



PE at Yardley Gobion CE Primary School



YGPS Curriculum Drivers

Inspired – children will have experience of a range of physical activities and learn about the athletes that have excelled in their fields, for example, Sir Mo Farrah for distance running . They will be inspired by the achievements of Olympians and Paralympians alike.

Ambitious – the curriculum will require children to challenge themselves in a range of skills and activities. They will be challenged against themselves and be given opportunity to develop their competitive edge.

Knowledgeable – children will be taught how and why to keep themselves healthy. They will discover what they enjoy and how to include physical activity in their daily lives. They will know the rules of popular sports

Enquiring – they will be motivated to ask questions about how to improve their skills and fitness. They will seek to discover how athletes improve their skills. They will discover more about their own abilities and develop their preferred exercise activities.

Confident– and be able to contribute as an individual and part of a team in physical activities with increasing skill. They will have a “have-a-go” attitude and be enthusiastic.



Sequencing of Content

A range of activities are included to encourage children to try all their skills

Athletes are used to demonstrate skill and talent.

Learning journeys allow children to revisit skills in different ways.



Big ideas

- Develop competence in a range of physical activity
- Be physically activity for sustained periods
- Be able to engage in competitive sport.
- Lead healthy lifestyles.



Deepening Concepts

Substantive physical concept/ skills are deepened, such as;

Health: How to keep active
Games: Skills for ball games, both individual and teams



Retrieval Practice

Children take part in regular retrieval practice activities, such as applying skills to create a new activity.

Remembering information and knowledge is celebrated and is part of the YGPS culture.



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		Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Year A	Games (Multi Skills)	Dance (Classic)	Games (Hockey)	Games- (Tag Rugby)
	Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination Use basic tactics for attacking and defending	Copy, repeat and remember moves and shapes Movement shows control and coordination Perform a dance phrase with 2 or more joined movements / shapes	Strike, throw and catch with control and clear sense of direction Follow the formal rules of the game and demonstrate they can play fairly Keep possession of a ball	Choose and combine skills in game situations (running, throwing, catching, passing, jumping and kicking)
	Gym	Games (Multi Skills)	Dance	Games- (Netball)
Move and jump with some control and awareness of space Create a sequence using 2 or more linked actions Show contrasts on use of body and shape	Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination Use basic tactics for attacking and defending	Vary speed and levels within a dance sequence Link movements into dance sequences	Strike, throw and catch with control and clear sense of direction Follow the formal rules of the game and demonstrate they can play fairly	
Games (Cricket)	Athletics	Athletics	Games (Tennis)	Dance (Ballroom)
Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination Use basic tactics for attacking and defending	Run at a speed appropriate to the distance Jump from a standing position Able to throw a ball using an under and over arm technique	Sprint over a short distance Pace running over longer distances Health and fitness Recognise changes in heart rate, temperature and breathing rate	Strike, throw and catch with control and clear sense of direction Follow the formal rules of the game and demonstrate they can play fairly	Choreograph creative and imaginative dance sequences, independently and in a group Swimming Swim competently, confidently and proficiently over a distance of at least 25m
			Outdoor Adventurous Education	Games- (Tennis)
			Decide on strategies, skills and equipment needed to complete a challenge based on previous experience	Use a range of shots and strokes to strike a ball in order to outwit the opponent, considering the direction of play
				Athletics Throw accurately, perfecting techniques by analysing the movement and body shape Outdoor Adventurous Education Read a variety of maps and plans of the environment, recognising symbols



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		Key Stage 1	Lower Key Stage 2	Upper Key Stage 2		
Year B	Games (Multi Skills)	Dance Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination Use basic tactics for attacking and defending	3.2 Sport - African dance Health - Healthy minds: emotions and goals Fitness - Mighty movers (running)	4.4 Sport - Striking and fielding Healthy - Healthy body: blood and guts Fitness - Gymfit circuits	5.2 Sport - Dynamic dance, Bollywood Health - Healthy minds: emotions and goals Fitness - Mighty movers (boxercise)	6.4 Sport - Striking and fielding Healthy - Healthy body: blood and guts Fitness - Gymfit circuits
	Gym	Games (Multi Skills) Move and jump with some control and awareness of space Create a sequence using 2 or more linked actions Show contrasts on use of body and shape Balance on different points of the body,	4.1 Sport - Invaders Health - Healthy body: inside out! Fitness - Boot camp	4.3 Sport - Gym sequences Health - Healthy lifestyles: you are what you eat! Fitness - Step to the beat!	6.1 Sport - Invaders Health - Healthy body: inside out! Fitness - Boot camp	6.3 Sport - Gym sequences Health - Healthy lifestyles: you are what you eat! Fitness - Step to the beat!
	Games (Cricket)	Athletics Use rolling, hitting, running, jumping, throwing, catching and kicking skills in combination Use basic tactics for attacking and defending	4.5 Sport - Nimble nets Health - Healthy mind: healthy body Fitness - Cool core (pilates)	3.6 Sport - Active athletics Health - Diet and vitamins Fitness - Fitness frenzy	6.5 Sport - Nimble nets Health - Healthy mind: healthy body Fitness - Cool core (pilates)	5.6 Sport - Young Olympians Health - Germ busters! Fitness - Fitness frenzy