

## Physical Education at Teignmouth Primary School



We offer a broad range of inclusive opportunities that nurture talent, allow pupils to excel and develop competence, ability and skill and self-belief through sport and PE. Sport at Teignmouth Primary underpins the principles of respect and fairness at school, home and in the community; therefore, instilling an inner self discipline that children can apply in their home life, wider school life and future. We want to equip children with the determination and aspiration to make their own choices regardless of individual barriers with the opportunity to further develop their mindset, inspiring them to believe in themselves and achieve what they are capable of.



## EYFS

At the end of EYFS, pupils will understand their physical attributes and control of fine and gross motor skills whilst exploring how their body can move and how their physical ability can be both harnessed and developed. They will understand how to exercise self-discipline in managing risks when faced with new situations when participating individually or within a group or team. Pupils will exercise both physical and mental self-discipline to reinforce, contradict and challenge their own experiences and perceptions about their life experiences up to date. Pupils will be exposed to new situations in order to understand how resilience can affect confidence and vice versa. They will understand, remember and talk about how to lead healthy lifestyles.

## KS1

Pupils will develop their own self-awareness and their contribution within the dynamics of a team and in increasingly more complex physical situations. They will continue to use their underpinning knowledge in order to hone and refine their gross and fine motor skills and hand-eye co-ordination. Pupils will select appropriate equipment to facilitate the best outcome and be able to select appropriate moments to self-challenge. Pupils will understand the component parts of a healthy life style and are confident to challenge themselves and those in their immediacy, including family members.

## KS2

Children will develop upon skills from earlier key stages and apply them to game situations which involve tactics, rules and strategies. Children will take an active role in a wide range of experiences and sports understanding their own talents and skills and the destinations these can lead to. Pupils will show high aspirations for their future as they have been exposed to a variety of individual and team experiences. Pupils will be role models for others demonstrating respect and fairness. They will be able to communicate effectively in a team or as a leader, laying foundations for the future. Children will make informed choices relating to their own healthy lifestyles at home and at school. Children will be empowered to challenge community and national factors which are affecting the ability to lead healthy lifestyles.

## What Physical Education is taught at Teignmouth Primary School?

This is an overview of what the year groups will cover.

Our green behaviours are woven through the topics for each year group.

	<b>EYFS</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Lower KS2 (Year 3&amp;4)</b>	<b>Upper KS2 (Year 5&amp;6)</b>
<b>Autumn</b>	<p><b>FUNDAMENTAL SKILLS</b> agility, balance and coordination.</p> <p>The development of fundamental skills are delivered through a variety of gym, dance and small games. All areas are visited with individual equipment and involvement being essential.</p> <p><u>Linked to ELG</u></p>	<p><b>FUNDAMENTAL SKILLS GAMES</b> Travelling safely in space using a variety of travels, throwing and catching individually and with a partner using a range of different equipment.</p> <p><b>DANCE</b> Respond to different styles of music travelling safely and linking movements.</p>	<p><b>FUNDAMENTAL SKILLS INVASION GAMES</b> Improve accuracy in travelling in space and using variety of equipment for throwing, catching, hitting and striking. Play small sided games keeping score.</p> <p><b>DANCE</b> Respond to different styles of music travelling safely and linking movements. Understanding dance actions and motifs.</p>	<p><b>INVASION GAMES Netball/ Handball/Basketball</b> Develop more accuracy in individual skills, begin using space and working as a team in small sided games keeping to rules given.</p> <p><b>GYMNASTICS</b> Create short sequences with a partner and focus on control in individual skills for floor and apparatus.</p>	<p><b>INVASION GAMES Netball/ Handball/Basketball</b> Use attacking and defending skills in team games, playing effectively as part of a team and developing tactics to keep possession.</p> <p><b>DANCE</b> Create and perform group dance motifs responding to a range of stimuli.</p>
<b>Assessment</b>		<p><i>I can perform different movements successfully</i> <i>I can change direction successfully</i> <i>I can successfully catch a ball</i> <i>I can throw a ball underarm with a variety of equipment</i> <i>I can hit the ball successfully</i></p>	<p><i>I can perform different movements successfully</i> <i>I can change direction successfully</i> <i>I can successfully catch a ball</i> <i>I can throw a ball underarm with a variety of equipment</i> <i>I can hit the ball successfully</i></p>	<p><i>I can accurately pass the ball</i> <i>I can understand key rules of the games (Footwork Rule)</i> <i>I can successfully move into space and receive the ball</i> <i>I can consistently use a good technique to shoot</i></p>	<p><i>I can use the footwork rule when passing</i> <i>I can pass accurately and choose the best pass for each situation</i> <i>I can perform the correct shot at goal</i> <i>I can show tactical knowledge by moving into space to receive the ball</i></p>

