

Physical Education

Oakfield primary school provides a high-quality physical education curriculum which inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It 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.

Oakfield Primary School aims to ensure that all pupils:

- 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.

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Purpose:

Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Content: Gym Body Management

Purpose: Use and demonstrate small and large body parts. Link static positions. Perform sequences.

Skills: balance, agility, co-ordination, gross motor movement

Content: Dance: Interpretive

Purpose: respond to stimuli through changing space, direction and height. Creating sequences.

Skills: gross motor movement, fine motor movement, co-ordination, balance, moving to a beat.

Content: Gym Floor Exercises

Purpose: know and use different methods of travelling and different gymnastic movements. Perform these in a sequence.

Skills: balance, agility, co-ordination, gross motor movement

Content: Gym: Flight

Purpose: To explore jumping, knowing the principles of taking-off and landing. Being able to control body to alter shapes in the air.

Skills: balance, agility, co-ordination, gross motor movement

Content: Games: Net and Wall

Purpose: To develop hand/eye coordination in using a racket. Being able to hit a moving target.

Skills: throwing, catching, participation, tactics

Content: Sports Day / OAA

Purpose: 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.

Skills: Running, throwing, balancing, participation, hand-eye co-ordination, stamina, agility.

FS

Yr 1

Yr 2

Content: Gym Body Management

Purpose: Use and demonstrate small and large body parts. Link static positions. Perform sequences.

Skills: balance, agility, co-ordination, gross motor movement

Content: Dance: Interpretive

Purpose: respond to stimuli through changing space, direction and height. Creating sequences.

Skills: gross motor movement, fine motor movement, co-ordination, balance, moving to a beat.

Content: Gym Floor Exercises

Purpose: use and adapt different stepping gymnastic movements to perform in a sequence.

Skills: balance, agility, co-ordination, gross motor movement

Content: Gym: Flight

Purpose: To explore jumping, knowing the principles of taking-off and landing. Being able to control body to alter shapes in the air. Using these to create a sequence.

Skills: balance, agility, co-ordination, gross motor movement

Content: Games: Net and Wall

Purpose: To develop hand/eye coordination in using a racket. Being able to hit a moving target with control.

Skills: throwing, catching, participation, tactics

Content: Sports Day / OAA

Purpose: 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.

Skills: Running, throwing, balancing, participation, hand-eye co-ordination, stamina, agility.

Yr 3

Content: Gym Body Management

Purpose: demonstrate a range of balances using different body parts. Use a range of apparatus. Perform a sequence using apparatus.

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination.

Content: Dance: Interpretive

Purpose: create a link dance phrases independently and in groups. Refine and evaluate performances

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination, moving to a beat.

Content: Gym Floor Exercises

Purpose: To move with control and fluency whilst performing a variety of rolls and use these to create a sequence.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Gym: Flight

Purpose: To apply principles of landing and take-off to perform half turn and full turn from floor to apparatus. Use these to create a sequence with a partner.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Games: Net and Wall

Purpose: To develop hand/eye coordination in using a racket. Being able to hit a moving target accurately.

Skills: throwing, catching, participation, tactics

Content: Sports Day / OAA

Purpose: take part in outdoor and adventurous activity challenges both individually and within a team

Skills: Running, throwing, balancing, participation, hand-eye co-ordination, stamina, agility.

Yr 4

Content: Gym Body Management

Purpose: perform a variety of balances with a partner. create a sequence showing mirroring balances. refine and improve sequences based on feedback.

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination.

Content: Dance: Interpretive

Purpose: perform dances using a range of movement patterns. compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination, moving to a beat.

Content: Gym Floor Exercises

Purpose: To move with control and fluency and whilst performing a variety of rolls including changing direction. Use these to create a sequence and adapt as necessary.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Gym: Flight

Purpose: To perform differing jumps such as change leg, stag leaps and cat leap. Use these to create a sequence.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Games: Net and Wall

Purpose: Consolidation of forehand and introduction of backhand and volley techniques.

Skills: throwing, catching, participation, tactics

Content: Sports Day / OAA

Purpose: take part in outdoor and adventurous activity challenges both individually and within a team

Skills: Running, throwing, balancing, participation, co-ordination, stamina, agility.

Yr 5

Content: Gym Body Management

Purpose: To perform sequenced balances with partner on apparatus and evaluate an original sequence

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination.

Content: Dance: Interpretive

Purpose: perform dances incorporating a narrative, adapt dances to different stimuli.

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination, moving to a beat.

Content: Gym Floor Exercises

Purpose: To move with control and fluency and whilst performing a variety of rolls and cartwheels including changing direction. Use these to create a sequence and adapt as necessary

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Gym: Flight

Purpose: To perform differing jumps such as change leg, stag leaps and cat leap. Use these to create a refined sequence.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Games: Net and Wall

Purpose: Consolidation of forehand, backhand and volley techniques. Introduction of serving and shot selection.

Skills: throwing, catching, participation, tactics

Content: Sports Day / OAA

Purpose: take part in outdoor and adventurous activity challenges both individually and within a team

Skills: Running, throwing, balancing, participation, co-ordination, stamina, agility.

Yr 6

Content: Gym Body Management

Purpose: develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination.

Content: Dance: Interpretive

Purpose: perform dances using a range of movement patterns. compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Skills: flexibility, control, balance, agility, gross motor movement, technique, critique, co-ordination, moving to a beat.

Content: Gym Floor Exercises

Purpose: To perform gymnastic movements and create a refined extended sequence.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Gym: Flight

Purpose: To know a variety of leaps, turns and spins and use these to create and perform an adapted, complex sequence.

Skills: flexibility, control, balance, agility, gross motor movement, technique

Content: Games: Net and Wall

Purpose: Consolidation of forehand, backhand and volley techniques. Consolidation of serving and shot selection. Play and officiate a game of tennis.

Skills: throwing, catching, participation, tactics

Content: Sports Day / OAA

Purpose: take part in outdoor and adventurous activity challenges both individually and within a team

Skills: Running, throwing, balancing, participation, co-ordination, stamina, agility.