

Physical Education

At West Newcastle Academy, Physical Education is an important part of our curriculum that is inclusive and engages all pupils. Children are given the opportunity to develop the key knowledge, skills and competence in order to allow them to become team players, develop their leadership skills and effectively problem solve. A range of sports and physical activities are offered as part of our Physical Education curriculum, allowing the children to develop these further independently through outdoor play equipment, optional afterschool activities and outdoor learning days.

We aim for all children to be offered a range of team games and physical activities helping to develop their life skills with problem solving and teamwork. Swimming is an important life skill and all children will leave primary school being able to swim at least 25 metres at the swimming pool in our local community. Creativity and curiosity are encouraged through Physical Education lessons and outdoor learning experiences such as through creating dance and gymnastic routines and creating outdoor adventurous activities, really encouraging these opportunities to build independence and for open-ended and enquiry-based learning. Physical Education lessons are used in conjunction with PSHE lessons to emphasise the need for being active and promoting a healthy lifestyle.

Groups in the local community allow us to provide enriching physical education experiences for our children such as Bikeability in KS2, allowing children to understand safe road use. It is important to celebrate our children and their Physical Education capabilities through assemblies and Sports Day where excellent team work is celebrated and parents are invited to share in our pride for our children and their efforts.

EYFS	No formal PE sessions in the first half term to allow children to settle into school.	Team games Children will learn to work as an effective team to play a range of different games including circle games and different types of tag. This will practice skills including co-ordination, negotiating space and travelling in different ways.	Dance Children will learn to create movement in response to music progressing to a more fluent style of movement. We will use props such as ribbons, bells and instruments.	Gymnastics Children will learn the correct techniques to balance, jump and roll safely. They will also learn to confidently and safely use a range of apparatus (including beams, boxes and ladders) to climb, jump and land safely.	Ball skills Children will learn to develop their hand – eye coordination through ball skills. They will practice bouncing, throwing, catching, kicking, passing and aiming.	Games (Olympics style) Children will learn to take part in a range of athletic activities in preparation for Sport’s Day. This may include races moving in different ways, jumping over hurdles, throwing objects accurately and balancing.
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<p>Year 1</p>	<p>Throwing and catching</p> <p>Children will learn the essential skills for playing ball games. They will learn to control a ball when rolling, bouncing, throwing and catching. The children will learn an underarm catch, an overarm throw and an underarm sling. They will also develop their tracking and receiving skills. They will apply these skills in team games.</p>	<p>Gymnastics</p> <p>Children will learn to practise a variety of skills including travelling movements, rolls, jumps and balances. They will apply their learning through sequence building individually and with a partner.</p>	<p>Dance</p> <p>Children will learn about dance techniques such as mirroring, improvisation, canon and unison. They will work individually, in pairs and in groups to create their own dance sequences.</p>	<p>Circuit training</p> <p>Children will develop their overall fitness through 8 different activities. They will develop their jumping skills, balancing skills and speed.</p>	<p>Invasion games</p> <p>Children will learn the basic skills they need to take part in invasion games. They will learn different ways of travelling including sidestepping, moving backwards and changing direction. They will then learn to travel with a ball and pass a ball to another player. They will apply their learning in a simple invasion game.</p>	<p>Running and jumping</p> <p>Children will learn ways of travelling at different speeds such as walking, jogging, running and sprinting. They will explore how to use space in PE by moving in different directions and using different pathways. They will look at jumping for height and distance and explore a variety of ways of jumping and apply these skills in jumping games and jumping sequences.</p>
<p>Year 2</p>	<p>Throwing and catching</p> <p>Building on their skills learnt in Year 1 children will learn how to roll</p>	<p>Gymnastics</p> <p>Children will learn to roll in different ways and will be introduced</p>	<p>Dance</p> <p>Children will think about the speed, weight and size of their</p>	<p>Circuit training</p> <p>This unit has a strong health and fitness focus and</p>	<p>Invasion games</p> <p>Children will build upon their skills learnt in Year 1. They</p>	<p>Bat and ball</p> <p>Children will develop their skills of using a tennis</p>

