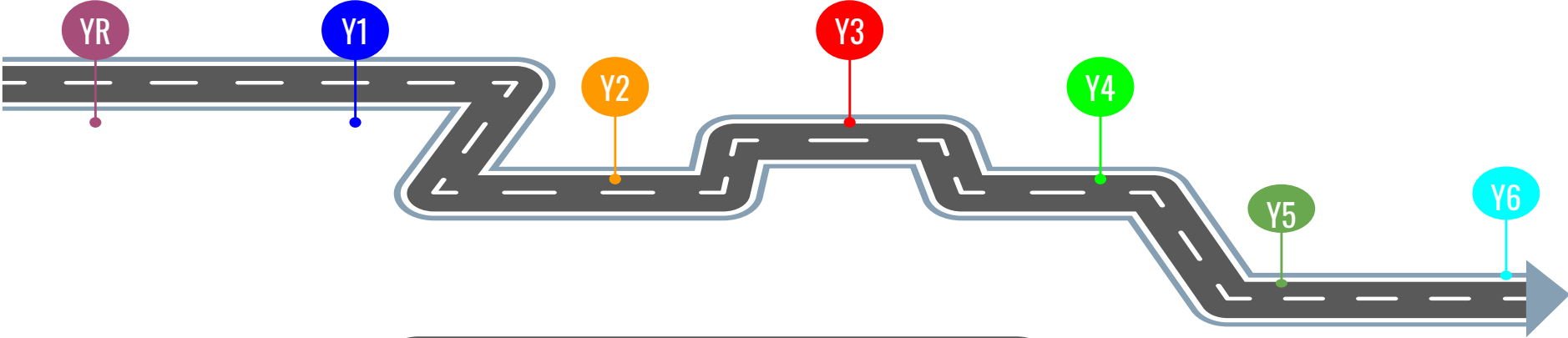
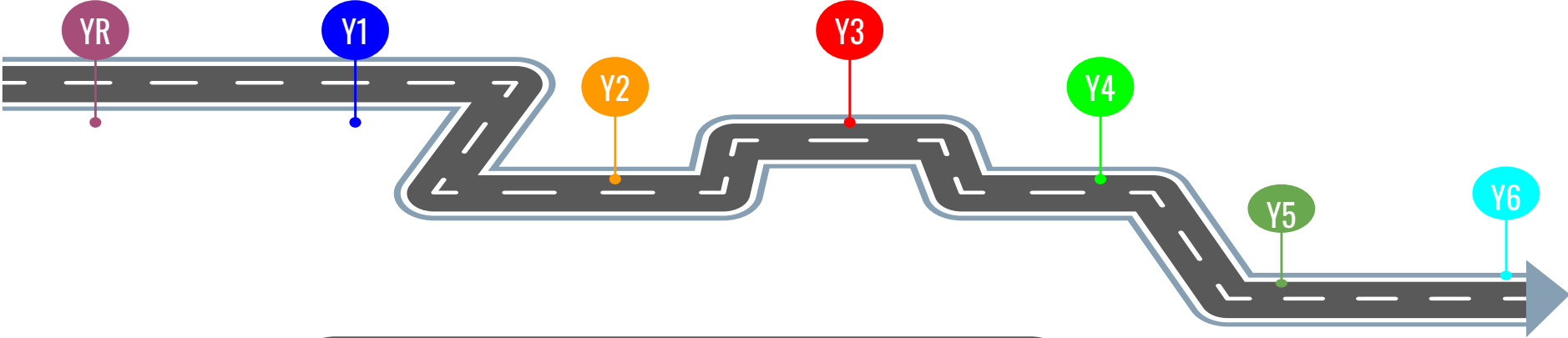


Houghton Primary School: PE

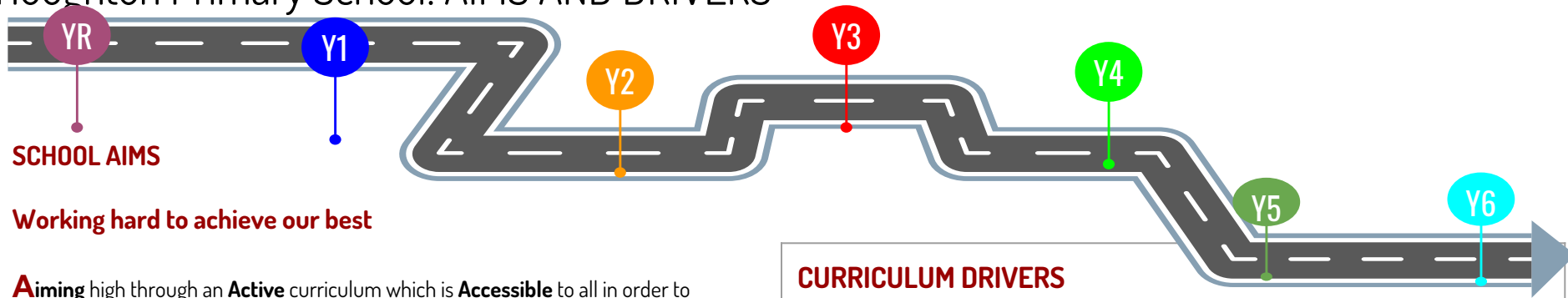


PE
CURRICULUM



PHYSICAL EDUCATION CURRICULUM
INTENT

Houghton Primary School: AIMS AND DRIVERS



SCHOOL AIMS

Working hard to achieve our best

Aiming high through an **A**ctive curriculum which is **A**ccessible to all in order to **A**chieve the very best that we can

