

"Giving children the keys to unlock their future"



St Peter's C of E Academy – Physical Education (PE)

At St Peter's the intent of teaching PE is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.

PE at St Peter's is taught by a combination of class teachers and qualified PE coaches. Children have equal opportunities to take part in a range of sports and physical activities within a supportive environment where effort as well as success is recognised. Children are encouraged to participate in exercise throughout the day during PE lessons, clubs, outdoor learning, lunch provision, special events and timetabled running track time.

At St Peter's the PE curriculum is structured to provide a range of sports experiences during which all children participate to develop their skills and learning through competitive, team and individual sports. Through our provision children can aim to flourish at sports in which they have a particular interest or flair for. Children with additional needs are provided with appropriate support to enable them to take part and gain confidence in skills, understanding and motivation.

We teach the National Curriculum, with a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children gain experience of a variety of fundamental skills. This has a focus on creative, cognitive, health and fitness, physical, social and personal development. Children take part in individual skills, group skills and team games, using PE equipment appropriate for their age. During KS2 children will have a series of structured swimming sessions.

Our curriculum is shown below:

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Reception ELG	Gross Motor Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.			Fine Motor Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paint brushes and cutlery Begin to show accuracy and care when drawing.		
	Circle games Listening skills Participation	Gym – movement Sequence skills	Gym – balance Apparatus skills	Dance Basic movement patterns	Ball skills Throw, catch, bounce dribble & shoot	Athletics Personal best How exercise makes me feel.
	Years 1-6 are taught the following sports/disciplines by both class teachers and external coaches from ‘The Sports Project’. Skills and progression for the sports listed below are recorded separately on pdf documents.					
Y1 – Y6	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Football	Hockey	Rugby	Gymnastics	Cricket	Athletics
	Netball	Badminton	Dance	Agility	Tennis	Rounders
Footnote	Children develop at different rates; therefore, it is expected that while children may progress through the progressive objectives above in that order, individual children may be ahead or behind and because of this, the teaching and learning process must be differentiated by the teacher. Also, link objectives with other sports to maximise the development of the children.					

Football	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Dribbling	Dribble the ball with feet without using hands to move stop/control the ball.	Dribble a large ball performing little touches to keep the ball close to feet/body.	Dribble the ball in different directions.	Dribble the ball using the inside, outside and sole of the foot in different directions and speeds.	Dribble a large ball with feet at a variety of different speeds, directions, durations, and intensities.	Dribble a large ball quickly with creativity and unpredictability.	Know when to dribble a large ball forward or pass a ball to another player.
Lesson 2 Passing	Send a large ball with hands or feet in a straight line.	Send a large ball in a straight line, a diagonal line and across a square.	Send a large ball in a straight line, and a diagonal line when using the inside of the foot.	Use space well by finding and moving into a free space and passing to a teammate when they are in a good space.	Pass a large ball in multiple directions and trajectories in games.	Start linking passing and moving and passing to manipulate a large ball with a greater display of unpredictability.	Send a large ball in a variety of ways as part of tactical understanding and games sense, such as switching play, combination play and breaking lines.
Lesson 3 Shooting	Shoot a ball with feet in a straight line towards at target.	Perform the stationary shot using the middle of the foot.	Use the dominant, non-dominant and alternating feet when shooting a ball.	Vary the force of the shot depending on the distance and angle of the shot.	Shoot a ball with increasing speed, accuracy, and success in a game situation.	Shoot a ball accurately and with power to advance play and score goals.	Decide when to shoot for power or shoot for placement.
Lesson 4 Formation	Perform individually within a team.	Participate in simple positions within a team.	Value defending and attacking positions equally.	Participate in additional positions.	Work towards attacking and defending in key areas.	Disciplined to keep and maintain formation.	Change formation based on the opponent and outcome of the game.
Lesson 5 Defending Principles	Show some anticipation when intercepting or blocking a ball during simple games.	Show improved anticipation when intercepting or blocking a ball during a simple game.	Maintain a defensive position throughout a game.	Spreads across the area and defend in wide areas to close off more passing or shooting lines.	Play with depth to create more lines of defence.	Be equally proficient and disciplined when defending with depth and defending with width.	Attempt to use a variety of defending principles and tactics to defending, such as pressing, defending transition, and dictating, deny or delaying the opposition.
Lesson 6 Attacking Principles	Show anticipation to score points in games.	Show anticipation to score points in games from various spaces.	Can maintain an attacking position throughout a game.	Start to attack with width to stretch the opposing defenders.	Apply depth in their attacking play by making themselves available to create another attacking opportunity.	Is equally proficient and disciplined when attacking with depth and attacking with width	Attempt to use a variety of attacking principles and tactics to attack, such as keeping possession, attacking transition, and attacking with some width and depth.

