

The journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts

Children identified for additional support with gross & fine motor skills following *Day at the Seaside* DEMS programme in Nursery

Interventions to support in KS1

Children identified for additional support with gross & fine motor skills following *Jungle Journey* DEMS programme IN EYFS

The Body

Children will start to learn about their physical and mental wellbeing through the four pillars of health

Children learn that PE is for all



Year R

Early Years

Key Stage 1

Year 1

Year 2

Children enjoy the freedom of movement through simple, fun games

All children to achieve a GLD by end of Reception in *Physical Development*

Fundamental Movement Skills (FMS)

Children learn basic motor patterns of locomotion, stability and manipulation skills through games and gymnastics



Gymnastics and Dance

Children learn to express themselves artistically through form



Competition

Children will be introduced to competition – via personal challenge, inter-school and intra KS1 School Games events

Dance



Children will start to explore different cultures through Dance

Competition Increases

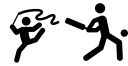
Children will have opportunity for more sports and quality of competition increases to include county / regional finals
House competitions open to all children from Y4 upwards

Key Stage 2

Developing competence: applying, extending and transferring FMS

Children use and apply FMS learned at KS1 to more complex movements as they move through KS2

Sports Specific Skills



Children will learn specific sports skills within lessons applying them in different scenarios and related sports

Year 4

Year 3



Swimming

Children will learn to swim in Years 3 & 4



KS2 Games

Children will explore transferable skills, knowledge & understanding to invasion, striking and fielding, net and wall and court games

Swimming

All pupils will be able to swim 25 m
Interventions to support those who cannot from Y4. Water safety is learned



Developing Strategies

In Y3 and Y4, Children will learn to move intelligently as well as competently. Focus is on strategies for success which extend beyond playing games

OAA

Pupils in Y4 and Y6 will have the opportunity to visit different environments for OAA including residentials



Leadership

Children will have opportunity for Sports Leadership through inter-year PE lessons and as movement mentors



Tactics, Rules, and Roles

In Y5 and Y6, children learn how, where and when to move according to game tactics and rules. They will take on different roles (e.g. umpire, coach)

Year 5

Year 6

End of KS2



Children will leave with a love of PE, physical activity & sport, having found their *thing*. They will pursue PESSPA beyond at High School and through out of school clubs. They will live and breath what it means to be healthy.

The Y1 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts

Interventions to support in Y1



Children identified for additional support with gross & fine motor skills following *Jungle Journey* DEMS programme IN EYFS. Plan-do-review approach



Yoga:

In this unit you will perform basic poses with some balance, beginning to relax the body in rest pose; perform the sun pose and try more challenge poses e.g. snake pose



The Body

Children will start to learn about their physical and mental wellbeing through the four pillars of health. They understand that movement is good for them

Children learn that PE is for all, and moving is good for us as well as fun!



Autumn Term

Games: fundamentals 1



In this unit, you will develop control and co-ordination in large and small movements, move confidently in a range of ways, safely negotiating space and handling equipment effectively

Games: send and return



In this unit, you will be developing partner work by throwing, catching, rolling, bouncing and balancing different equipment including using rackets and through games based on volleyball



Games: fundamentals 2

In this unit you will refine the skills of running successfully, change directions, and develop side stepping. Throw, catch and aim on the move



Dance: Moving Words

In this unit you will develop skills of travelling, turning, stillness; changing shape, size, direction, level, speed and actions, using words as the stimuli.

Gymnastics: Jumping Jacks



For this unit you will Choose 2 or 3 different jumping actions and link them together to make a short movement phrase on the floor and apparatus.

Spring Term

Principles of movement: fitness

In this unit you will learn about the principles of movement and take part in fun activities that help you develop your skills in these areas



Gymnastics: Rock and Roll

In this unit you will be rocking and rolling in different body shapes, linking short movement phrases with smooth transitions, flowing from one skill to another.



Dance: Weather



In this unit, you will respond to various stimuli such as pictures, stories, films to use movement imaginatively that link to the dance idea 'weather'. To work individually and in pairs to link together dance sections.