Challenging ourselves within a culture of **C**are, **C**ooperation and **C**ommunity

Helping each other to achieve within a **H**appy, **H**ealthy and **H**ard-working environment

Inspiring others to be **I**ndependent, **I**nvolved and ever **I**mproving

Expecting the very best of ourselves and others and always aiming to be **E**xcellent in all that we do

Valuing every individual and providing **V**aried learning experiences

Encouraging everyone through our **E**nthusiasm and **E**agerness to be our very best

CURRICULUM DRIVERS

Oracy to place speech and communication at the heart of our curriculum enabling our children to speak confidently, appropriately and sensitively, learning through talk and deepening understanding through dialogue.

Diversity to develop our children's appreciation and understanding of a variety of cultures and lifestyles, engendering equality and challenging bias

Community to see ourselves as an integral part of the local, national and global community

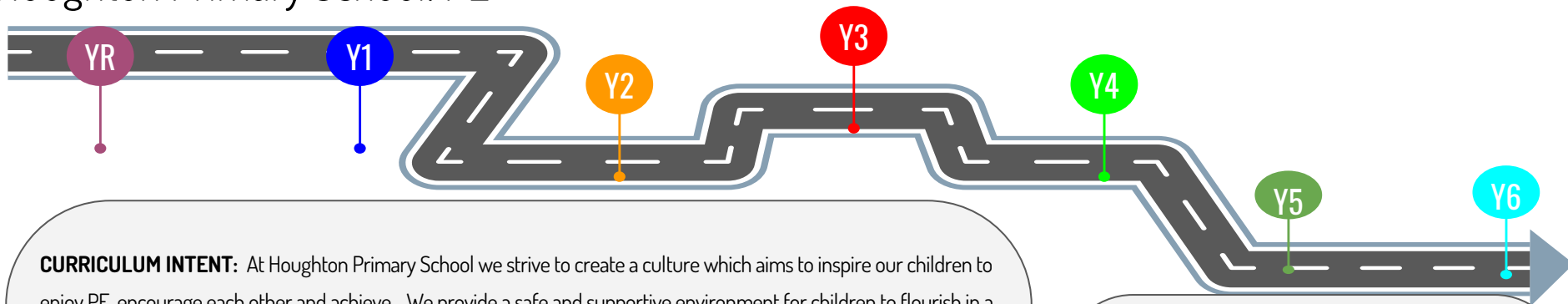
Environment to foster a passion for both the local and global environment and take responsibility for its care

Enquiry to encourage our children to be inquisitive, to ask questions and be resourceful. Our children will be persistent and independent in their learning.

Risk To encourage our children to learn to assess and manage risks by having fun and stepping outside their comfort zones

Enterprise to support our children in developing more independence and the opportunity to show initiative

Houghton Primary School: PE

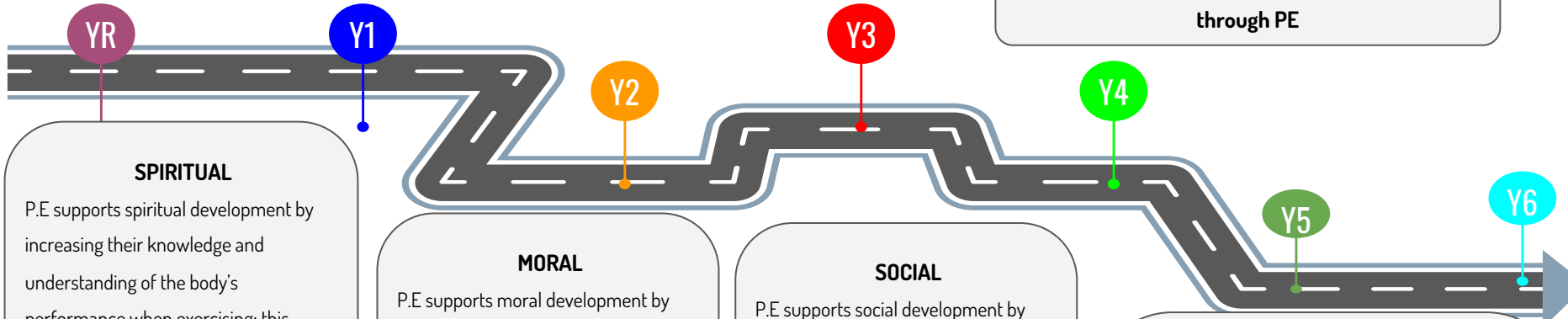


CURRICULUM INTENT: At Houghton Primary School we strive to create a culture which aims to inspire our children to enjoy PE, encourage each other and achieve. We provide a safe and supportive environment for children to flourish in a range of different activities which is essential to their physical, emotional, spiritual, social and moral development, laying the foundations for an active and healthy lifestyle. At Houghton we offer a dynamic, varied and stimulating programme of activity to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals. All children have the opportunity to be physically active, maintain a healthy lifestyle and using the medium of PE and sport increase their self esteem. We aspire for children to adopt a positive mindset and believe that anything can be achieved with determination and resilience. The aim of Physical Education is to promote physical activity and healthy lifestyles. Children are taught to observe and produce the conventions of fair play, honest competition and good sporting behaviour as individuals, team members and spectators. Thus embedding the values of cooperation, collaboration and equity of play. Our PE curriculum, along with PSHE and Science, teaches children the importance of healthy living and learning about good nutrition. At Houghton we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens.