Gymnastics	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Balances	Balance on one foot for three to five seconds.	Hold a range of standing balances with increasing confidence and control.	Hold and link still shapes whilst balancing on different points of the body.	Maintain stability when performing 1, 2, 3, 4 and 5- point balances	Link symmetrical and asymmetrical point balances, patch balances and counterbalances at different levels.	Perform and hold a controlled stork balance and an arabesque or dipped arabesque balance confidently.	Demonstrate control, complexity and weight transference when balancing in groups or partner.
Lesson 2 Rolls	Roll in a straight and coordinated manner keeping head above a mat.	Roll in a straight line showing a clear shape (straight or tuck/curl).	Roll forwards and backwards across a mat.	Perform the forwards roll and the backwards roll.	Perform a pike backwards roll and backwards roll into a standing pike.	Link forward rolls and backwards rolls and additional rolls.	Link rolls with balances and jumps with strong fluency and fluidity.
Lesson 3 Jumps	Jump and land without any undue heaviness.	Jump in different ways and land on the same spot.	Jump in different ways and land with feet together and body extended.	Lift-off from the floor without excessive use or odd posturing of the upper torso.	Perform a half turn and full turn jump.	Perform a straddle and pike jump off the floor.	Jump with an outstanding execution of height, extension, and flexion.
Lesson 4 Equipment	Negotiate space safely when using a ribbon, beanbag, or hoop.	Express controlled rhythmic movements with a ribbon or a hoop.	Make canon and unison movement patterns with ribbons.	Combine equipment with movement to create rhythmic sequences.	Combine equipment when linking actions to create a fluent sequence in canon or unison using a full range of movement.	Use rhythmic equipment that advocates a strong and deep sense of symbolism, storytelling, and expression.	Use rhythmic equipment that advocates a strong and deep sense of symbolism, culture, and expression in unification with fluent, complex, and synchronised movement patterns.
Lesson 5 Apparatus	Safely mount and dismount climbing equipment	Explore ways of travelling across an apparatus.	Perform gymnastic sequence with a balance, a travelling action, a jump, and a roll on an apparatus.	Demonstrate a range of jumps, balances and travels using apparatus.	Link a sequence of movement patterns with fluency, accuracy, and control.	Use originality, and creativity to link movement patterns on an apparatus that reflect rhythm, synchronicity, and fluency.	Create a fluent, complex, and synchronised sequence on an apparatus and/or using rhythmic equipment.
Lesson 6 Sequences	Link two movement patterns to create a short sequence.	Link three movement patterns to create a short sequence.	Perform gymnastic sequence with a balance, a travelling action, a jump, and a roll.	Adapt actions to extend the length and refine the quality of the sequence.	Link actions to create a fluent sequence in canon or unison using a full range of movement.	Transition jumps, leaps, rolls, balances, and travels fluently in a group fluent and synchronised sequences in canon or unison.	Create a complex, fluent, and synchronised group sequence involving the full range of actions.

Basketball	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Dribbling	Bounce and catch a ball on the spot and on the move.	Dribble a large ball in a stationary position.	Use the dominant, non-dominant and alternating hands when dribbling a large ball on the move.	Dribble a large ball with hands at a variety of different speeds, directions, durations, and intensities.	Dribble a large ball with hands with further levels creatively without frequently looking at the ball.	Dribble a large ball quickly with creativity and unpredictability.	Know when to dribble a large ball forward or to pass and shoot.
Lesson 2 Passing	To throw, bounce and roll a ball in partners.	To throw, bounce and roll a ball in groups.	Perform the bounce, chest, and overhead pass.	To develop passing and begin to recognise when to use different skills.	Keep a ball away from a defender using different passes.	Keep possession across various parts of the court.	Increase and decrease intensities when keeping possession.
Lesson 3 Receiving	Show anticipation to catch a large ball.	Receive a ball clearly with two hands.	Receive at different heights and trajectories.	Develop catching skills when moving.	Use the W catch to receive the ball.	Move and track the flight on a large ball before receiving it.	Predict early where a large ball is moving to increase chances of receiving it.
Lesson 4 Shooting	Throw towards different targets.	Throw towards a target at various distances.	Develop shooting with a ball.	Develop the shooting action towards a hoop.	To perform the jump shot.	To shoot from various angle and distance.	To work towards shooting two- and three-pointers.
Lesson 5 Defending	Show anticipation to defend.	Demonstrate basic defending skills.	Player-mark an opponent and understand that this is a defending skill.	Use defending skills to delay an opponent and regain possession.	Track an opponent and using basic defensive techniques to win the ball.	Defend with (protective dribbling) and without the ball.	Develop player-to-player defending and/or zonal defending.
Lesson 6 Games	Plays simple target games.	To learn to apply simple tactics for attacking and defending.		Using attacking and defending skills in full court games.	Applies passing, dribbling, and receiving across various parts of the court.	Introduce positions to develop tactical understanding (shooting guard, point guard, power forward, centre, and small forward).	Demonstrates attacking and defending transitions throughout games.

