

Whole School PE Overview

Intent:

We intend to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should also provide opportunities for pupils to support their health and fitness. We intend to provide a wide range of physical activities each year through specialist teaching in dance; gymnastics; target games; fielding and striking games; swimming; target games; net/wall games and invasion/territory games. Through these opportunities, we aim to build the notion of resilience, persistence, concentration, fairness and respect. The curriculum has been devised to make pupils physically active for sustained periods of time and engage in competitive sports and activities. We intend to provide a high-quality dance education to all pupils which fully support their creative, intellectual, physical, mental, emotional and social development. The place of dance in the curriculum is an entitlement for all. Dance is a part of everyday life. People dance to celebrate, to communicate feelings and emotions, to express cultural identity, to stay fit and healthy and dance is performed in settings where different communities come together to appreciate the art of dance. Dance is not divorced from other subjects taught in the curriculum nor from the fabric of society in the UK and across the world. For example the study of people and places in history and geography gives opportunity to study dances from around the world. Through dance literacy the development of pupils' dance vocabulary helps them to learn how to reason, explain and critique their own dances and those created by others, their peers and professional artists.

Dance in our primary curriculum is based on the following key principles which underpin equality of opportunity and entitlement for all pupils to a rich dance education:

- Safe working practice - ensure warm up and cool down activities are included in lessons and that teaching is in a safe, appropriate environment
- Clear educational purpose - units of work have integrity with clear purpose and challenge
- Collaboration and integration - by working with fellow pupils, staff and dance professionals of different backgrounds and abilities all pupils learn to respect others and work well together
- Accessibility - all pupils should receive a dance education that challenges prejudice and is inclusive of all needs and abilities.

The units of work for studying the art of dance in primary education are progressive and recognise that in learning to perform, choreograph and appreciate pupils will repeat, consolidate and develop their learning often in non-linear ways. They are designed to deepen and broaden pupils' knowledge, understanding and skills in dance through the study of different dance genres and styles of dance and help pupils learn how to express themselves and communicate to others.

In studying the art of dance pupils will study:

- Performing
- Composing/choreography
- Appreciation.

The dance curriculum ensures that the units of work from Year 1 to Year 6 meet requirements for physical education in the National Curriculum Key Stage 1 and 2:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

CONTENT

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gymnastics. BAGA badges 8 and 7. Focus on balance, pike, tuck and straddle.	Target games: Marbles Target games Curling	Dance – starting to dance, building sequences of moves, awareness of body positions in dance	Territory games Football and netball Passing, catching, receiving, stopping the ball. Directing the ball to shoot	Net/wall: Table tennis. Forehand, backhand, serve.	Athletics Standing jump, 60m Egg and spoon Sack race Relay races

Year 2	Gymnastics BAGA badges 6 and 5	Target games Bowls Golf Skittles	Dance – dance from a narrative stimulus of the Great fire of London	Territory games Football, dribbling Netball, passing and shooting	Net/wall Table tennis Squash Forehand, backhand, serve	Athletics 60m, long jump, high jump, throw, relay races
Year 3	Net/wall Serve, volley, forehand and backhand in: Tennis Squash Table tennis	Territory games Attack and defence Working as a team to get round players Rugby Football hockey	Dance – solo motifs and duets, lifting partners, dramatic rendition and expression	Gym BAGA badges 4 and 3	Target games Bowls Skittles Marbles Pool	Striking/fielding Cricket, bowling, fielding, batting.
Year 4	Territory games: set plays in - Rugby, hockey Netball, football	Net/wall Badminton Table tennis Tennis	Dance – travelling at speed and awareness of others' space Target games	Swimming	Swimming	Athletics: Javelin, discus, hurdles, sprint, long jump
Year 5	Athletics Jumps and the throws Hurdles Cricket - tactics	Target games Darts Snooker golf	Dance – contemporary, fusion of styles, replicating styles in their own ways	Net/wall Tennis and badminton Table tennis	Territory games Tactics in Netball Basketball Football	Fielding/striking Baseball
Year 6	Territory games Football and hockey Rugby netball	Net/wall Tennis Squash badminton	Dance – Brazillian dance - capoeira	Target games croquet Darts	Fielding/striking Rounders Cricket	Athletics Track and field

Whole School PE Overview						
Links to Curriculum						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physically active						

for sustained periods						
Competitive sport						
Healthy						
Basic movements: running, jumping, throwing, catching, balance, agility, coordination in isolation and combination						
Team games, tactics of attack and defend						
Dances using simple moves and range of patterns						
Outdoor and adventurous activity individually and in a team						
Compare their performance with previous ones and demonstrate improvement to their personal best						
Swim confidently, proficiently over 25m Use a range of strokes. Perform safe self-rescue in water-based situations.						

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SKILLS						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1						
Year 2						
Year 3						
Year 4						
Year 5						
Year 6						