



**Learning together to challenge and achieve**

**Subject: PE**

At Dale Hall Community Primary we believe that children should develop both academically and socially to the best of their ability. It is our belief that participating in sport adds value to the lives of those in our community. The skills and lessons learned in winning, losing and taking part provides an enriching experience that are incomparable to others. In addition to these experiences, we learn about building relationships and problem solving- all key aspects of being 'life ready'.

To facilitate this, we offer a broad and balanced curriculum designed to fall in line with the sporting competition calendar created in partnership with our school games organisers. Therefore our PE lessons work progressively to develop subject specific skills needed to compete against other schools. Currently competition fixtures are organised from years 2 -6.

To support this we also offer a wide range of sporting activities, as well as extra-curricular clubs.

**National curriculum Aims:**

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

**Competition Calendar:**

**Autumn Term** - Tag Rugby, Indoor athletics, Football, Netball

**Spring term** - Basketball, Cross Country, Football, Netball, Futsal, hockey and Dodgeball

**Summer Term** – Cricket; Rounders; Athletics; Indoor tennis; Girls football; Swimming; gymnastics

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Autumn 1</b>	<b>Introduction to multi-skills</b>  Participate in activities to master basic movements running, jumping throwing and catching.	<b>Introduction to outdoor game play</b>  - Participate in team games to master basic movements running, jumping throwing and catching. - Travel with and send and receive balls and other equipment - Introduce skills for simple games 1v1 ; 1v2	<b>Revisit to outdoor game play</b>  - Develop skills for simple net, striking / fielding and invasion type games - Travel with and send and receive balls and other equipment - Discuss and develop tactics for attacking and defending	<b>Tennis / Cricket</b> Invasion: Making choices and decisions; Net/Wall: Stepping patterns; Strike/Field: Bowling & striking Development of catching and throwing skills Develop ABC skills – agility balance and co-ordination to support movement in game situations Striking ball skills with rackets and bats Play modified competitive games	<b>Cricket / Tennis (Racket / bat sports)</b> Invasion: Making choices and decisions; Net/Wall: Stepping patterns; Strike/Field: Bowling & striking  Development of catching and throwing skills Develop ABC skills – agility balance and co-ordination to support movement in game situations Striking ball skills with rackets and bats Play modified competitive games	<b>Invasion Games – Tag rugby</b> Invasion Teamwork & Tactics Passing ball backwards Scoring a try Support play in attack Using the width in attacking game situations	<b>Invasion Games – Tag rugby</b>  Invasion Teamwork & Tactics Scoring a try Running passing and decision making Support play in attack Defending in a game situation
	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6

<b>Autumn 2</b>	<b>Multi-skills</b> Participate in activities to master basic movements running, jumping throwing and catching.	<b>Introduction to indoor game play</b> - Participate in team games to master basic movements running, jumping throwing and catching.	<b>Revisit to indoor game play</b> Participate in team games to master basic movements running, jumping throwing and catching.	<b>Football / basket ball (Invasion games)</b> To work collaboratively and develop support play Passing skills moving towards a goal scoring in small sided competitive games Building attack play and awareness of space Challenging for possession (defending skills)	<b>Football / basket ball (Invasion games)</b> To work collaboratively Passing skills moving towards a goal to maintain possession Building attack play and awareness of space Scoring Challenging for possession (defending skills)	<b>Hockey</b> -To outwit opponents playing adapted Quicksticks games Finding and using space to keep the ball Improve accuracy and consistency of passing To develop an awareness of space to receive a ball in a game situation. Develop invasion skills	<b>Hockey</b> -To outwit opponents playing adapted Quicksticks games Finding and using space to keep the ball Improve accuracy and consistency of passing To develop an awareness of space and positional work to score a goal
<b>Spring 1</b>	<b>Multi-skills 1</b> Participate in activities to master basic movements running, jumping throwing and catching. - Travel with and send and receive balls and other equipment - Introduce skills for simple games 1v1 ; 1v2	<b>Introduction to indoor game play 2</b> - Participate in team games to master basic movements running, jumping throwing and catching. - Begin to travel with and send equipment in different ways - Make up and play simple games - To recognise a sense of fair play	<b>Revisit to indoor game play 2 (Introduction to dodgeball)</b> - Travel with and send and receive balls and other equipment in different ways - Discuss and develop tactics for attacking and defending Play invasion type games - Recognise positive sporting behaviour	<b>Revisit Dodgeball</b> - To develop throwing skills (under and overarm) To develop catching skills (moving objects) To introduce the concept of space in small game situations. To introduce tactical play.	<b>Hockey:</b> Adapted Game play using Quickstick skills: Develop movement skills with and without the ball Develop attacking and defending skills Begin to use space effectively through small non-contact invasion games Develop team work skills and begin to recognise the need for tactics	<b>Basketball / netball</b> - Develop movement with the ball - Develop understanding of space - Develop passing and shooting skills. - Develop attacking and defending in a game situation. - Begin to use defending skills – demonstrate how to make an effective tackle - Develop invasion skills through different games.	<b>Basketball</b> - Develop dribbling skills - Understand the importance of space in small game situations. - Develop passing and shooting skills under pressure. - To develop game play as an attacker and defender.
	<b>Reception</b>	<b>Year 1</b>	<b>Year 2</b>	<b>Year 3</b>	<b>Year 4</b>	<b>Year 5</b>	<b>Year 6</b>
<b>Spring 2</b>	<b>Multi-skills 2</b>	<b>Introduction to</b>	<b>Revisit to outdoor</b>	<b>Invasion Games</b>	<b>Mini Basketball /</b>	<b>Hockey</b>	<b>Hockey</b>

