

PE Curriculum at Roundwood Primary School

Where we are going

You need to:

- Develop competence to excel in a broad range of physical activities (**happiness, courage, resilience**)
- Be physically active for sustained periods of time (**happiness, resilience**)
- Engage in competitive team sports and activities (**respect, honesty, courage**)
- Build character and help to embed values such as fairness (**responsibility, respect, honesty**)
- Lead healthy, active lives (**resilience, responsibility, happiness**)

Who we are

In today's world of technology, a good physical education is more important than ever before. Roundwood's school sites are situated in the villages of Tingewick and Gawcott, and this means we are lucky to be surrounded by fields and countryside. We are near to the town of Buckingham, not far from Milton Keynes and Bicester, meaning that our children have access to some great sporting facilities in the local area. Our children love to share their out of school achievements in our weekly Celebration Assemblies across a wide range of physical activity from rugby, football and hockey, to martial arts, to cheerleading, dance and gymnastics, to horse riding.

However, the costs that come with sports coaching and extra-curricular activities outside of school poses a challenge for many families. We have also noticed that lots of our children have limited experience of outdoor games and fitness, and this was only made worse with the COVID pandemic which saw many of our children glued to devices. At Roundwood, we wish to nurture a healthy lifestyle from an early age and we want to develop children's confidence to take part in a range of physical activities, so that it becomes a central part of their daily lives, both in and out of school, as they grow into adults.



At Roundwood Primary School, we are privileged to work with Sport 4 All (S4A) Group Ltd. S4A provide coaches to teach all our PE lessons for KS1 at our Tingewick site and they teach 1 lesson per week for KS2 at our Gawcott site, with our teachers providing the second hour of PE a week. S4A provide teachers with support, guidance and planning for lessons so that all lessons are taught with the same approaches. S4A believe in a child-led approach and inclusion lies at the heart of their provision with the aim of being fully inclusive and accessible to all children. As mentioned above, at Roundwood we are deeply passionate about all children experiencing and enjoying a range of physical activities. Furthermore, we aim to build our children's characters by encouraging our children to be active problem solvers and to grow their team working abilities.

S4A also provide an Equal Opportunity Festival sports programme which takes place across a full school year with a guarantee that every child will be offered the opportunity to represent our school at a fun event against teams from local schools. Children are also able to sign up for additional sporting clubs led by teachers and we encourage our children to be active and play sporting games during playtimes. A healthy lifestyle and physical activity are not only reserved for PE lessons so opportunities for active learning are incorporated by teachers whenever possible. You will also see our children having active lessons and/or movement breaks at various points throughout the school day to refresh their brains and lift their mood.

Vocabulary

PE Area	EYFS	KS1	LKS2	UKS2
<u>Dance</u>	balance, coordination, imagine, strength	As EYFS plus: beginning, body parts, copy, control, direction(s), end, feeling, levels, middle, mood, movements, pathways, perform, practise, rhythm,	As KS1 plus: action and reaction, character, costume, dance phrase, gesture, improvisation, legend/myth, pattern, prop, repeat, repetition	As LKS2 plus: Canon, dance style, exploration, formation, interpret, motif, phrase, reaction, rhythm, technique, unison, variation