	and stop a ball and how to throw underarm for accuracy and overarm for distance. Children will then learn the skill of bouncing and catching a ball both independently and with a partner. They will apply their skills in a variety of throwing and catching games.	to the crouched forward roll. They will jump from a springboard and learn to do a handstand. They will learn to move with greater agility and coordination and develop body tension, control and balance. They will create and perform movement sequences.	movements. They will work in different formations, synchronizing their movements with a partner and within a larger group. They will move at different rhythms, speed up and slow down and use their own bodies to produce rhythms. They will copy and improvise movement patterns and put them together to build motifs in response to stimuli.	a scorecard enables the children to see the progress they have made. They will learn to change direction, jump, keep control and combine movements.	will learn about attacking, defending, scoring and teamwork. They will dribble with a football and learn to pass and receive the ball in a variety of ways. They will learn how to dodge to get free from a defender and mark an opposition player. They will also practise aiming and protecting a target. They will play a range of team games to apply their skills.	racket and a cricket bat. They will develop their striking skills by learning to hit a stationary ball and one that has been thrown or rolled.
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Year 3	Invasion games	Dance Children will develop their interpretive dance skills. Inspired by the rainforest. They will put together dance actions to form movement phrases.	Gymnastics Children will learn a variety of floor and vault movements. They will learn pike jumps, straight jump half-turns, cat leaps, forward rolls from standing, tucked backward rolls, chassiss steps and the squat on	Circuit training Children will develop a range of core skills. Through circuits children will develop their skills in travelling and changing direction, ball control,	Athletics Children will develop their existing running, jumping and throwing skills. They will learn an effective sprint technique including sprinting over	Striking and fielding Children will learn the striking and fielding skills needed to play games such as cricket or rounders. They will learn how to catch and throw
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			vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully.	balance and coordination.	obstacles. They will use a variety of throwing techniques including overarm and underarm. They will learn the technique for throwing the shotput and how to do the standing long jump.	across distances with accuracy. They will develop their cooperation skills and learn how working as a team can prevent the opposition from scoring points. They will play a range of mini games to develop their skills.
Year 4	<p>Tag rugby</p> <p>Children will learn the skills to play tag rugby offensively and defensively. They will learn how to catch and throw whilst stationary and on the move. They will develop their skills of tagging and sidestepping as well as making tactical decisions about when to make passes and tags. They will also learn the skill of intercepting,</p>	<p>Dance</p> <p>Children will learn a variety of dance skills including dancing in unison and in canon. They will represent and communicate ideas through dance and discover how to use expression in their dancing in order to fit the mood of a performance</p>	<p>Gymnastics</p> <p>Children will learn a range of shapes and balances. They will work individually and with a partner to create shapes and hold balances that represent characters and shapes. They will also create and perform a gymnastics routine to tell a story.</p>	<p>Badminton</p> <p>Children will use a variety of net and wall techniques. They will learn racket skills, footwork steps and attack and defence skills to use in a full badminton match. Children will learn different attack and defence shots and will discover how to use the court or playing space to give them the best</p>	<p>Swimming</p> <p>Children will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. They will use a range of strokes effectively and perform safe self-rescue in different water-based situations.</p>	

	following the offside rule.			chance of scoring points and defending their space.	
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Year 5	Basketball	Circuit training	Swimming	Athletics	Striking and fielding: rounders
Session 1	Children will learn the skills needed to play basketball offensively and defensively. They will learn how to dribble and pass the ball using a range of different techniques. Defensively, they will develop their skills of marking including man-to-man marking. Offensively, they will learn how to get free from a defender, how to shield the ball and the skill of pivoting. They will practise their skills in a mini tournament.	Children will focus on a range of different types of exercise and sporting values. They will focus on sporting abilities such as being a good sportsperson, taking part in respectful competition, working as a team and playing to each other's strengths. Children will have a chance to plan their own circuit of exercises to develop someone's all round fitness.	Children will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. They will use a range of strokes effectively and perform safe self-rescue in different water-based situations.	Children will develop their running, jumping and throwing skills. They will run for speed and endurance and learn the technique for the standing vertical jump. They will learn the techniques for throwing the discus, javelin and shot put.	Children will learn a range of skills to play a competitive rounders game. They will learn correct techniques for different types of throws and catches, practise batting and bowling techniques and learn all about the roles and responsibilities of different fielding positions.
Session 2	Cycle A Handball	Cycle A Dance	Gymnastics – movement	Invasion Games	OAA: Orienteering
	Children will focus on the main attacking and	Children will look at key dance styles from	Children will learn a variety of floor and	Children will recap the skills needed to play invasion	Children will develop their skills needed for
					Gymnastics – shape and balance
					Children will learn and perform