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Hockey	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Dribbling	Develop ball familiarisation with the ball.	Dribble a ball placing two hands on the stick.	Dribble a ball using the flat side of the stick.	Find space away from others and near to my goal using different types of dribbling (i.e., Indian Dribble).	Dribble to space to help my team to keep possession and score goals.	Know when to dribble, but also pass, receive, and shoot the ball with some control under pressure.	Create and use space with and without the ball to help the team.
Lesson 2 Passing	Pass the ball in a straight line using either hands or stick.	Pass the ball in a straight line using a stick only.	Pass the ball in different directions.	Sending the ball with a push pass.	Pass the ball from short distances in games.	Pass the ball from various distances.	Pass the ball sideways if a forward pass is not possible.
Lesson 3 Shooting	Develop underarm throwing towards a target.	Develop underarm and overarm throwing for accuracy.	Strike a target using a stick and a ball.	Develop shooting for accuracy towards a goal.	Develop shooting for power and accuracy.	Shoot the ball from various distance and angles.	Not to force a shot but aim towards goal at the right moment.
Lesson 4 Tactical Understanding	Use simple tactics in modified hockey games to start developing basic games sense and appreciation.			During Quicksticks, know what position to play in and how to contribute when attacking and defending.	Use more detailed tactics to help team to regain possession.	Understand the need for tactics and can identify when to use them in different situations.	Know what position I am playing in and how to contribute when attacking and defending.
Lesson 5 Defending	Tackle safely.	Tackle the ball by keeping the end of the stick on the ground.	Stop a moving ball with a stick.	Track an opponent to slow them down.	Delay an opponent and help to prevent the other team from scoring.	Use tracking, tackling, and intercepting when playing in defence.	Dictate, delay, and deny when defending.
Lesson 6 Rules	Understand simple rules of modified games and to use them most of the time to play fairly and honestly.			Understand the rules of Quicksticks and I can use them often and honestly.		Use the rules of Quicksticks consistently to play honestly and fairly.	

Hockey	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Dribbling	Develop ball familiarisation with the ball.	Dribble a ball placing two hands on the stick.	Dribble a ball using the flat side of the stick.	Find space away from others and near to my goal using different types of dribbling (i.e., Indian Dribble).	Dribble to space to help my team to keep possession and score goals.	Know when to dribble, but also pass, receive, and shoot the ball with some control under pressure.	Create and use space with and without the ball to help the team.
Lesson 2 Passing	Pass the ball in a straight line using either hands or stick.	Pass the ball in a straight line using a stick only.	Pass the ball in different directions.	Sending the ball with a push pass.	Pass the ball from short distances in games.	Pass the ball from various distances.	Pass the ball sideways if a forward pass is not possible.
Lesson 3 Shooting	Develop underarm throwing towards a target.	Develop underarm and overarm throwing for accuracy.	Strike a target using a stick and a ball.	Develop shooting for accuracy towards a goal.	Develop shooting for power and accuracy.	Shoot the ball from various distance and angles.	Not to force a shot but aim towards goal at the right moment.
Lesson 4 Tactical Understanding	Use simple tactics in modified hockey games to start developing basic games sense and appreciation.			During Quicksticks, know what position to play in and how to contribute when attacking and defending.	Use more detailed tactics to help team to regain possession.	Understand the need for tactics and can identify when to use them in different situations.	Know what position I am playing in and how to contribute when attacking and defending.
Lesson 5 Defending	Tackle safely.	Tackle the ball by keeping the end of the stick on the ground.	Stop a moving ball with a stick.	Track an opponent to slow them down.	Delay an opponent and help to prevent the other team from scoring.	Use tracking, tackling, and intercepting when playing in defence.	Dictate, delay, and deny when defending.
Lesson 6 Rules	Understand simple rules of modified games and to use them most of the time to play fairly and honestly.			Understand the rules of Quicksticks and I can use them often and honestly.		Use the rules of Quicksticks consistently to play honestly and fairly.	