		<p><i>I can apply the skills I have learned in a competitive situation</i></p> <p><b><i>I can explore movement ideas and respond imaginatively</i></b></p> <p><i>I can move confidently and safely using changes of speed, level and direction</i></p> <p><i>I can link movements together to create a beginning, middle and end</i></p> <p><i>I can use a range of body action and body parts to perform movements</i></p> <p><i>I can copy, watch and describe dance movements</i></p>	<p><i>I can apply the skills I have learned in a competitive situation</i></p> <p><b><i>I can explore movement ideas and respond imaginatively</i></b></p> <p><i>I can move confidently and safely using changes of speed, level and direction</i></p> <p><i>I can link movements together to create a beginning, middle and end</i></p> <p><i>I can use a range of body action and body parts to perform movements</i></p> <p><i>I can copy, watch and describe dance movements</i></p>	<p><i>I can play an invasion game and understand positions</i></p> <p><i>I can use all the skills learned to consistently play</i></p> <p><b><i>I can consolidate and improve gymnastic action, still shapes and balances</i></b></p> <p><i>I can consolidate and improve when completing rolls and travels</i></p> <p><i>I can consolidate and improve jumping correctly and safely off apparatus</i></p> <p><i>I can select appropriate actions to link phrases together and create aesthetically pleasing sequences</i></p> <p><i>I can describe and evaluation the effectiveness of a performance</i></p>	<p><i>I can show effective defending skills and understand all roles and positions</i></p> <p><i>I can be an effective team player</i></p> <p><i>I can evaluate my performance for improvement</i></p> <p><b><i>I can explore, improvise and combine movement idea fluently and effectively.</i></b></p> <p><i>I can create and structure motifs, phrases, sections and whole dances</i></p> <p><i>I can perform dances expressively, using a range of performance skills</i></p> <p><i>I can describe, analyse, interpret and evaluate dances</i></p>
Enrichment		Impact Day – FUNDAMENTALS	Impact Day – FUNDAMENTALS	Invasion Games Festival - INVASION Cross Country Event Netball Tournament – INVASION Impact Day – INVASION	Cross Country Event Netball Tournament – INVASION Impact Day – INVASION Forest Festival
Spring	FUNDAMENTAL SKILLS	FUNDAMENTAL SKILLS GAMES	FUNDAMENTAL SKILLS GAMES	INVASION GAMES Football/Tag Rugby	INVASION GAMES Football/Tag Rugby

	<p>agility, balance and coordination.</p> <p>The development of fundamental skills are delivered through a variety of gym, dance and small games. All areas are visited with individual equipment and involvement being essential.</p> <p><u>Linked to ELG</u></p>	<p>Develop more accuracy in throwing and catching, develop individual skills of hitting and striking a ball, begin to play against a partner.</p> <p><b>GYMNASTICS</b> Explore different movements using floor, mats and apparatus.</p>	<p>Develop more accuracy in throwing and catching, develop individual skills of hitting and striking a ball, begin to play against a partner.</p> <p><b>GYMNASTICS</b> Explore different movements using floor, mats and apparatus.</p>	<p>Develop more accuracy of individual skills, begin using space and working as a team in small sided games keeping to rules given.</p> <p><b>DANCE</b> Create and perform short dance motifs with a partner and small group.</p>	<p>Use attacking and defending skills in team games, playing effectively as part of a team and developing tactics to keep possession.</p> <p><b>GYMNASTICS</b> Focus on fluency, accuracy and consistency in movements, performing in group sequences and creating own warm ups.</p>
<p><b>Assessment</b></p>		<p><i>I can perform different movements successfully</i> <i>I can change direction successfully</i> <i>I can successfully catch a ball</i> <i>I can throw a ball underarm with a variety of equipment</i> <i>I can hit the ball successfully</i> <i>I can apply the skills I have learned in a competitive situation</i> <b><i>I can explore gymnastic action, still shapes and balances</i></b> <b><i>I can move safely and confidently when completing rolls and travels</i></b></p>	<p><i>I can perform different movements successfully</i> <i>I can change direction successfully</i> <i>I can successfully catch a ball</i> <i>I can throw a ball underarm with a variety of equipment</i> <i>I can hit the ball successfully</i> <i>I can apply the skills I have learned in a competitive situation</i> <b><i>I can explore gymnastic action, still shapes and balances</i></b> <b><i>I can move safely and confidently when completing rolls and travels</i></b></p>	<p><i>I can accurately pass the ball</i> <i>I can understand key rules of the games (Footwork Rule)</i> <i>I can successfully move into space and receive the ball</i> <i>I can consistently use a good technique to shoot</i> <i>I can play an invasion game and understand positions</i> <i>I can use all the skills learned to consistently play</i> <b><i>I can explore and create characters and narratives in response to a range of stimuli</i></b></p>	<p><i>I can use the footwork rule when passing</i> <i>I can pass accurately and choose the best pass for each situation</i> <i>I can perform the correct shot at goal</i> <i>I can show tactical knowledge by moving into space to receive the ball</i> <i>I can show effective defending skills and understand all roles and positions</i> <i>I can be an effective team player</i> <i>I can evaluate my performance for improvement</i></p>