Summer Term

Games: travelling (including with a ball)



In this unit you will use the basic movement skills and begin to apply these in a range of activities. Participate in team games, including moving in different ways, controlling a ball with the feet based on football



Athletics:

In this unit you will aim to master basic movements including running, jumping, throwing and catching. Develop balance, agility and coordination.



Games: hit, catch, run



In this unit you will use the basic movement skills and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending in cricket

The Y2 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts Games: fundamentals 1



In this unit, you will refine the skills of running successfully, changing directions on the move. Develop throwing, catching, striking and dribbling skills and play small games.

Children learn that PE is for all, and moving is good for us as well as fun!



Autumn Term

Yoga:



In this unit you will perform poses beginning to use stomach muscles (core), relaxing in rest pose and focusing on breathing. You will develop performance in more challenging poses e.g tree pose

Gymnastics: Ball, wall and tall



In this unit, you will create Ball, tall and wall shape actions e.g. positions of stillness, rolls, jumps. Create short movement phrases – link actions on low, medium and high levels; Context – explore ball, tall and wall shape actions using apparatus

Games: ball and racket skills



In this unit, you will be developing partner work by throwing, catching, rolling, bouncing and balancing different equipment including using rackets based on tennis

Gymnastics: points of contact



In this unit, you will learn positions of stillness on varying numbers of contact points and body parts; transfer of weight from one position of stillness to another; link positions of stillness to other actions in short movement phrases

Games: send and return



In this unit you will aim to master basic movements including running, jumping, throwing and catching. Develop balance, agility and coordination through games and skills based on handball

Dance: Magical friendships



In this unit, you will respond to various stimuli such as pictures, stories, films to use movement imaginatively that link to the dance idea 'magical friendships'. To work individually and in pairs to link together dance sections.

The Body

Children will further develop learning about physical and mental wellbeing through the four pillars of health, making links to movement and feeling good.



Games: fundamentals 2

In this unit you will refine the skills of running successfully, change directions on the move.. Develop throwing, catching, striking and dribbling skills and play small games.

Dance: Great Fire of London



In this unit you will create and perform a dance individually, with a partner or a small group, based on the idea of 'The Great Fire of London', using changes in speed, level, direction and space in your dance.

Spring Term

Principles of movement: fitness



In this unit you will further learn about the principles of movement and take part in fun, progressive activities that help you develop your skills in these areas



Summer Term



Athletics:

In this unit you will aim to master basic movements including running, jumping, throwing and catching. Develop balance, agility and coordination.



Games: hit, catch, run



In this unit you will use the basic movement skills and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending based on rounders



The Y3 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts



Games: striking



In this unit, you will learn how to control the distance of the ball using different golf clubs and how to achieve different heights when hitting the ball.



Principles of movement: fitness

In this unit you will further learn about the principles of movement and take part in fun, progressive activities that help you develop your skills in these areas with different body area foci

The Body

Children will strengthen learning about physical and mental wellbeing through the four pillars of health. They will demonstrate personal choices in these areas



Games: ball handling skills

In this unit you will experience small-sided and modified competitive net, striking/fielding and invasion games; use simple tactics; apply simple rules and conventions. Develop into making up small-sided games; playing games in pairs/small groups.

Gymnastics: patterns and pathways



In this unit, you will link travel and balance actions into short movement phrases, exploring travel actions along different pathways. You will explore arm actions linked into arm pattern phrases.

Dance: Machines



In this unit, you will use changing dynamics, rhythmic and expressive qualities clearly and with control. You will move in unison, canon, meeting and parting and going under, over and round a partner.



Games: striking and fielding



In this unit you will experience small-sided and modified competitive net, striking/fielding and invasion games, using simple tactics and applying simple rules and conventions

Summer Term

Gymnastics: Hand apparatus



In this unit you will involve hand apparatus in performance of gymnastics actions showing changes in speed, level and direction linking actions involving hand apparatus into movement

Athletics:



In this unit you will experience a variety of running, jumping and throwing techniques; understand the limits of personal performance; apply simple rules and conventions of athletic events; use simple tactics to improve performance.



