



## Physical Education at Hempsted C. of E. Primary School

In PE, we want our pupils to acquire the knowledge and skills that will allow them to become physically confident and competent. We want our pupils to have participated in a large range of sports and not just be 'pigeon-holed' into the traditional school sports such as football and netball. We want them to have the chance of experiencing something new, even finding that they have a hidden talent.

Through competition and performance our pupils learn values such as fairness and respect, developing resilience and building character.

We want our pupils to develop habits and hobbies that enable them to sustain a healthy lifestyle that is both good for body and mind.

### Our BIG Ideas

To achieve this, our curriculum will pay particular focus to the following:

**Big idea One:** Developing skills (eg running, jumping, throwing, catching, balance, agility and co-ordination)

**Big Idea Two:** Participating in a broad range of games (including team games), and be active for a sustained period of time.

**Big idea Three:** Understanding the effects of exercise on the body and mind, and also know that the body needs to prepare for exercise.

### How is it taught?

Regular exercise and movement is incorporated into the Physical Development strand of the EYFS and as such, happens at various times of the day. All classes in KS1 and 2, receive two hours of PE in a week. In KS1, most of this is delivered by the class teachers and will usually consist of one indoor and one outdoor session. Atlas Sports deliver some sessions in the Autumn term.

Each of the KS2 classes have a weekly lesson with Atlas Sports. This will cover most of the invasion skills aspect of the curriculum through a range of games. The dance and gymnastics components are taught by the class teachers using the iMoves scheme of work. We also incorporate 'Try Something New' sessions into our planning and these include yoga, pilates and cheerleading. We also retain some level of flexibility in our long term plans so that we can take advantage of local

### Developing Spirituality through physical education

Through the creation of dance and gymnastic routine, celebration of individual and group success, development of fairness and respect, and in understanding how important it is to keep the human body healthy.

IHC = Inter-house competition ; TSN = Try Something New (these may occasionally change depending on other local opportunities that become available)  
Atlas Sports – this company provides high quality PE provision. Visit them at <https://www.atlssports.co.uk/>

| <b>EYFS overview of Physical Development</b> |  |
|--|--|
| <b>Autumn Term</b>                           | <ul style="list-style-type: none"> <li>*Coordination and control - using wheeled toys, climbing equipment, pirate ship, small PE equipment such as balls, beanbags etc action rhymes and songs, action games.</li> <li>*Hand strength - getting ready for writing through 'Hand Gym', scissor skills activities, toys with small pieces to manoeuvre and manipulate, model making.</li> <li>*Spatial awareness through games outside.</li> <li>*Safe movement around the classroom and playground.</li> <li>*Fitness and health – walks around school grounds (linked to seasons and weather), regular movement sessions and healthy snacks at breaktime.</li> <li>*Self - care – using the toilet independently and washing hands afterwards, changing for PE/Games with increasing independence, putting coats on and doing them up, putting hats, scarfs, gloves on.</li> <li>*Weekly Atlas sports sessions with focus on movement and ball games.</li> <li>*Weekly yoga sessions.</li> </ul> |
| <b>Spring Term</b>                           | <ul style="list-style-type: none"> <li>*Create and develop a dance related to the story 'We're Going on a Bear Hunt'.</li> <li>*Use apparatus to increase our confidence and skill when moving around, under, over and through equipment.</li> <li>*Use wheeled toys to develop coordination, awareness of speed and space.</li> <li>*Use beans bags, balls etc to practise our throwing, catching and kicking skills.</li> <li>*Weekly Atlas Sports sessions.</li> <li>*Weekly Boogie Beat sessions.</li> <li>*Continue to work on our tri-pod pencil grip and pencil control, trying to form letters correctly.</li> <li>*Develop our skills when using scissors to create models and pictures.</li> </ul>   |
| <b>Summer Term</b>                           | <ul style="list-style-type: none"> <li>*Team games.</li> <li>*Sports Day</li> <li>*Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>*Continue to go for walks around school and the immediate environment.</li> <li>*Use the outdoor trail, wheeled toys, climbing wall, pirate ship.</li> <li>*Use The Secret Garden every week.</li> <li>*Weekly Atlas Sports sessions.</li> <li>*Show accuracy and care when drawing.</li> <li>*Continue to work on/fine tune a tri-pod pencil grip and correct letter formation.</li> </ul>  |