NC PURPOSE OF STUDY: A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide 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.

Houghton Primary School: PE

Spiritual, Moral, Social and Cultural Development through PE



SPiritUAL

P.E supports spiritual development by increasing their knowledge and understanding of the body's performance when exercising; this leaves pupils amazed at the body's ability. Through Dance and sports such as Gymnastics pupils are being creative, expressing feelings and emotions in their performances. Allowing pupils' reflection time to evaluate their experiences allows them to build a positive mindset and promotes progression. Pupils will also see a sense of awe and wonder when observing elite performance from professional athletes and their peers

MORAL

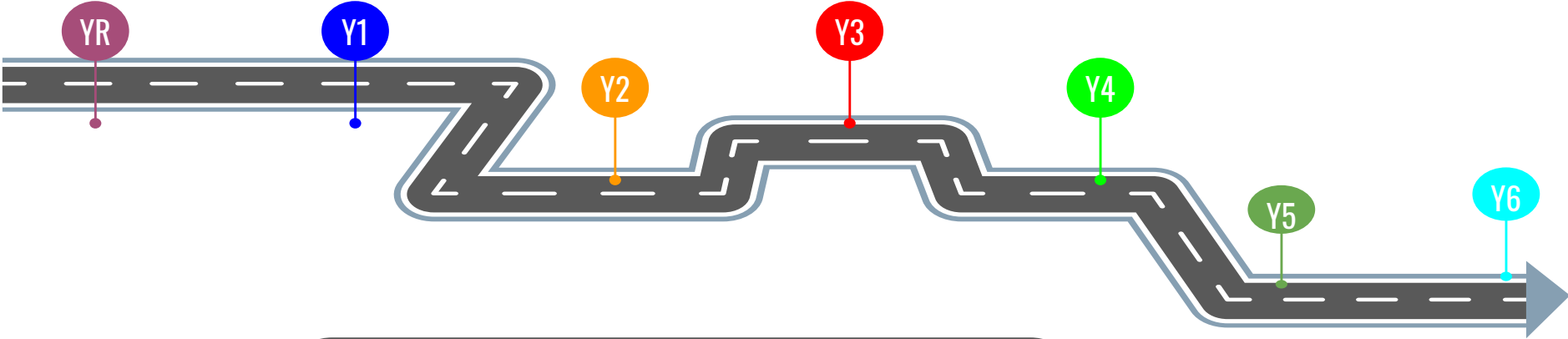
P.E supports moral development by encouraging them to live a healthy lifestyle and promoting healthy living is apparent in each P.E lesson. Pupils develop the ability to tell between right and wrong through fair play in sporting events and participating in competitive situations, giving pupils a sense of justice, and how to respond appropriately when they feel there is an injustice. The frequent opportunity given to pupils to supports the importance of abiding by rules. .

SOCIAL

P.E supports social development by developing the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, cooperation with others is paramount to success. Giving the pupils roles such as leaders, coaches, or umpires, and offers pupils the opportunity to develop their communication skills, leadership skills and the ability to settle any discrepancies which may occur. Pupils are encouraged to reflect upon feelings of enjoyment and determination

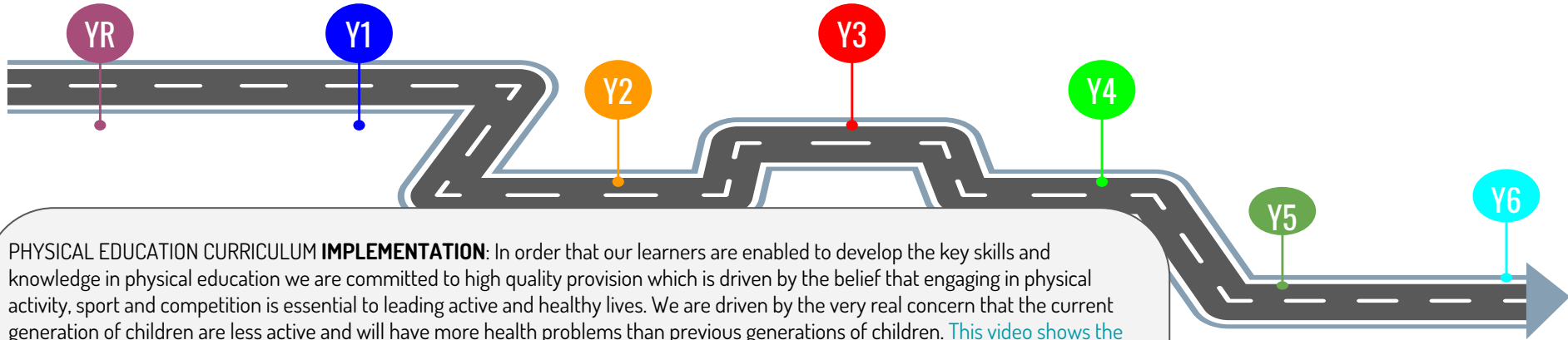
CULTURAL

P.E supports cultural development by giving children the opportunity to explore dances and learn games from different traditions and cultures including their own. Pupils also recognise and discuss the differences between male and female roles within sport, at both elite and amateur levels. Compassion and respect for other culture and traditions is also displayed by all when exploring unfamiliar games or dances. Pupils will discuss how culture affects what sports different nations excel at and how cultural traditions can affect which sports men and women participate in.