		<i>I can jump correctly and safely off apparatus I can link movement phrases together</i>	<i>I can jump correctly and safely off apparatus I can link movement phrases together</i>	<i>I can create and link dance phrases using a simple dance structure or motif I can use complex dance phrases and dances that communicate character and narrative I can describe, interpret and evaluate their own and others dances</i>	<i>I can combine and perform gymnastic actions, shapes, balances more fluently and effectively I can combine and perform suitable rolls and travels more fluently I can combine and perform fluent jumps off apparatus and link gymnastic actions together I can combine and perform aesthetically pleasing sequences producing good quality performance children can develop their own gymnastics sequences by understanding and choosing and applying a range of skills</i>
Enrichment		Impact Day – FUNDAMENTALS KS1 Aesthetics Festival – DANCE/GYMNASTICS	Impact Day – FUNDAMENTALS KS1 Aesthetics Festival – DANCE/GYMNASTICS	Impact Day – INVASION Netball Tournament – INVASION Football Festival – INVASION Gymnastics Competition	Impact Day – INVASION Football Festival – INVASION Gymnastics Competition Girls Football Tournament
Summer	<b>FUNDAMENTAL SKILLS</b> agility, balance and coordination.	<b>FUNDAMENTAL SKILLS GAMES</b> Use individual skills in small sided games.	<b>FUNDAMENTAL SKILLS GAMES</b> Use individual skills in small sided games.	<b>ATHLETICS</b> Develop individual skills in a range of different running, jumping and throwing activities.	<b>ATHLETICS</b> Develop accuracy, control and good technique in athletic events.

	<p>The development of fundamental skills are delivered through a variety of gym, dance and small games. All areas are visited with individual equipment and involvement being essential.</p> <p><u><a href="#">Linked to ELG</a></u></p>	<p>Develop their movement and coordination skills through field activities and target games. Use different types of travelling. Run for speed and perform in variety of races.</p> <p>Jump in variety of ways.</p>	<p>Develop their movement and coordination skills through field activities and target games. Use different types of travelling. Run for speed and perform in variety of races.</p> <p>Jump in variety of ways.</p>	<p><b>STRIKE AND FIELD</b>  <b>Dartmoor 3 ball/cricket/rounders</b>          Develop more accuracy in individual skills, using space and working as a team in small sided games keeping to rules given.  <b>NET/WALL GAMES</b>  <b>Tennis/Badminton</b>          Improve individual skills, play short rallies with a partner and begin to play own games.</p>	<p><b>STRIKE AND FIELD</b>          Focus on bowling and begin to use tactics in games.  <b>NET/WALL GAMES</b>  <b>Tennis/Badminton</b>          Focus on different shots and use skills to play in competitive games.  <b>TRI GOLF</b>          Develop more accuracy in skills and play with a partner and as part of a team.</p>
<p><b>Assessment</b></p>		<p><i>I can be confident and safe in spaces to play games</i>  <i>I can use skills, actions and ideas to suit the game</i>  <i>I can control my body and a range of equipment</i>  <i>I can choose, use and vary simple tactics</i></p>	<p><i>I can be confident and safe in spaces to play games</i>  <i>I can use skills, actions and ideas to suit the game</i>  <i>I can control my body and a range of equipment</i>  <i>I can choose, use and vary simple tactics</i></p>	<p><i>I can sprint using an effective arm action.</i>  <i>I can pass and receive a baton successfully.</i>  <i>I can select a jump for distance, driving arms and legs to gain height.</i>  <i>I can throw balls in a variety of ways with increasing accuracy.</i>  <i>I can participate in an athletics competition demonstrating most of the skills I have learnt to improve my sprinting, jumping and throwing.</i>  <b><i>I can hit the ball a range of distances</i></b></p>	<p><i>I can sprint with a good knee lift and arm action and hurdle at speed. I can aim and throw a variety of different implements with accuracy and long jump by landing on both feet.</i>  <i>I can participate in an athletics competition and am trying to improve my sprinting, long distance running, jumping and throwing skills</i>  <b><i>I can hit the ball a range of distances and directions</i></b>  <b><i>I can bowl a ball underarm consistently into a designated area,</i></b></p>