Tennis	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Downward hits	Bounce and catch a ball using hands only.	Strike a beanbag downwards using a racket with one hand or two hands.	Start hitting a ball downwards using the centre of the racket.	Strike a ball downwards two or three times in a row using the racket strings	Continuously hit a small ball downwards with the racket strings.	Continuously hit a small ball downwards using both sides of the racket.	Hit a ball downwards in creative ways.
Lesson 2 Upward hits	Throw and catch a ball using hands only.	Flip a bean bag at various heights and catch it on the racket strings three times in a row.	Flip a bean bag, rotates wrist, flips the racket, and catches the beanbag on the other side of the racket.	Juggle a small ball upwards with the racket strings two to three times in a row.	Continuously juggle a small ball with the racket strings.	Continuously juggle a small ball upwards using both sides of the racket.	Juggle a small ball upwards in creative ways.
Lesson 3 Groundstrokes (Forehand and Backhand)	Push a small ball along the floor in a straight line with a racket.	Return a small ball using the forehand and backhand stroke that has been rolled to them.	Return a ball with a forehand and backhand stroke that has been thrown directly to them.	Return a ball with a forehand and backhand stroke that has been bounced directly to them.	Develop the forehand backhand and understand when to use it.	Develop accuracy when returning a ball using the forehand and backhand groundstrokes.	Use forehand and backhand strokes to send a small ball in multiple directions and trajectories over a net and around the court.
Lesson 4 Serving	Strike a beanbag with hands only.	Strike a beanbag upwards with the racket strings	Strike a beanbag upwards with the racket strings at head height.	Serve a ball to a partner.	Develop the underarm serve and understand the rules of serving in tennis games.	Serve a ball at head height and making sure it lands on the other side of the net.	Serve a ball powerfully and accurately making the opponent move to send it back over the net.
Lesson 5 Rallying	Throw, roll, bounce and catch a ball with a partner using hands only.	Balance a beanbag on the strings of the racket and send it to a partner's racket.	Balance a beanbag on the racket strings and send it to a partner's racket but not using the one hand only.	Bounce a small ball continuously with a partner using only the hands.	Develop rallying using the forehand and backhand strokes.	Perform a sequence of back-and-forth shots between partners allowing the ball to bounce no more than twice.	Perform a sequence of back-and-forth shots continuously between partners allowing the small ball to bounce once.
Lesson 6 Games (Singles and Doubles)	Develop ABC/FMS through modified and informal tennis competitions.			Demonstrate honesty and fair play when competing against others in singles or doubles.	Use simple tactics in a game to outwit an opponent.	Use a variety of strokes to outwit an opponent in singles or doubles.	Work co-operatively with a partner and employ tactics to outwit an opponent.

Cricket	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Catching	Secure a medium sized ball or beanbag with two hands.	Secure a small ball with two hands using either the cup, chest, or close catch.	Secure a small ball cleanly with both hands and one hand.	Secure a small ball at different trajectories using one hand.	Secure a ball at different trajectories, heights, and speeds.	Develop consistency of catching to get opponents out.	Develop catching skills under pressure.
Lesson 2 Throwing	Throw a medium sized ball to a partner.	Develop the overarm and underarm throw.	Send a small ball in straight line, and a diagonal line.	Develop and refine throwing accuracy.	Know when to use the overarm or the underarm throw.	Throw a small ball selecting the correct release points.	Develop throwing with accuracy under pressure.
Lesson 3 Batting	Strike a medium ball off a tee using a tennis racket.	Strike a small ball off a tee using a small bat.	Strike a thrown ball with a bat.	Strike a small ball which has been thrown with a sideways stance.	Strike a thrown ball using a straight drive and score points using 'rock the baby'.	Strike a ball and decided 'if', 'when' and 'where' to run to score points.	Flick and/or drive a small ball when batting.
Lesson 4 Fielding	Collect a rolling ball from a short distance.	Remain on feet when collecting a ball.	Adopt a ready position when collecting a ball.	Field a ball using a two-handed pick up such as a short or longer barrier.	Move towards the ball rather than waiting for it.	Anticipate the flight of a small ball and get the body behind the ball to secure it.	Immediately track down a small ball and throw it as soon as the ball has been collected.
Lesson 5 Bowling	Overarm throw a beanbag into targets.	Use the overarm throw to take a wicket.	Take a wicket with an overarm bowl with the ball bouncing once.	Develop the overarm bowling technique.	Develop the overarm bowling technique with the ball bouncing once.	Include a run up when performing the overarm bowl.	Bowl with speed, accuracy, power, and work towards the spin bowl to deviate the bounce of the ball.
Lesson 6 Games	Use throwing, catching, and fielding in modified games of cricket.	Develop decision making and understand how to score points.	Develop decision making when under pressure.	Apply a variety of skills learnt when playing diamond cricket.	Develop skills learnt when playing diamond cricket.	Develop and consolidate a variety of fielding, batting, and bowling techniques and use them within a game.	Further develop and consolidate fielding, batting, and bowling techniques and apply them to a game situations.