PHYSICAL EDUCATION CURRICULUM
IMPLEMENTATION

Houghton Primary School: PE



PHYSICAL EDUCATION CURRICULUM IMPLEMENTATION: In order that our learners are enabled to develop the key skills and knowledge in physical education we are committed to high quality provision which is driven by the belief that engaging in physical activity, sport and competition is essential to leading active and healthy lives. We are driven by the very real concern that the current generation of children are less active and will have more health problems than previous generations of children. [This video shows the possible impact.](#)

We want all our children to engage in physical activity throughout the school day and work hard to ensure that they do so across the curriculum. Our PE curriculum is one aspect of ensuring that we have active children. We teach a minimum of 2 hours curricular PE each week. We follow the Cambridgeshire Local Authority PE Scheme of Work to ensure coverage and progression.. Our curriculum plan is responsive to opportunities that present themselves throughout the year and reflect our school and local communities. We engage with Hunts Schools Sports Partnership to ensure great CPD for our teachers, enabling them to deliver high quality teaching in PE. Our curriculum is enhanced by links with local sports clubs. We organise a variety of extra-curricular opportunities for our children and take part in lots of competition, both within school and across schools. We hold Sports Mornings' which are led by our Year 5 and 6 Sports Leaders for children in years 1 - 6.

We uphold the School Games values and they form the mainstay of our House Point Award system when we award points when we see the values being demonstrate;



Houghton Primary School: PE (Key Stage 1)

YR

Aut:

Space finding and listening
BBC Let's Move
Cosmic Yoga

Spr:

Games- Fundamentals
Gymnastics- Fun Gym shapes

Sum:

Ball games, multiskills, races

Y1

Aut :

Games- Ball skills and listening
Dance- Moving words
Games Fundamentals 1
Gymnastics - Jumping Jacks

Spr :

Dance- Weather
Games Fundamentals 2

Sum:

OAA -Trust and Teamwork
Gymnastics -Rock and Roll

Y2

Aut:

Games- Multiskills (Healthy Heroes)
Dance - BBC Autumn and Autumn Song (Van Morrison)
Games - Multiskills fundamentals 1
Gymnastics -points of contact

Spr:

Games fundamentals 2
Dance - Great Fire of London
Games -ball skills
Dance -Magical friendships

Sum:

Games - Cricket
Gymnastics -Ball, Tall and Wall
Games - Designing Games and rules
Athletics - Running, Jumping, Throwing

Houghton Primary School: PE (Keystage 2)

Y3

- Aut :** Games - Ball handling skills
- Gymnastics- patterns and Pathways
- Games- Ball on the ground
- Dance -Machines
- Spr:**Tri golf
- Dance - Egyptians
- OAA
- Gymnastics- hand apparatus
- Sum :** Athletics challenges
- Games - Striking and Fielding cricket
- Tennis
- Games making

Y4

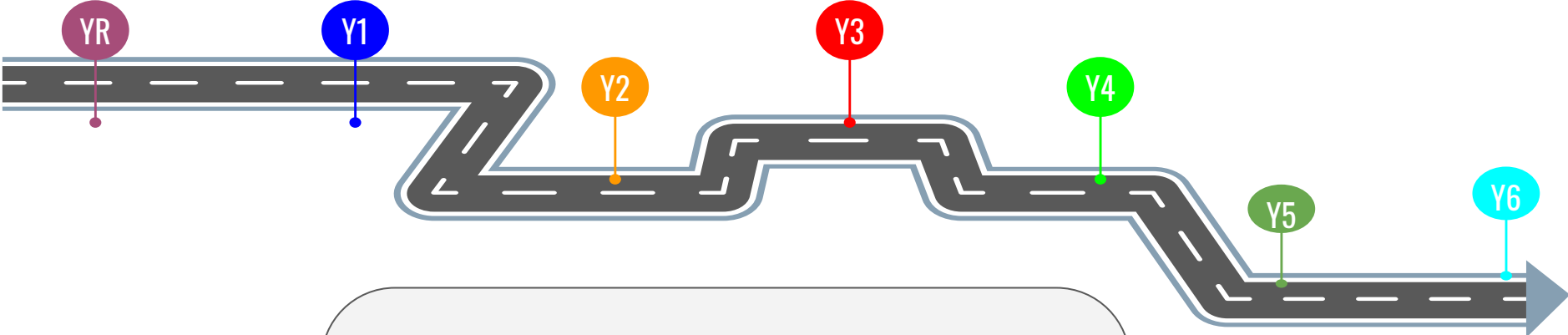
- Aut:** Ball on the Ground -hockey
- Dance- The Romans
- Futsal
- Gymnastics- Balance
- Spr:** Tag Rugby
- Dance - The Haka
- Gymnastics- Rotation
- Cricket
- Sum:** Tennis
- Athletics =Pentathlon
- Swimming
- OAA

Y5

- Aut:** Athletics -Heptathlon
- Gymnastics- Pair composition
- Netball
- Dance - Solar System
- Spr:** Football
- Gymnastics- Press and Go
- NFL
- Dance- Dance styles
- Sum:** Dance
- Bowls
- Swimming
- Playleading skills

Y6

- Aut:** Tag Rugby
- Dance - Why Bully me?
- Hockey
- Gymnastics -Group work
- Spr:** Play-leading skills
- Dance -Football
- Handball
- Gymnastics- Body symmetry
- Sum:** Rounders
- OAA
- Bowls
- Athletics -Decathlon



PHYSICAL EDUCATION CURRICULUM

IMPACT:

Skills and Knowledge Statements

As a result of teaching our PE curriculum what will our children be able to do (skills) and what will they know (knowledge)?