Autumn Term

Swimming



In this unit you will learn to enter and exit the water safely, developing water confidence and learning to swim in a range of strokes on front and back, answering simple water safety questions

Games: adapted formats (Boccia and sit-down volleyball)



In this unit you will learn about the adapted sport of Boccia, learning to control the power and accuracy of throwing a ball, and simple strategies that can be used to be offensive or defensive. You will learn also about the importance of movement and communication via sit-down volleyball



Dance: Solar System

In this unit you will experience a range of stimuli and accompaniment; creating and performing different movement pattern, making your own dances with clear beginning/ middle/end..

Yoga:



In this unit you will perform more complex Yoga poses showing control and increased flexibility, collaborating to create a Yoga Fun Facts routine

The Y4 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts Swimming



In this unit you will further develop water confidence, refining a range of strokes and swimming for longer distances unaided. Water safety knowledge will deepen to include rescue situations



Dance: Rugby and the Haka



In this unit you will develop skills of rhythm, timing, levels, mirroring, unison, action/reaction, dynamics and space through learning about the New Zealand Haka.

The Body

Children will strengthen learning about physical and mental wellbeing through the four pillars of health. They will demonstrate personal choices in these areas and explain how this could develop further



Principles of movement: fitness

In this unit you will further learn about the principles of movement and refine these through different circuit exercises with different body zone foci. You will set yourself challenges to beat.

Autumn Term

Children begin to take part in more structured games and activities that include all as friendly competition increases



Games: net games



In this unit, you will make up small-sided games, play games in pairs and small groups, develop an understanding of game principles, related to attack, defence, and team work.

House competition participation



For the first time, you can take part in intra-year competition for your house in tag rugby, football, hockey, netball, rounders and athletics



Games: ball on the ground

In this unit you will experience small-sided and modified competitive invasion games; use and adapt simple tactics; apply simple rules and conventions; work in teams.



Spring Term

Gymnastics: principles of balance



In this unit, you will learn about the principles of Balance – how contact points, surface area and centre of gravity affect the performance of balances.

Games: invasion (hockey)



In this unit you will learn about the different ways of sending and receiving a hockey ball, including travelling with the ball quickly. You will develop power and accuracy through adapted small games

Yoga:



In this unit you will perform more complex Yoga poses developing core strength and good flexibility, beginning to focus on breathing technique in more than one pose. You will teach a fun routine to others

Games: striking and fielding (cricket and tri-golf)



In this unit you will learn chipping and putting techniques in golf, refining technique for power and accuracy. You will develop placement of batting into space, fielding quickly and with anticipation in response



Summer Term

Games: adapted formats (Archery and new-age curling)



In this unit you will learn about the adapted sports of archery and new-age curling, focusing on developing required technique, accuracy and power to hit a range of targets in different adapted games



Athletics: pentathlon



In this unit you will refine a variety of running, jumping and throwing techniques that make up the pentathlon discipline, setting targets and monitoring progress

Gymnastics: rotation



In this unit you will learn about the types of rotational actions – rolling, turning, spinning and twisting, refining performance to show control, quality and clarity



The Y5 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts

Invasion games (football)



In this unit you will develop a wider range of football specific skills and use them in small sided invasion games applying attacking and defending tactics in increasingly challenging situations

Gymnastics: paired composition



In this unit you will develop Non-contact partner work, creating pair sequences using a variety of actions and compositional devices to make a pair sequence more complex and interesting

The Body

Children will strengthen links between and demonstrate the 4 pillars of health contributing to overall health and wellbeing. They will make conscious choices to show awareness of health.

Children know that PE is for all and the benefits that come with sustained activity; they can discuss a range of sports and skills needed



Autumn Term

House competition participation



Building on last year, you can again take part in house competitions throughout the year. Some of you will be chosen to be House Vice-Captains to help the choosing of teams and to influence the calendar.



Invasion games: netball



In this unit, you will develop the playing of games in groups; an understanding of game principles and space related to attack and defence; a wider range netball specific skills of send, receive, avoid, dodge, attack, defend, movement into / out of space

OAA: Orienteering



In this unit you will take part in simple orientation activities using maps and diagrams. You are set physical challenges and problems to solve, working on your own and in small groups

Games: adapted formats



In this unit you will further develop skills used in adapted sports of boccia and sit-down volleyball. You will develop the playing of games in groups; an understanding of game principles and strategies to attack or protect.