		sequence, space, speed, stillness, travel		
<u>Games / Athletics</u>	aim, backward, balance, ball, bat, catch, direction, fast, forward, healthy, hop, jog, jump, kick, move, pass, run, skip, slow, space, speed, throw, walk	As EYFS plus: accelerate, aiming, avoiding, bouncing, catching, direction, evaluate, free space, follow, hitting, improve, kicking, opposite team, overarm throw, own space, passing, rebound, rolling, rules, speed, tactics, tracking a ball, underarm throw, zones	As KS1 plus: back hand, backstop, back up, base, batting, boundary, bowler, court, defenders / defending, doubles, dribble, fielding, forehand, goals/goalkeeper, keep the ball, innings, keep possession, keep score, make space, make use of space, net, offside, overhead, pass, pitch, points, rally, receive, rounder, rules, scoring goals, singles, stance, support partner, target, tee, travel with a ball, volley, wicket	As LKS2 plus: attackers, covering, defenders, depth, dribbling, marking, passing, repossession, shield, shooting, support, team play, width
<u>Gymnastics</u>	bench, body parts, bounce, copy, crawled, curled, hold, hop, mat, off, on, roll, shape, slow, still, stretched, table, tall, travel, tuck	As EYFS plus: along, angular, around, back(wards), balance, behind, curved, down, extension, forwards, grip, hang, height/high, in front, jump (off), land, level, long, low, medium, narrow, over, pathway, pike, place, point, pull, push, sequence, sideways, skip, slowly, smooth, speed, spring, step, still, straight, stretch, tall, tension, through, twisted, under, up, wide, zigzag	As KS1 plus: across, adapt, against, approaching, asymmetrical, away, combine / combination, constructive, contrasting, evaluate, explosive, flow, height, improve, inverted, land, points, refine, rotation, safety, stamina, strength, suppleness, symmetrical, 90 degrees, 180 degrees	As LKS2 plus: accurately, aesthetically, assessment, asymmetry, audience, canon, control, cool down, co-operate, counter balance, counter-tension create, creativity, criteria, display, dynamics, elements, explore, flight, imaginative, joints, judgement, landing, matching, mirroring, muscles, obstacles, parallel, performance, refinements, spin, take-off, turn, warm up
<u>Outdoor / adventurous</u>			adventure, boundary, communication, compass, competition, control, equipment, map, obstacle, organise, orienteering, outdoors, problem solving, record, route, solving, symbols, teamwork, terrain, trail	

RPS Physical Education Journey

Early Years

In EYFS, physical development is one of the three prime areas that are most important for building a foundation for igniting children's curiosity and enthusiasm for learning, forming relationships and thriving. Accordingly, one of Roundwood's EYFS overarching aims, or composites is **"I know how to be healthy"** with the aim for children to complete physical activity for at least 180 minutes per day.



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"I know how to be healthy"

Children will revise and refine the fundamental movement skills they have already acquired:

- rolling
- running
- crawling
- hopping
- walking
- skipping
- jumping
- climbing

They will progress towards a more fluent style of moving, with developing control and grace. Children will also develop overall body-strength, balance, coordination and agility needed to engage successfully with future PE sessions and other physical disciplines, including dance, gymnastics, sport and swimming. Their core muscle strength will be used to achieve a good posture. Children will safely use a range of large and small apparatus indoors and outdoors, alone and in a group with confidence. They will also begin to combine different movements with ease.

Through PE, children will also improve their personal, social and emotional development by:

- Being confident to try new activities and show independence, resilience and perseverance in the face of a challenge.
- Explaining the reasons for rules, knowing right from wrong and trying to behave accordingly.
- Managing their own basic hygiene and personal needs, including dressing.
- Knowing and talking about how regular physical activity supports overall health and wellbeing

In Year 1

In Year 1, children will begin to acquire and develop skills such as copying actions, repeating actions and skills and moving with control and care. Children will be encouraged to evaluate and improve their performance by talking about what they have done and describing what other children have done. They will also begin to describe how their body feels before, during and after an activity.

Dance

In Dance lessons, children will begin to move to music and copy some dance moves lead by an adult or from videos. Children will be encouraged to practise their dance moves and perform some of the dance moves in front of their peers. They will begin to make up their own short dances and will move around the space safely.

Games

In Games lessons, children will throw a ball underarm and will catch a ball with both hands. They will practise throwing and kicking in different ways and they will move and stop safely. Children will also roll pieces of equipment and will begin to hit a ball with a bat, helpful skills for rounders / cricket.

Gymnastics

In Gymnastics lessons, children will make their body tense, relaxed, curled and stretched. They will also work on controlling their body when they are travelling and when they are balancing. Children will copy sequences lead by adults and will repeat them. Using equipment, children will experience climbing safely and they will experiment with rolling, travelling, balancing, stretching and curling in different ways.

In Year 2

In Year 2, children will begin to acquire and develop skills such as copying and remembering actions and repeating and exploring actions with control and coordination. Children will be encouraged to evaluate and improve their performance by talking about what is different between what they did and what someone else did, as well as saying how they could improve. In terms of health and fitness, children will show how to exercise safely and they will be able to describe how their body feels during different activities. They will also explain what their body needs to keep healthy.