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## Curriculum Map for Physical Education

|               | Autumn   | Spring  | Summer  |
|---------------|--|---|---|
| <b>Year 1</b> | <p style="color: #00AEEF;">Football &amp; Rugby Skills &amp; invasion with Atlas Sports including IHC</p> <p>Fundamental skills (balance)</p> <p>Pilates (Building core strength)</p> <p style="color: #008000;">Dance (weather theme)</p>                     | <p>Fundamental Skills (travel, dodge, jump, roll, balance)</p> <p style="color: #00AEEF;">BEANBAG ROUNDERS IHC</p> <p style="color: #00AEEF;">BENCHBALL IHC</p> <p style="color: #FF8C00;">Gymnastics</p> <p style="color: #008000;">Dance</p> <p>Cheerleading (TSN)</p>  | <p>Fundamental Skills (spatial awareness, throw, catch, strike)</p> <p style="color: #00AEEF;">TENNIS IHC</p> <p style="color: #00AEEF;">SPORTS DAY IHC</p> <p style="color: #FF8C00;">Gymnastics</p> <p style="color: #008000;">Dance (animal theme)</p> <p>Yoga (TSN)</p> |
| <b>Year 2</b> | <p style="color: #00AEEF;">Football &amp; Rugby Skills &amp; invasion with Atlas Sports including IHC</p> <p>Fundamental Skills (moving &amp; jumping)</p> <p>Pilates (Building core strength)</p> <p style="color: #008000;">Dance (Great Fire of London)</p> | <p style="color: #FF8C00;">Gymnastics</p> <p>Fundamental Skills (dodging, stability, throwing at a target, striking &amp; fielding)</p> <p style="color: #00AEEF;">BEANBAG ROUNDERS IHC</p> <p style="color: #00AEEF;">BENCHBALL IHC</p> <p style="color: #008000;">Dance (combat moves)</p>                                  | <p>Fundamental Skills (throwing and catching, invasion games, bat &amp; racquet)</p> <p style="color: #00AEEF;">TENNIS IHC</p> <p style="color: #00AEEF;">SPORTS DAY IHC</p>  |
| <b>Year 3</b> | <p style="color: #00AEEF;">Football &amp; Rugby Skills &amp; invasion with Atlas Sports including IHC</p> <p style="color: #FF8C00;">Gymnastics</p> <p style="color: #008000;">Dance (Stone Age theme)</p> <p>Yoga (TSN)</p>                                   | <p style="color: #00AEEF;">Netball, hockey, rounders with Atlas Sports including IHC</p> <p style="color: #FF8C00;">PE Apparatus skills linked to gym skills from Autumn</p> <p style="color: #008000;">Dance (samba)</p> <p style="color: #008000;">Dance (combat moves) (TSN)</p> <p style="color: #FF8C00;">Gymnastics</p> | <p style="color: #00AEEF;">Athletics and tennis with Atlas Sports including IHC</p> <p style="color: #00AEEF;">Cricket with Gloucestershire County Cricket Club</p> <p style="color: #00AEEF;">SPORTS DAY IHC</p> <p>Swimming at GL1</p>                                    |
| <b>Year 4</b> | <p style="color: #00AEEF;">Football &amp; Rugby Skills &amp; invasion with Atlas Sports including IHC</p> <p style="color: #008000;">Dance (Charleston, Broadway, jive, Bollywood)</p> <p style="color: #FF8C00;">Gymnastics</p>                               | <p style="color: #00AEEF;">Netball, hockey, rounders with Atlas Sports including IHC</p> <p style="color: #FF8C00;">PE Apparatus skills linked to gym skills from Autumn</p> <p style="color: #FF8C00;">Gymnastics</p>  | <p style="color: #00AEEF;">Athletics and tennis with Atlas Sports including IHC</p> <p style="color: #00AEEF;">Cricket with Gloucestershire County Cricket Club</p> <p style="color: #00AEEF;">SPORTS DAY IHC</p>   |

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|        |   |   |  |
|--------|---|---|--|
|        |   | Dance (Roman theme)<br>Yoga (TSN)<br>O&A @ Wilderness Centre  | Swimming at GL1  |
| Year 5 | Football & Rugby Skills & invasion with Atlas Sports including IHC<br><br>Gymnastics<br><br>Dance (Greeks)<br><br>Yoga (TSN)<br><br>Dance (disco) | Netball, hockey, rounders with Atlas Sports including IHC<br><br>Gymnastics<br><br>Dance (samba)<br><br>Paralympic games (boccia, goalball) (TSN) | Athletics and tennis with Atlas Sports including IHC<br><br>Cricket with Gloucestershire County Cricket Club<br><br>SPORTS DAY IHC<br><br>Catch-up swimming<br><br>Outdoor & Adventure<br><br>Bootcamp (TSN)               |
| Year 6 | Football & Rugby Skills & invasion with Atlas Sports including IHC<br><br>Gymnastics<br><br>Yoga<br><br>Dance (Hip Hop)                           | Netball, hockey, rounders with Atlas Sports including IHC<br><br>Dance (combat moves)<br><br>Dance (Aztecs theme)<br><br>Gymnastics               | Athletics and tennis with Atlas Sports including IHC<br><br>Cricket with Gloucestershire County Cricket Club<br><br>SPORTS DAY IHC<br><br>CATCH UP SWIMMING<br><br>Outdoor & Adventurous Activities (in school and at PGL) |

To view our skills progression document for all of the above except those coloured light blue, please click [here](#).

For the **games units**, delivered by Atlas Sports, please visit <https://www.atlassports.co.uk/>

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