Athletics	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Short distance	Develop running and stopping safely.	Show spatial awareness safely and actively when running.	Move at different speeds over varying distances.	Develop the sprinting action with improved arm swing to aid acceleration and speed.	Develop the sprinting technique and improve on best time and current records.	Develop fluency and co-ordination when running for speed.	Develop your own and others sprinting technique.
Lesson 2 Throwing for distance	Develop ball familiarisation.	Develop throwing for distance.	Develop throwing for distance in a pull throw.	Develop power and technique when throwing for distance.	Develop throwing with greater control and technique.	Select the correct release point to achieve height and distance.	Include steps and transitional positions when throwing for distance.
Lesson 3 Throwing for accuracy	Develop ball familiarisation.	Develop rolling a ball towards a target.	Accurately throw in straight line, and a diagonal line.	Develop a pull throw for distance and accuracy.	Develop accuracy and technique when throwing to a target.	Throw in multiple directions and trajectories selecting the correct release points.	Throw with speed and precision.
Lesson 4 Jumping	Develop jumping and landing.	Explore hopping, jumping, and leaping for distance.	Jump with two feet and land with two feet safely.	Jump with one foot and lands with two feet.	Develop jumping technique in a range of approaches and take off positions.	Develop technique and co-ordination in the triple jump.	Develop pace, power, control, and technique for the triple jump.
Lesson 5 Steady pace	Move in multiple of directions safely	Move in multiple direction safely and actively.	Develop fitness and endurance.	Move actively for a sustained period.	Develop stamina and an understanding of speed and pace in relation to distance.	Apply different speeds over varying distances.	Work collaboratively with a partner to set a steady pace.
Lesson 6 Officiating	Encourage other children in athletic events.	Work with others to play athletic games.	Record own scores.	Begin officiating and recording basic performance scores.	Develop officiating and performing skills.	Develop officiating skills of measuring, timing, and recording.	Work collaboratively in a team to develop the officiating skills of measuring, timing, and recording.

Rounders	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Lesson 1 Bowling	Underarm throw a beanbag into targets.	Use the underarm throw with improved accuracy.	Use the underarm bowl using non-throwing arm and feet.	Develop the bowling action and learn the rules of bowling.	Further develop the bowling action and learn the rules of bowling.	Develop the bowling action and understand the role of the bowler.	Bowl with power, pace, and accuracy.
Lesson 2 Batting	Strike a ball using a racket with two hands.	Strike a ball with a racket with one hand.	Strike a ball with a racket for power and pace.	Develop the batting technique with a rounders bat for the first time.	Develop the batting technique and an understanding of where to hit the ball.	Strike a ball and decided 'if', 'when' and 'where' to run to score points.	Continuously strike a ball with power and pace to score a full rounder.
Lesson 3 Catching	Secure a medium sized ball and with two hands.	Secure a small ball with two hands using either the cup, chest, or close catch.	Secure a small ball cleanly with both hands and one hand.	Secure a small ball at different trajectories using one hand.	Secure a ball at different trajectories, heights, and speeds.	Develop consistency of catching to get opponents out.	Develop catching skills under competitive pressure.
Lesson 3 Stumping	Actively hit a base with a ball.	Actively hit a base with a ball.	Throw to a teammate next to a base.	Throw a ball to a teammate on a base.	Decide which base to throw the ball.	Make decisions about where and when to send the ball to stump a batter out.	Stump a batter before they reach third base.
Lesson 5 Fielding	Collect a rolling ball from a short distance.	Remain on feet when collecting a ball.	Adopt a ready position when collecting a ball.	Field a ball using a two-handed pick up and a short barrier.	Move towards the ball rather than waiting for it.	Anticipate the flight of a small ball and gets the body behind the ball to secure it.	Immediately track down a small ball and throw it towards a base as soon as the ball has been collected.
Lesson 6 Games and Rules	Use throwing, catching, and fielding in modified games of rounders.	Develop decision making and understand how to score points.	Develop decision making when under pressure.	Start to understand the rules of rounders and apply them honestly most of the time.	Use a wider range of skills with increasing control under pressure and use the rules of the game consistently to play fairly.	Develop and consolidate a variety of fielding, batting, and bowling techniques and use them within all rules and laws of the game.	Further develop and consolidate fielding, batting, and bowling techniques and apply them to a game situations.