Dance

In Dance lessons, children will use their imagination to dance! They will change rhythm, speed, level (high or low) and direction, and their dancing will begin to show control and coordination. Children will make sequences by linking sections of dance moves together and they will link some movements to show a mood or a feeling.

Games

In Games lessons, children will now stay in a 'zone' during a game and will progress by deciding where the best place to be is during a game. They will use hitting, kicking and/or rolling, as developed in Year 1, in a game situation. They will also think about a tactic they can use in a game and will follow the given rules to play a particular game.

Gymnastics

In Gymnastics lessons, children will now plan and show a sequence of movements using contrast in their sequences and keeping their movements controlled. They will think of more than one way to create a sequence which follows a set of 'rules' and they will work on their own and with a partner to complete a sequence.

In Year 3

In Year 3, children will acquire and develop skills such as selecting appropriate actions or ideas and moving using coordination and control. Children will evaluate their work by comparing similarities and differences with others. They will also, with assistance, be encouraged to recognise how performances can be further improved. In relation to health and fitness, children will need to explain why a warm-up and cool-down is important, as well as beginning to identify muscle groups used in gymnastics activities.

Dance

In Dance lessons, children will work with a partner or in a small group when dancing. They develop their control and coordination and will make sequences that link dance moves together. Children will begin to consider how they can adapt and improve their movements.

Games

In Games lessons, children will progress their throwing and catching skills by advancing to using one hand if possible. Children will continue to develop their skills from year two of hitting a ball accurately and using control. They will think of new tactics and adapt their skills to utilise space when they are not in possession of the ball, according to what is happening.

Gymnastics

In Gymnastics lessons, children will work in a controlled way, changing speed and direction in movement sequences. Children will also build on their knowledge from Year 2, using a range of shapes and following a set of rules to produce a sequence. They will work with a partner to create, repeat and improve a sequence with at least three phases.

Athletics

In Athletics lessons, children will build on their running skills. They will learn to run over a long distance and sprint over a short distance. Children will learn to throw and jump in different ways, and consider how to hit a target.

Outdoor / adventurous

In Outdoor / adventurous lessons, children will follow a map in a more demanding and familiar context. They will begin to move from one location to another and use clues to follow a route. Children will begin to follow a route accurately, safely and within a time limit.

In Year 4

In Year 4, children will continue to acquire and develop on skills learnt in Year 3. They will select and use the most appropriate actions, ideas and skills. The children will continue to move and use actions with coordination and control. They will also begin to create their own small-sided game. In order to evaluate and improve, the children will begin to use a comparison of others work to make improvements. At this stage, children should now be able to describe why warming-up is important and explain why keeping fit is good for their health.

Dance

In Dance lessons, they will take the lead when working with a partner or a group. They will begin to use dance to communicate an idea. Children will work on their movements and refine them. They will further consider if their dance is clear and fluent.

Games

In Games lessons, children will build on their skills from Year 3 of throwing and catching accurately and where possible with one hand. They will hit a ball accurately with control. The children will also maintain possession of the ball, and when not in possession, using tactics and skills to find space according to what is happening.

Gymnastics

In Gymnastics lessons, children will work in a controlled way, changing speed and direction in movement sequences. Children will also build on their knowledge from Year 3, using a range of shapes and following a set of rules to produce a sequence. They will work with a partner to create, repeat and improve a sequence with at least three phases.

Athletics

In Athletics lessons, children will continue to build on their running skills learnt in Year 3. They will run over a long distance and sprint over a short distance. Children will throw and jump in a variety of ways, and consider how to hit a target.

Outdoor / adventurous

In Outdoor / adventurous lessons, children will build on skills learnt in Year 3, following a map in a more demanding and familiar context. They will move from one location to another and use clues to follow a route. Children will follow a route accurately, safely and within a time limit.

Swimming and water safety

In Year 4, children visit Swan Pool and Leisure Centre in Buckingham once per week for a term. Children will learn to swim competently, confidently, and proficiently over a distance of at least 25 metres. They will be able to use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. They will also be taught how to perform safe self-rescue in different water-based situations.