Houghton Primary School: PE

Y1

AUTUMN TERM

By the end of this term children will be able to:

Dance - Moving Words. Create, perform and share a short dance based on action words, whole body actions, part body actions, travel and gestures. Have a clear start and finish to the dance with repeated shapes and actions in the middle.

Games- Fundamentals 1 . Move safely around others with changes in direction and speed. Send and aim a ball safely and with control by rolling, throwing, bouncing kicking. Receive a ball by trapping , catching and kicking.

Gymnastics - Jumping Jacks. Perform a safe landing position.Create, repeat and perform a short movement phrase linking 2 -3 jumping actions on the floor and apparatus.

Games

SPRING TERM

By the end of this term children will be able to:

Games - Fundamentals 2 Run with increased fluency and control with changes in direction. Use a side stepping action. Throw , catch and aim a ball on the move.

Dance - Weather Move in different directions and speeds with control showing range of actions in response to stimuli (rain,wind, thunder) and accompaniments. Mirror a partner and lead and follow.

?
?

SUMMER TERM A

By the end of this term children will be able to:

Gymnastics - Rock and Roll
Choose 2 -3 rocking and rolling actions and link them together into a short movement phrase.Remember, repeat, improve and perform the movement phrase. Move smoothly between actions actions adding other actions to help.

OAA
?
?

Houghton Primary School: PE

Y1

AUTUMN TERM

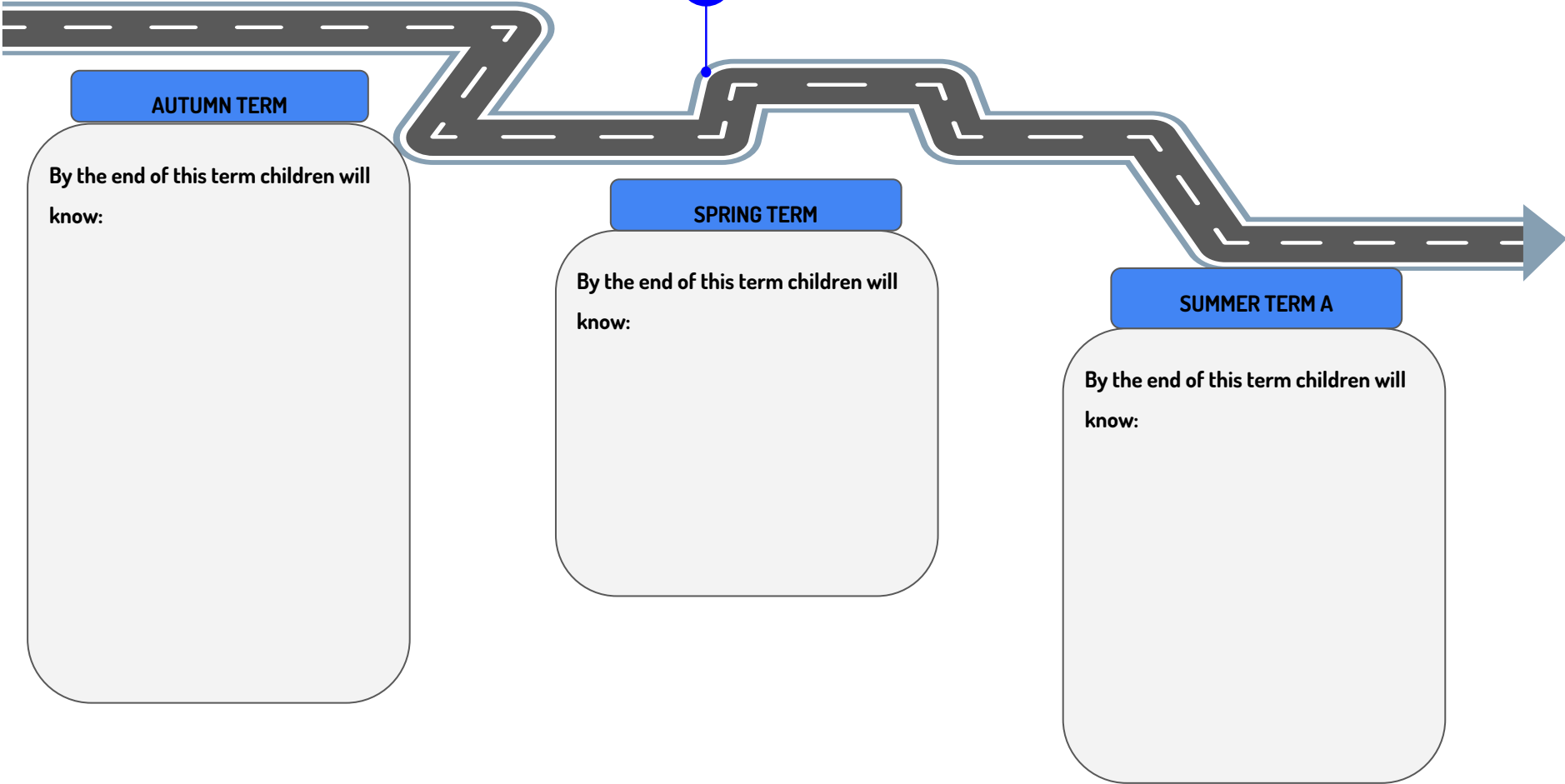
By the end of this term children will know:

SPRING TERM

By the end of this term children will know:

SUMMER TERM A

By the end of this term children will know:



Houghton Primary School: PE

Y2

AUTUMN TERM

By the end of this term children will be able to:

Games - Fundamentals 1 Roll, throw, bounce, catch and hit a ball with increased accuracy. Perform a range of ball skills with control - dribble, kick and receive a ball.

