

## Bispham Drive Junior School Physical Education Curriculum 2019 2020

We encourage children to be active in school and out. We teach children the theory behind sports and how they contribute to a healthy lifestyle. We help them develop skills through practise and provide a range of opportunities to represent the school including football, swimming, badminton, basketball and handball. We use physical education to help build character using our Commando Joe equipment to reinforce the school values. We work hard to expose the children to new sports and activities which children could choose to pursue outside of school.

We want children to leave our school having established the habit of being active and healthy and to understand why this is so important.

Physical Education	Autumn	Autumn	Spring	Spring	Summer	Summer
<p><b>Year 3</b> In each area: Select and use appropriate skills, actions or ideas Move with co-ordination and control Explain how their work is similar/different to others Think about how performance can be improved Explain why we warm up/cool down?</p>	<p><b>Invasion</b> Throw and catch Aware of space and use it to effect Know the rules Keep possession when using equipment that is not used for throwing and catching</p>	<p><b>Gymnastics</b> Use own ideas for movement Adapt sequences to suit apparatus/partner Explain how strength and suppleness affect performances Compare and contrast sequences? Identify some muscle groups used in the activity.</p>	<p><b>Dance</b> Improvise freely Share and create phrase with a partner/small group Repeat, remember and perform these phrases</p>	<p><b>Net and Wall</b> Throw and catch Aware of space and use it to effect Know the rules Keep possession</p>	<p><b>Athletics</b> Run changing speed/direction Link running and jumping activities Make up sequence of linked jumps Take part in a relay Throw a variety of objects, changing action/direction <b>Orienteering</b> Follow a map in a familiar context Move from one location to another by following a map Use clues to follow a route safely</p>	<p><b>Striking and fielding</b> Throw and catch Aware of space and use it to effect Know the rules Keep possession</p>
<p><b>Year 4</b> In each area: Explain importance of warming up and why keeping fit is good for health Select and use the most appropriate skills, actions or ideas</p>	<p><b>Swimming</b> See ASA website <b>Gymnastics</b> Work in a controlled way. Change speed, direction and include a range of shapes. Follow rules to produce a sequence. Work with a partner to create, repeat and improve a 3 phase sequence Explain how work is</p>	<p><b>Swimming</b> See ASA website <b>Commando Joe</b></p>	<p><b>Swimming</b> See ASA website <b>Dance</b> Take the lead to work with a partner or group Use dance to communicate an idea Refine their movements Dance is clear and fluent</p>	<p><b>Badminton</b> Hit ball (shuttlecock) accurately</p>	<p><b>Athletics</b> Run a long distance Sprint a short distance Throw in different ways Hit a target Jump in different ways <b>Orienteering</b> Follow a map in a demanding familiar context Move from one location to another by following a map Use clues to follow a</p>	<p><b>Basketball /Games</b> Catch with one hand Throw and catch accurately Keep possession of the ball Move to a space when not in possession of the ball Vary tactics and adapt skills Make up own small sided game</p>

	similar/different to others And use the comparisons to improve their work.				route accurately, safely and within a time limit	
<b>Year 5</b> In each area: Link skills, techniques and ideas - applying them accurately and appropriately. Can they compare, comment on skills, techniques and ideas that they and others have used? Use their observations to improve their work	<b>Football</b> Gain possession by working as a team Choose the best tactics for attacking and defending Use a number of techniques to pass, dribble and shoot	<b>Gymnastics</b> Make complex or extended sequences Combine action, balance and shape Perform consistently to different audiences Ensure movements are accurate clear and consistent	<b>Dance</b> Compose own dances in a creative and imaginative Perform an accompaniment expressively and sensitively Show clarity, fluency, accuracy and consistency	<b>Orienteering</b> Can they follow a map in an unknown location Use compass directions to navigate Change a route if there's a problem Change their plan if they get new information <b>Cricket</b> Develop fielding skills	<b>Athletics</b> Demonstrate controlled taking off and landing in a jump Throw with accuracy Combine running and jumping Explain important safety principles when preparing for exercise Explain what effect exercise has on their body Explain why exercise is important	<b>Tennis</b> Use forehand and backhand with a racquet Show good control in their movements Compare and comment on skills and techniques that they've used Use their observations to improve their work
<b>Year 6</b> In each area: Explain how the body reacts to different kinds of exercise Choose appropriate warm ups/ cool downs Explain why we need regular and safe exercise	<b>Commando Jo</b> -History link- Nancy Wake Plan with others taking account of safety and danger Plan a route and series of clues for someone else Analyse and explain why they have used specific skills/techniques	<b>Dance</b> -Performance Develop imaginative dance in specific style Choose own music, style and dance Create own success criteria for evaluating <b>Gymnastics</b> Combine their work with that of others Link sequences to specific timings	<b>Handball</b> Can explain complicated rules Make a team plan and communicate it to others Can lead others in a game situation	<b>Athletics</b> Demonstrate stamina Use skills in different situations Modify skills/techniques to improve their work	<b>Tennis</b> Show precision, control and fluency Create own success criteria for evaluating <b>Commando Jo</b> Plan a route and series of clues for someone else	<b>Rounders</b> Can explain complicated rules Make a team plan and communicate it to others Can lead others in a game situation