and moving the ball towards the try line to score. <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i>	Gymnastics and Basketball (Where in Russia would you launch a space rocket?) Gymnastics: We will be working independently and together to develop and improve balances, rotation movements, rolls and other movements using apparatus. Basketball: We will be developing our understanding of the attacking and defending principles of invasion games by maintaining possession and moving the ball towards goal to score. <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i>	Swimming – Andover Leisure Centre and Dance What was everyday life for men, women and children in ancient Egypt? Swimming: We will be developing the following swimming skills: gliding, front crawl, backstroke, rotation, sculling, treading water, breathing technique, skills of water safety and floating, dolphin kick, personal survival, and water safety skills Dance: We will be using matching, canon and unison in the style of the lion dance; using space, relationships and combining dance tools to choreograph and perform a Chinese dance <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Gymnastics and Hockey Why does parliament run the country rather than the king? Gymnastics: We will be working independently and together to develop and improve balances, rotation movements, rolls and other movements using apparatus. Hockey: We will be learning to dribble, pass, receive, tackle, intercept, run, shoot – alongside teamwork - in order to maintain possession and move the ball towards goal to score. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Swimming – Andover Leisure Centre Are we protecting our British wildlife? We will be developing the following swimming skills: gliding, front crawl, backstroke, rotation, sculling, treading water, breathing technique, skills of water safety and floating, dolphin kick, personal survival, and water safety skills <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Volleyball and Athletics Why would a refugee want to move to Andover? Athletics: We will be learning how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best – focusing on long distance running, sprinting, relay, triple jump, shot put and javelin. Volleyball: We will be learning the principles of net and wall games. In volleyball, they do this by placing an object away from an opponent to make it difficult for them to return. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i>

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Year 6	Swimming – Andover Leisure Centre (Are there mountains in the UK?) We will be developing the following swimming skills: gliding, front crawl, backstroke, rotation, sculling, treading water, breathing technique, skills of water safety and floating, dolphin kick, personal survival, and water safety skills <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Netball (Andover or the Canadian Wilderness – which biome would you choose?) We will be developing passing and moving. Using the attacking principle of creating and using space. Changing direction and losing a defender. Defending ball side and knowing when to go for interceptions. Developing the shooting action. Using and applying skills and tactics to small sided games. <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Gymnastics Why is the Mayan culture important? We will be developing the straddle, forward and backward roll, counter balance and counter tension. Performing inverted movements with control. Performing the progressions of a headstand and a cartwheel. Using flight from hands to travel over apparatus. Creating a group sequence using formations and apparatus <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I work as a team and support my peers.</i> <i>I keep everyone safe and use equipment appropriately.</i> <i>I know the impact of exercise on the body.</i>	Tennis Which countries grow cocoa and how do we get chocolate? We will be developing the forehand groundstroke, returning the ball using a backhand groundstroke, the volley and understanding when to use it in a game situation. Accuracy of the underarm serve. Using the official scoring system working co-operatively with a partner and employing tactics to outwit an opponent. <i>I keep everyone safe and use equipment appropriately.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>	Dance How have the Ancient Greeks influenced the modern western world? We will be working in pairs and groups using different choreographing tools to create dances e.g. formations, timing, and dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance. <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i> <i>I work as a team and support my peers.</i>	Athletics and Rounders How have the Ancient Greeks influenced the modern western world? Athletics: We will be working collaboratively with a partner to set a steady pace. Developing own and others sprinting technique. Developing power, control and technique for the triple jump. Developing power, control and technique when throwing for distance. Developing throwing with force and accuracy for longer distances. Working collaboratively in a team to develop the officiating skills of measuring, timing and recording. Rounders: We will be developing the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. We will expand on our knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. <i>I work as a team and support my peers.</i> <i>I apply my balance, co-ordination and agility skills.</i> <i>I provide feedback to others.</i> <i>I reflect on my own performance and identify my own improvement.</i>