Gymnastics - Combine 2 clear positions of stillness using different points of contact with other actions to create a short sequence of 3 - 4 actions.

Games - Multi Skills

Dance - Autumn

SPRING TERM

By the end of this term children will be able to:

Games Fundamentals 2 Successfully demonstrate improved skills of running, changing direction on the move, avoiding others and stopping with control, Pass, dribble, kick and throw a ball with control on the move.

Dance - Magical friendships. Create and perform a short dance individually and with a partner to show friendships between 2 different characters. Explore changes in size, speed, level and dynamics, using gestures and travelling to show meeting and greeting.

Dance - Great Fire of London. Create and perform a dance based on the Great Fire of London, which includes 3 sections (Beginning of the fire, the fire spreading, the fire ending) Use changes of speed, level, direction and space.

Games - Ballskills

SUMMER TERM

By the end of this term children will be able to:

Gymnastics -Use the floor and apparatus to create and perform a sequence of 3-4 actions showing contrasting shapes of ball, tall and wall.

Link actions smoothly and show actions performed on different levels.

Games - Cricket

Games - Designing and writing rules

Athletics - Running, jumping throwing

Houghton Primary School: PE

Y2

AUTUMN TERM

By the end of this term children will know:

SPRING TERM

By the end of this term children will know:

SUMMER TERM

By the end of this term children will know:

Houghton Primary School: PE

Y3

Games

By the end of this year children will be able to:

Gymnastics - Create and perform a floor sequence using travel and balance actions, which includes an arm pattern, whole body movement pattern and a clear pathway.

Dance - Machines. Create and perform a dance, with a clear beginning, middle, end based on the ideas of machines, either on their own, with a partner or small group, which show changes in speed, strength, level, direction.

Games - Throw and catch with improved accuracy and consistency whilst travelling and bouncing the ball. Apply a range of ball handling skills into small sided games.

Games -

Gymnastics

By the end of this year children will be able to:

Gymnastics - Choose an item of hand apparatus and use it to create and perform a sequence of 4-6 different actions, showing control and coordination of body movement and hand apparatus and show a variety in speed, level and direction.

Games - Throw under arm and have begun to develop an over arm throw. Be able to use a long barrier position to develop fielding skills. Hold a cricket bat correctly and strike the ball successfully. Use batting and fielding skills in a small sided game.

Dance - Create and perform a dance either on their own, with a partner or small group, with different sections using History topic Ancient Egyptians as a stimulus. Demonstrate control, coordination and poise.

Games -

Dance

By the end of this year children will be able to:

Athletics - Participate in, officiate, record and evaluate a triathlon event which will consist of running at different paces, (Run for speed and stamina), a jump for distance and throw using a push, pull or sling action.

OAA -
Tennis -
Games Making -

Houghton Primary School: PE

Y3

AUTUMN TERM

By the end of this term children will know:

SPRING TERM

By the end of this term children will know:

SUMMER TERM

By the end of this term children will know:



Houghton Primary School: PE

Y4

AUTUMN TERM

By the end of this term children will be able to:

Games - Ball on the Ground (Hockey)
Travel with the ball, send and receive the ball with improved control and accuracy.

Demonstrate an understanding of games principles - including avoid, dodge, attack and defend, movement into space., applying these to small sided games.

Gymnastics - Balance . Create and perform a floor and apparatus sequence of 4 -6 actions which combines balances with other actions. Use the principles of balance so that they can perform with control.

Dance - Romans

Games - Futsal

SPRING TERM

By the end of this term children will be able to:

to:

Dance - The Haka

Perform a group dance using rhythm, timing, levels, mirroring, unison, action/reaction, dynamics and space on the theme of rugby and the haka.

Gymnastics - Rotation

Create and perform a floor sequence of 4 -6 actions combining the various types of rotational actions (rolling, turning, spinning, twisting) with other actions. Perform with control, quality and clarity with changes in speed, level and direction.

Games - Tag Rugby

Games - Cricket

SUMMER TERM

By the end of this term children will be able to:

Games - Tennis. Self feed the ball and strike with some accuracy towards a partner. Strike a moving ball towards a partner. Hit the ball over a net and rally. Apply racket skills and basic tactics to play a small sided game.

Athletics - Participate in, officiate, record and evaluate a pentathlon event which will consist of two running events (sprint and distance), three jumping events, (Distance, height and combination) and three throwing events (push, pull, sling) identifying the best 5 events to count.