				<p><i>I can bowl a ball underarm to a designated area.</i></p> <p><i>I can stop the ball and throw over arm towards a target.</i></p> <p><i>I can attempt to play a competitive tennis game using the following skills: to control a tennis ball with a tennis racket, to play a forehand and backhand tennis shot.</i></p> <p><i>I can develop the range and consistency of their skills in all games.</i></p> <p><i>I can use and adapt tactics in different situations</i></p> <p><i>I can devise and use the rules of net and wall games</i></p>	<p><i>allowing the ball to bounce once.</i></p> <p><i>I can stop the ball and throw over arm towards the bowler/fielder at the stumps.</i></p> <p><i>I can play a competitive tennis game using the following skills: to play a forehand and backhand tennis shot in a match, be able to overhead pop and push serve, to be able to volley</i></p> <p><i>I can use some tactics in gameplay for both singles and doubles matches.</i></p> <p><i>I can choose, combine and perform skills more fluently and effectively</i></p> <p><i>I can choose and apply a range of tactics and strategies for defence and attack</i></p> <p><i>I can effectively follow the rules of net and wall games</i></p>
Enrichment	Impact day for sports	Impact day for sports – GAMES KS1 Games festival – GAMES Sports day - GAMES	Impact day for sports – GAMES KS1 Games festival – GAMES Sports day - GAMES	Impact Day for sports Sports Day Striking and Fielding Festival Dartmoor3Ball Tournament	Impact Day for sports Sports Day Tri-Golf Festival Dartmoor3Ball Tournament Football Afterschool club



## Physical Education Green Behaviour Curriculum Map

This is how our green behaviours link into our Physical Education

	<b><i>Curiosity</i></b>	<b><i>Responsibility</i></b>	<b><i>Respect</i></b>	<b><i>Resilience</i></b>	<b><i>Independence</i></b>	<b><i>Honesty</i></b>
<b><i>EYFS</i></b>	Providing opportunities for young children to be active and interactive	They move confidently in a range of ways, safely negotiating space	Make healthy choices in relation to food  understand the importance of physical activity	Develop their co-ordination, control, and movement	They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.	
<b><i>KS1</i></b>	A broad range of opportunities to extend their agility, balance and coordination	Develop fundamental movement skills, become increasingly competent and confident	Engage in competitive against others	In a range of increasingly challenging situations.	Engage in competitive situations both against self and others	Comment on peer performance positively
<b><i>KS2</i></b>	Learning how to use them in different ways and to link them to make actions and sequences of movement.	Develop an understanding of how to improve in different physical activities	Enjoy communicating, collaborating	Competing with each other	Challenge themselves and set targets	Learn how to evaluate and recognise their own success.

## Physical Education Vocabulary

Area	EYFS	KS1	KS2
<b>Outdoor and Adventure</b>	Space Around Over Under Through	Team Instructions Follow Challenge	Resilience
<b>Athletics</b>	Running Skipping Jumping Throwing Stepping Hoping Push Pull	Travelling Agility Techniques Sprinting Accuracy Overarm Strength Stretch Muscles Speed Distance Power	Endurance Resistance Stamina Weight Transition Teamwork Support Handover Trajectory Momentum
<b>Gymnastics/Yoga</b>	Balance Star Tuck Pencil Straddle Mat Stillness Landing Jumping Stretch Curl Roll	Sequence Arch Aeroplane V-Sit Tuck/Pike/Straddle/Pencil/Star Tuck Crab Table Counter Balance/Tension Front/Side/Back Support Movement Action Apparatus Focus	Fluid Precision Aesthetically Pleasing Stability Smooth Transitions Clear Extensions Momentum Arabesque Handstand Headstand Vaulting Composure Rotation Asymmetry

		Extend Dish Core Link Flight	Dynamic Combination Imaginative Performance
<b>Striking and Fielding</b>	Patting Throwing Kicking Rolling Hitting	Striking Grasping Fielder Bowler Bowling Control Target Accuracy Balanced Stance Overarm Underarm	Co-ordination Precision Trajectory Weight transition Contact Timing Spin Backstop Power
<b>Team Games</b>	Rules Follow Game	Tactic Goal Points Encouragement Attack Defence	Coaching Feedback Teamwork Possession Acceleration Formation
<b>Dance</b>	Move Dance Shake Turn Jump Balance/Still Feelings	Repetition Routine Pathways- (Zig-Zag, Curved, Straight) Level Speed Direction Improvising Emotion Perform Leap Gesture	Recurring idea (motif) Stimuli/stimulus Fluency Dynamics Energy Flow Explosive Jerky Combinations Rhythm Flexibility

		Stillness Space Unison Cannon Explore	Variation Evaluation Formation
<b>Swimming</b>	Splash Water Swim Kick Bubbles	Stroke Dive Deep Shallow Length Width Metre Rhythm Sink Float	Straddle Surface Tumble-turn Tread water Depth Scull Submerge Glide Rotate Horizontally Vertically Rescue Swim style Front Crawl Breast Stroke Back Stroke Butterfly