

Whole School Overview

Reception

Reception are encouraged to develop their agility, balance and coordination in fun team- and partner-based activities in dance, gymnastics and physical literacy. Physical literacy is broken into themed six-week units.

All lessons at this level support the Early Years Framework for Reception and Foundation Stage. Lesson plans from Key Stage 1 may be used for those pupils who need additional development.

Every lesson includes skill development, conditioned games and tools for future questioning or learning. Every unit includes a learning assessment.

Year 1

In Year 1, children are introduced to the elements of competitive sports in a way that's fun and supportive. Pupils will take part in activities in gymnastics, swimming, dance, athletics and structured games. They'll learn to construct and develop movement patterns in gymnastics and dance, then reflect on their performances and suggest improvements.

They will also be introduced to principles of invasion games such as netball to prepare them for more organised play at Key Stage 2. Finally, they will extend their understanding of how activity contributes to health and enjoyment.

Year 2

Year 2 PE lesson plans build on Year 1 concepts with more development activities for coordination, agility, and balance, as well as preparing pupils further for games like rounders, cricket, and netball beginning in Key Stage 2. Children will develop striking and fielding skills for ball games and explore more complex movement patterns in dance and gymnastics.

Lessons for this year group include more emphasis on evaluating form and identifying ways to improve one's own performance or make suggestions for improvement to others. Children will also be able to explain the principles of a healthy lifestyle and the role physical activity plays in keeping people healthy.

Year 3	In Year 3, pupils are introduced to formal games like football, cricket, rounders, and netball through fun and supportive activities that teach rules, skills and simple gameplay tactics, such as defending as a team. Pupils extend their abilities in dance and gymnastics to include observing and reflecting on their own and others' performances. In addition to formal games, units include plenty of opportunities to help build pupils' overall fitness through additional agility and flexibility activities. We also introduce tag rugby through a fun, safe skills development progression.
Year 4	In Year 4, pupils advance their experience and skills in formal games, including football, hockey, racquet sports, and more. Alongside skills development, pupils begin to take greater ownership of their performances by judging their technique, measuring times and distances, and recognising rules violations such as footwork fouls in netball. They also have the regular opportunities to compete against others as well as set and pursue goals for themselves. In OAA, children will participate in trust games and get to grips with the fundamentals of orienteering: map-reading and using a compass.
Year 5	In Year 5, pupils extend their understanding of games and fitness to include complex skills and tactics. Through fun, engaging activities, your pupils learn to apply more sophisticated, organised approaches to attacking and defending, whether it's in doubles tennis or netball. Children will work to develop their fitness further, suitable activities will be chosen for improving flexibility and strength, as well as improving confidence and stamina in athletics and gymnastics. Finally, pupils will begin to understand how strength, flexibility and other principles of fitness apply to different games.
Year 6	In Year 6 pupils are encouraged to become active, self-evaluating participants in whatever game or activity they undertake. Pupils will be guided through achievable target-setting exercises, helped to develop an understanding of how to judge their current performance or skill level, and be helped to develop plans to improve themselves.

Pupils will work on developing fluent technique, recording distance and time data, and comparing and contrasting performances in a constructive manner with others.

At this level, lesson plans assume pupils have a more sophisticated understanding of rules, laws, and judging criteria for games and activities. They will be encouraged to communicate and collaborate with others to achieve goals and solve problems throughout their lessons.

Characteristics displayed by greater depth children in PE

Assessing children as Greater Depth in P.E is often difficult. Whilst one child may excel in Sports, they may not demonstrate the same ability in Gymnastics. Therefore, when making an overall judgment on Greater Depth it needs to be a best-fit policy across all disciplines. Teachers should consider the following core values and beliefs when assessing whether a pupil is greater depth. Greater depth children will be:

- Children who take part in after-school sports clubs both in school and external clubs.
- Children who have been selected to represent their county, team or higher.
- Children who have been awarded trophies and certificates.
- Children who have the confidence to lead others.
- Children who understand what it means to live a fit and healthy lifestyle – and lead one themselves to some extent.
 - Why do we warm up and cool down?
 - Why does our heart pump faster?
 - What muscles are being used in different skills?
- Children who excel in a variety of sports and show great enthusiasm when taking part in physical activity.

- Enjoys the task of learning new skills and applies them quickly.
- A high natural ability.
- Children who can transfer skills previously taught from one sport-based context to another.
- Children who display a good understanding of the rules.
- Children who can use and change tactics within games.
- Children who are able to set themselves personal challenges (independently) and achieve them (independently or with support).
- Children who work very well as part of a team and show great sportsmanship - being encouraging of others,
- Children who can perform well in a competitive format.