Swimming

OAA

Houghton Primary School: PE

Y4

AUTUMN TERM

By the end of this term children will know:

SPRING TERM

By the end of this term children will know:

SUMMER TERM

By the end of this term children will know:



Houghton Primary School: PE

Y5

AUTUMN TERM

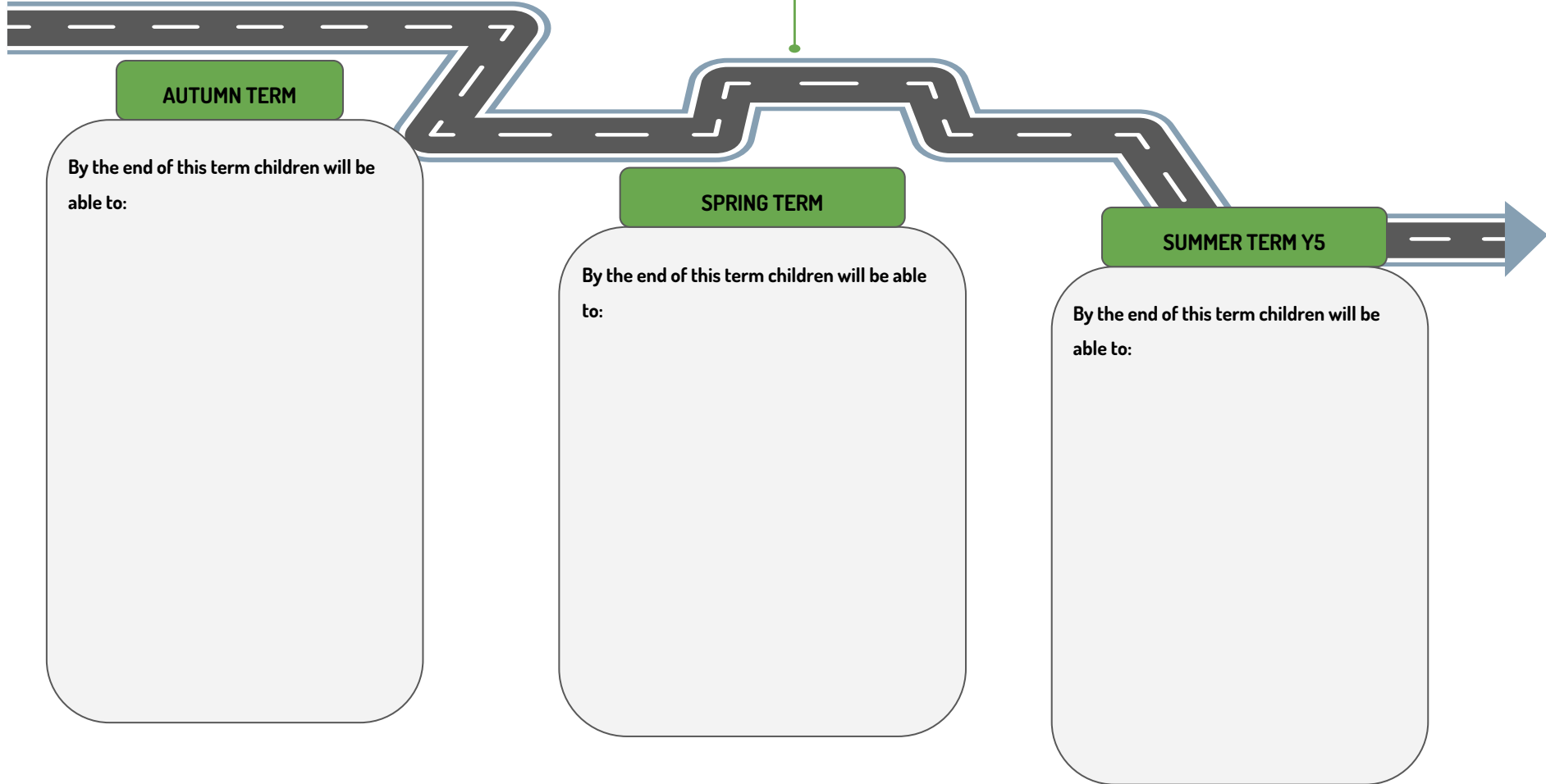
By the end of this term children will be able to:

SPRING TERM

By the end of this term children will be able to:

SUMMER TERM Y5

By the end of this term children will be able to:



Houghton Primary School: PE

Y5

AUTUMN TERM

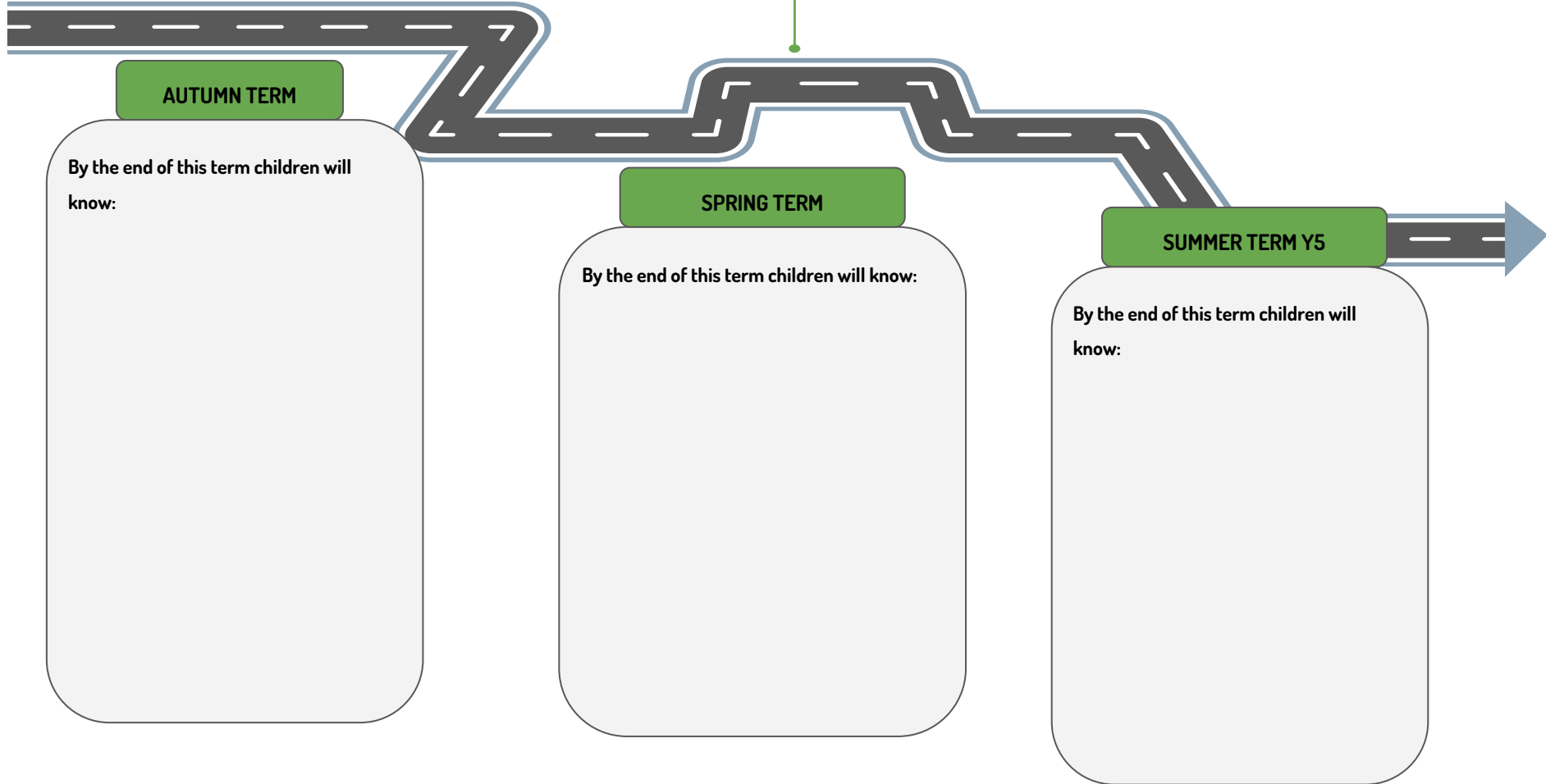
By the end of this term children will know:

SPRING TERM

By the end of this term children will know:

SUMMER TERM Y5

By the end of this term children will know:



Houghton Primary School: PE

Y6

AUTUMN TERM Y6

By the end of this term children will know:

SPRING TERM Y6

By the end of this term children will know:

SUMMER TERM Y6

By the end of this term children will know:



Houghton Primary School: PE

Y6

AUTUMN TERM Y6

By the end of this term children will be able to:

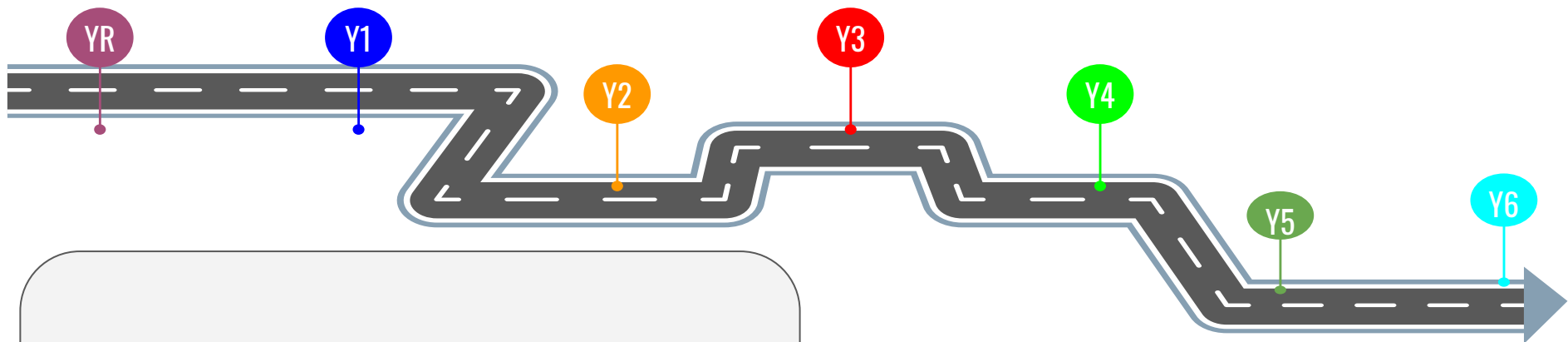
SPRING TERM Y6

By the end of this term children will be able to:

SUMMER TERM Y6

By the end of this term children will be able to:





PE CURRICULUM **IMPACT:**

ASSESSMENT

As a result of teaching our PE curriculum what are our children be able to do (skills) and what do they know (knowledge)?

Assessment Statement:

Assessment of PE **skills** is ongoing (formative) during lessons.

Teachers use the skills statements to assess and use this responsively to support children as necessary.

At the end of each unit teachers assess children's **knowledge** through comparative judgement..