In Year 5

In Year 5, children will begin to link skills, techniques and ideas and apply them accurately and appropriately. At this stage children should be able to show good control in their movements. In relation to evaluation and improvement children will continue to compare ideas of others. They will also comment on skills and techniques that they and others have utilised. They will continue to use observations to improve their work. As part of health and fitness, children will begin to explain some important safety principles when preparing for exercise. They will consider the effects of exercise on the body and explain why it is important.

Dance

In Dance lessons, children will be creative and imaginative when composing their own dances. They will perform to an accompaniment, expressively and sensitively as well as showing control. Children will show clarity, fluency, accuracy and consistency in their dance routines.

Games

In Games lessons, children will work on their skills learnt in Year 4 and now gain possession by working as a team. They will further demonstrate the ability to pass in a variety of way, as well as using backhand and forehand in racquet skills. The children will continue to build on their fielding skills. They will begin to choose the best tactics for attacking and defending. They will also use a number of techniques to pass, dribble and shoot.

Gymnastics

In Gymnastics lessons, children will begin to create complex and extended sequences. At this stage they will combine action, balance and shape. They will begin to perform consistently to different audiences using accurate, clear and consistent movements.

Athletics

In Athletics lessons, children will begin to combine running and jumping, using control when taking off and landing. Children will build on learnt skills of throwing with accuracy. They will also be able to follow specific rules.

Outdoor / adventurous

In Outdoor / adventurous lessons, children will build on skills learn in year 4 by following a map in an unknown location. They will move from one location to another using clues and a compass to navigate a route to follow a route. Children will learn to change their route if there is a problem, as well as be able to change their plan, in light of new information.

In Year 6

In Year 6, children will continue to acquire and develop skills by applying learnt skills, techniques and ideas consistently. Children will show precision and control and fluency. They will evaluate and improve by analysing and explaining why specific skills or techniques have been used. Children will also modify skills or techniques in order to improve their work. At this stage of learning, children will create their own success criteria for evaluating. In relation to health and fitness, children will learn to explain how the body reacts to different kinds of exercise. They will choose appropriate warm-ups and cool-downs and explain why we need regular and safe exercise.

Dance

In Dance lessons, children will continue to build on skills learnt in previous years, in order to develop imaginative dances in a specific style. They will make their own choices of music, style and dance.

Games

In Games lessons, children will be able to explain complicated game rules, make a team plan and communicate it to others, as well as lead others in a game situation.

Gymnastics

In Gymnastics lessons, the children will combine their own work with that of others and link sequences to specific timings.

Athletics

In Athletics lessons, the children will further develop the skills learnt in previous years by demonstrating stamina and using their skills in different situations.

Outdoor / adventurous

In Outdoor / adventurous lessons, the children will plan a route and a series of clues for someone else. They will also plan with others, taking into account safety and danger.

Links with other subjects

Science - Can describe the effect exercise has on the body. Can explain the importance of exercise and a healthy lifestyle.

PSHCE/Wellbeing – Can describe how exercise can be a powerful tool for physical and emotional wellbeing. Can work both independently and as a team player in a range of games.

As a Sportsperson leaving RPS

I will be able to:

- Use running, jumping, throwing and catching in isolation and combination.
- Play competitive games, modified where appropriate: badminton, basketball, cricket, football, hockey, netball, rounders and tennis.
- Apply basic principles suitable for attacking and defending when playing games.
- Show flexibility, strength, technique, control and balance through athletics, gymnastics and dance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Compare performances with previous ones.
- Demonstrate improvement to achieve my personal best.
- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively for example front crawl, backstroke and breaststroke.
- Perform safe self-rescue in different water-based situations.

Memory Makers

I will have experienced

- Inspiring, fun and engaging PE curriculum taught by experienced S4A coaches (and teachers KS2).
- Opportunities to represent Roundwood at inclusive festivals programme led by S4A.
- Annual Sports Days in House Teams with parents as spectators.
- Learning to swim at Swan Pool and Leisure Centre, Buckingham.
- Teacher ran extra-curricular PE clubs.
- Opportunities to play a range of sports during lunchtime play.

Because I went to RPS

I am a sportsperson.

I have engaged in competitive sports and know how to show good sportsmanship.

I understand and can apply the values of resilience, courage, respect and honesty.

I have had opportunities to succeed and excel in sports and physically-demanding activities.

I am physically confident and know how to lead a healthy, active life.