Principles of movement: fitness



In this unit you will further refine these principles through more challenging exercises, making links to how the principles link to athletic performance. You will challenge yourself in more complex ways

Gymnastics: press and go



In this unit you will learn about Press and Go actions – actions initiated by the body or body parts pressing into and pushing away from the floor or apparatus. You will link Press and Go actions with other actions on the floor and apparatus to create sequences of continuous movement

Dance: different styles



In this unit you will explore movements that express and communicate the dance idea/theme. Link characteristics of different dance styles together as an individual and in groups. .

Games: net, wall, court



In this unit you will refine skills of movement both when in control of a ball or anticipating its arrival. You will apply and combine these skills to ball and racket control through paired and team games in tennis and dodgeball

Summer Term

Games: striking and fielding (cricket and rounders)



In this unit you will learn refine different ways of striking balls, looking for space through adapted body position and stance. You will develop team tactics and strategies in games to adapt to opponents strengths

Athletics: Heptathlon



In this unit you will refine and further develop a variety of running, jumping and throwing techniques that make up the heptathlon discipline, setting targets and monitoring progress of yourself and your peers

Yoga:



In this unit you will perform complex Yoga with control., core strength and flexibility with focus on relaxation and breathing techniques. You will collaborate in groups to create a routine of 7 poses.



The Y6 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts



Children know that PE is for all and the benefits that come with sustained activity; they can explain their preferences and pursue these



Autumn Term

Invasion games (tag rugby)



In this unit you will Apply skills and techniques used in rugby to small and larger game situations. Using tactics and strategies to improve performance.

Yoga:



In this unit you will perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose, collaborating in a group to compose and perform a routine in sequence

The Body

Children will strengthen links between, and demonstrate, the 4 pillars of health contributing to overall health and wellbeing. They will talk, live and breathe being healthy.

OAA: Orienteering



In this unit you will enjoy communicating, collaborating and competing with each other, taking part in outdoor and adventurous activity challenges both individually and within a team. You will orient a map, using a key to navigate a more complex course.

House competition participation



Building on last year, you can again take part in house competitions throughout the year. Some of you will be chosen to be House Vice-Captains to help the choosing of teams and to influence the calendar.

Invasion games: hockey



In this unit, you will apply skills and techniques to small and larger game situations. Using tactics and strategies to improve performance. You will learn tactics and game play ideas that can be applied to a range of different invasion games

Gymnastics: body symmetry



In this unit you will develop symmetrical and asymmetrical gymnastics actions into short movement phrases and sequences on the floor and apparatus, influencing and improving own and others' sequences accordingly

Dance: why bully me?



In this unit you will explore movements that express and communicate the dance idea/theme. Link sections of the dance together using a dance framework as an individual and in groups.

Spring Term

Games: net, wall, court



In this unit you will refine skills of movement both when in control of a ball or anticipating its arrival. You will apply and combine these skills to ball and racket control through paired and team games in tennis and dodgeball

Games: striking and fielding (cricket and rounders)



In this unit you will learn refine different ways of striking balls, looking for space through adapted body position and stance. You will develop team tactics and strategies in games to adapt to opponents strengths

Athletics: Decathlon



In this unit you will refine and further develop a variety of running, jumping and throwing techniques that make up the full decathlon discipline, evaluating performance, setting targets and monitoring progress of yourself and your peers

Summer Term

Games: adapted formats



In this unit you will further develop skills used in adapted sports of archery and new-age curling. You will take part in a range of adapted games and challenges that develop accuracy, communication and teamwork including through strategy and tactic development

Swimming: water safety



In this unit you will learn different water safety scenarios, learning how to stay safe around water, knowing the steps to effective rescue and when to enter the water to aid rescue if required as a last resort

Teamwork and problem solving: escape rooms



In this unit you will use all the principles of movement, in addition to effective teamwork, to complete fitness challenges to earn your escape!

Principles of movement: fitness



In this unit you will master these principles through more challenging exercises, making links to how the principles contribute to efficient athletic performance. You will challenge yourself in more complex ways