	<ul style="list-style-type: none"> <li>- Participate in team games to master basic movements running, jumping throwing and catching.</li> <li>- Travel with and send and receive balls and other equipment</li> <li>- Introduce skills for simple games 1v1 ; 1v2</li> </ul>	<p><b>outdoor game play 2</b></p> <ul style="list-style-type: none"> <li>- Move safely in a confined space</li> <li>- To practice sending and receiving a selection of balls</li> <li>- To improve travelling skills in confined space</li> <li>- To develop team work</li> </ul>	<p><b>game play</b></p> <ul style="list-style-type: none"> <li>-To improve passing and catching with a range of balls</li> <li>-To keep possession of ball in 2 v 1 game</li> <li>-To practice sending and receiving</li> <li>-To play competitively against opponents</li> </ul>	<p><b>(basket ball / netball)</b></p> <ul style="list-style-type: none"> <li>- To play small sided modified competitive invasion games</li> <li>- Introduce attacking and defending skills</li> <li>- work with others</li> <li>- Developing spacial awareness</li> </ul>	<p><b>netball</b></p> <ul style="list-style-type: none"> <li>- Develop movement skills with and without the ball</li> <li>- Develop attacking and defending skills</li> <li>- Begin to use space effectively through small non-contact invasion games</li> <li>- Develop team work sills and begin to recognise the need for tactics.</li> <li>- Devise mini games.</li> </ul>	<p>Adapted Game play using Quickstick skills: Develop ball control and changing direction with the ball Tackle safely to gain possession Use skills and tactics apply basic invasion game principals in small-sided game To begin to understand when to use width to gain a playing advantage</p>	<p>Adapted Game play using Quickstick skills: Multi-directional moving with the ball to maintain possession Moving and passing simultaneously To develop skills to keep possession in small-sided games To develop support play to maintain possession</p>
<p><b>Summer 1</b></p>	<p><b>Introduction to Athletic activities</b></p> <ul style="list-style-type: none"> <li>- Run with control and vary stride lengths</li> <li>- Run with good posture and balance</li> <li>- Start, stop and change pace with control in response to instructions</li> <li>- Run and change directions showing speed and agility</li> </ul>	<p><b>Net and wall games / striking and fielding</b></p> <ul style="list-style-type: none"> <li>- Develop simple passing and catching skills with beanbags using underarm throws</li> <li>- Introduce teamwork skills using warm up activities</li> <li>- Develop racket control (using mini rackets)</li> <li>- Introduce rolling rallies</li> </ul>	<p><b>Net and wall games / striking and fielding</b></p> <ul style="list-style-type: none"> <li>- Develop simple passing and catching skills with beanbags and tennis balls</li> <li>- Introduce teamwork skills using warm up activities</li> <li>- Develop racket control</li> <li>- Develop rolling rallies (larger plastic rackets)</li> <li>- Introduce bounce hit and catch skills</li> </ul>	<p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>- Create competitive small sided games</li> <li>- To develop striking skills (stationary balls)</li> <li>- To develop striking (moving balls)</li> <li>- Develop catching skills</li> <li>- Introduce overarm throw</li> </ul>	<p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>- Create competitive small sided games</li> <li>- Strike a ball with intent</li> <li>- To develop fielding skills (throwing accuracy)</li> <li>- Introduce bowling (under and over arm)</li> <li>- Throwing with increased accuracy</li> </ul>	<p><b>Striking and fielding</b></p> <ul style="list-style-type: none"> <li>- Develop bowling skills</li> <li>- bat efficiently, using different types of shots</li> <li>- field with increased accuracy</li> <li>- throw with overarm action</li> <li>- return the ball quickly and accurately</li> <li>- introduction of running for purpose</li> </ul>	<p><b>Striking and fielding Cricket</b></p> <ul style="list-style-type: none"> <li>- Refine bowling skills</li> <li>- bat efficiently, with an awareness of fielders</li> <li>- field with increasing accuracy</li> <li>- throw overarm with accuracy and for distance</li> <li>- to intercept and stop the ball (saving boundaries)</li> <li>- improve decision making</li> </ul>

							when running
Summer 2	<b>Developing Athletic Activities</b> - Run with control and vary stride lengths - Run with good posture and balance - Start, stop and change pace with control in response to instructions - Run and change directions showing speed and agility	<b>Revisit Athletics skills</b> - Run with control and vary stride lengths - Run with good posture and balance - Start, stop and change pace with control in response to instructions - Run and change directions showing speed and agility	<b>Athletics</b> - Run with good posture and balance - Move quickly in response to voice instructions - Accelerate quickly to retrieve an objects - To take off and land in a different position - Increase the ability to jump far - Develop underarm throwing action - Develop throwing accuracy	<b>Athletics</b> - Demonstrate good running posture - Adjust running pace smoothly - Accelerate and decelerate rapidly - Jump from distance from two feet to two feet - Throw and retrieve implements safely	<b>Athletics</b> - Demonstrate good running posture - Accelerate and decelerate rapidly - Change direction quickly - Demonstrate a variety of jumping styles - -Jump for distance from two feet to two feet - Perform a hop and jump in the correct sequence with speed and balance - Demonstrate a variety of throwing techniques	<b>Athletics</b> - Run with speed and agility - Develop quick reactions - Develop static starts - Sustain jogging and running at a consistent pace for a few minutes - Develop a triple jump combination - Develop strategies to throw for distance	<b>Athletics</b> - Run with speed and agility - Demonstrate quick reactions and rapid acceleration - Accelerate from a variety of static positions - Sustain jogging and running at a consistent pace for a few minutes - Throw for distance using a selection of objects