

A guide to how we teach P.E. at St Mary's

How we organise and sequence our P.E. learning:

We teach activities that match the objectives listed in the National Curriculum's Statutory Requirements for P.E. As a school we use the Get Set 4 PE scheme which was designed by teachers who are experts in their field and passionate about their subject.

At St Mary's we aim to ensure that all pupils:

*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.

Our P.E. curriculum comprises of 6 key areas:

- Swimming and water safety
- Fundamental movement skills, fitness and athletics (FMS)
- Team Building/ Outdoor and adventurous activities (OAA)
- Body management (gymnastics)
- Dance
- Games

Our P.E. curriculum is planned and sequenced so that new knowledge and skills build on what has been taught before.

Our detailed long-term overview includes prior knowledge children should know, key vocabulary and key milestones.

P.E. lessons:

P.E. is taught twice a week as a discrete lesson.

Forest School sessions cover Outdoor and Adventurous Activities (OAA) part of the National Curriculum. Links are made to other subjects where appropriate.

Each unit of learning starts with an introduction using a knowledge organiser which describes the skills as well as key vocabulary needed to complete the unit. The knowledge organiser is displayed in the classroom to be referred to throughout the unit of learning.

Knowledge Organiser: Athletics Y3

Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Develop running, jumping, throwing and catching in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Running

- Sprinting: 100m, 200m, 400m
- Middle: 800m
- Middle distance: 800m, 1000m
- Long distance: 5,000, 8,000
- Steptochase

Official Athletic Events

Jumping

- Long jump: Jump for distance
- Triple jump: Jump for distance
- High Jump: Jump for height
- Pole vault: Jump for height

Throwing

- Shot: Push throw
- Spear: Push throw
- Hammer: Push throw
- Javelin: Push throw
- Pull throw

Key Vocabulary:

speed • accurately • power • personal best

determination • further • faster

control • strength • pace

Key Skills: Physical

- Sprinting
- Running over obstacles
- Jumping for distance
- Jumping for height
- Push throw for distance
- Pull throw for distance

Key Skills: S.E.T

- Social: Working collaboratively
- Social: Working safely
- Emotional: Perseverance
- Emotional: Determination
- Thinking: Observing and providing feedback

Teacher Glossary

- Push throw:** when the performer pushes the item through the air
- Pull throw:** when the performer pulls the item through the air
- Jump:** take off and land on two feet
- Hop:** take off on one foot and land on the same foot
- Leap:** take off on one foot and land on the other
- Changeover:** where a baton is passed from one person to another

Lessons always start with a warm up followed by an introduction which explains the skills focus for that lesson. There is often a video clip demonstration of a skill to assist with the introduction.

The main body of the lesson follows the suggested skills development content as set out in the planning within the Get Set 4 P.E. scheme of learning.

Lessons finish with a form of cool down and plenary to reinforce the learning which took place during the lesson.

Work from lessons is recorded in the form of photos and shared with parents via Seesaw.

	Term 1-Respect	Term 2-Honesty	Term 3-Determination	Term 4-Self Belief	Term 5-Teamwork	Term 6-Passion
Year 1	Gymnastics Fundamental movements	Gymnastics Fundamental movements	Dance Fundamental ball control	Dance Fundamental ball control	Athletics Team games	Athletics Team games
Year 2	Gymnastics Fundamental movements	Gymnastics Fundamental movements	Dance Fundamental ball control	Dance Fundamental ball control	Athletics Team games	Athletics SWIMMING
Year 3	Gymnastics or Modified Invasion games	Gymnastics or Modified Invasion games	Dance or Modified Invasion games	Dance Orienteering	Athletics Striking and fielding	Athletics Modified Striking and fielding
Year 4	Gymnastics Modified Invasion games Swimming	Gymnastics Cross country Swimming	Dance Modified Invasion games	Dance or Orienteering SWIMMING	Athletics or Striking and fielding	Athletics Striking and fielding
Year 5	Gymnastics Invasion Games	Gymnastics Cross country	Dance Invasion Games	Dance Orienteering	Athletics Striking and fielding	Athletics Striking and fielding
Year 6	Gymnastics Invasion Games ADVENTUROUS ACTIVITY CHALLENGES EDUCATION	Gymnastics Cross country	Dance Invasion Games- Young Leaders	Dance Orienteering - Young Leaders	Athletics Striking and fielding	Athletics Striking and fielding - Young leaders SWIMMING TOP UP

Assessment:

Assessment of the children's learning is recorded termly on the assessment tracker.

[P.E. Assessment Tracker](#)

This is an opportunity for pupils to independently show their learning within a topic. This is usually in the form of a game or performance where the children demonstrate the skills which they have learned during this unit of learning.