	<p>defending skills and fundamentals needed to play this fast and fun invasion game. In offence, children will learn how to throw and catch the ball, as well as move, pass and shoot. In defence, they will learn how to mark and intercept. Working as a team will feature throughout the unit as children take part in a range of different handball-based modified games. They will also learn some of the rules of handball, as well as some tactics that will help them in a game scenario.</p> <p>Cycle B Community learning project</p> <p>Children will design a series of exercises that work each body area or muscle. They will also</p>	<p>each decade. These dances and the associated music genres, provide the stimulus for children’s dance learning. Children will learn about using characteristics and elements of particular dance styles to develop their own dances with similar specific styles. They will develop their understanding of the evolution of dance over time, as well as the social importance of dance and their cultural impact.</p> <p>Cycle B Dance</p> <p>Children will learn about different dance styles that were popular before and during the wartime period and have them</p>	<p>vault movements. They will learn stag jumps, split leaps, pike rolls, round-offs and the squat through vault while developing their understanding of the necessary flexibility, strength and control needed to perform the movements successfully. They will create their own sequences and routines both individually and as part of a pair or group.</p>	<p>games. This includes dribbling with the ball, passing and keeping possession. They also cover attacking and defending tactics, such as two-touch passing; learning when to pass and when to dribble and different techniques for tackling and marking. They will practise these skills in a range of team games.</p>	<p>orienteeing such as agility and endurance, navigation skills and map reading. They will need to work as part of a team, to solve a range of problems that focus on collaboration and effective communication. They will improve their understanding of maps and learn about the features of an orienteeing map, applying this understanding when completing an orienteeing exercise.</p>	<p>rhythmic gymnastics. They will learn how to create a range of shapes with their bodies, both on the floor and on apparatus and they will practise their movements and linking actions to join ideas and represent different events. they will work on their own and with a partner to create a range of point balances, using their skills and creativity to create new shapes and positions.</p>
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	create something to teach children about keeping healthy and taking care of your body.	the opportunity to choreograph their own interpretive dances based on an event from the time. They will learn steps from the Charleston, Lambeth Walk and Lindy Hop, while developing their technique and performance skills.				
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Year 6	Swimming	Leadership in PE	Netball	Athletics	Striking and fielding
Session 1	Children will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. They will use a range of strokes effectively and perform safe self-rescue in different water-based situations.	Children will learn the different leadership skills needed to be able to lead others effectively within a PE setting. They will work individually or in pairs to lead a different part of the PE lesson, so that by the end of the unit, they will have experienced leading four different parts	Children will learn the skills needed to play both defence and attack. Children will learn how to pass and catch the ball using a range of techniques. Defensively, they will develop their skills of marking, including one-on-one marking. Offensively, they will learn how to get free from a defender using skills such as the dodge	Children will develop their existing running, jumping and throwing skills as well as learn new skills. They will be running for speed and endurance as well as recapping on relay running, including the baton exchange and running over hurdles. They will	Children will develop their skills that are needed to play games such as cricket and rounders. The children will learn how to catch, throw and bat across different distances with accuracy. They will develop their fielding skills by

			of a lesson (warm-up, teaching a skill, main activity, cool-down). Children will also apply their leadership skills to a range of different problem-solving activities, as well as plan and lead a physical activity to a group of children.	and straight lead run and the skill of pivoting. They will also learn the technique for shooting and how to do a toss-up.	aim to achieve their personal best in the standing long jump, triple jump and vertical jump.	learning how to 'attack the ball'. They will develop their skills of cooperation, exploring how working as a team helps to prevent the opposition from scoring points.
Session 2	<p>Cycle A Handball</p> <p>Children will focus on the main attacking and defending skills and fundamentals needed to play this fast and fun invasion game. In offence, children will learn how to throw and catch the ball, as well as move, pass and shoot. In defence, they will learn how to mark and intercept.</p>	<p>Cycle A Dance</p> <p>Children will look at key dance styles from each decade. These dances and the associated music genres, provide the stimulus for children's dance learning. Children will learn about using characteristics and elements of particular dance styles to develop their own dances with similar specific styles. They will develop their understanding of the</p>	<p>Gymnastics - movement</p> <p>Children will learn how to perform a variety of floor and vault movements. They will learn stag leaps, dive forward rolls, hurdle steps into cartwheels and round-offs and the straddle over vault while developing their understanding of the necessary flexibility, strength and control needed to perform the</p>	<p>Gymnastics – shape and balance</p> <p>Children will learn and perform individual point balances and partner balances. They will also perform some rhythmic gymnastics and learn how to create a range of shapes with their bodies, both on the floor and on apparatus. They will combine their skills to plan and perform group sequences which incorporate all</p>	<p>OAA: Orienteering</p> <p>Children will take part in a range of problem solving activities and challenges. They will be required to work as part of a team, to solve a range of different problems that focus on collaboration and effective communication, testing their levels of perseverance as well as leadership</p>	<p>Dance</p> <p>Children will learn a range of techniques required in the art of dance. This includes improvisation, how to react appropriately to different stimuli, how to move with precision, control and fluency, how to use movement to demonstrate and idea and how to evaluate and</p>

	<p>Working as a team will feature throughout the unit as children take part in a range of different handball-based modified games. They will also learn some of the rules of handball, as well as some tactics that will help them in a game scenario.</p> <p>Cycle B Community learning project</p> <p>Children will design a series of exercises that work each body area or muscle. They will also create something to teach children about keeping healthy and taking care of your body.</p>	<p>evolution of dance over time, as well as the social importance of dance and their cultural impact.</p> <p>Cycle B</p> <p>Children will learn about different dance styles that were popular before and during the wartime period and have them the opportunity to choreograph their own interpretive dances based on an event from the time. They will learn steps from the Charleston, Lambeth Walk and Lindy Hop, while developing their technique and performance skills.</p>	<p>movements successfully. Children will have the opportunity to choreograph their own sequences and routines and perform individually and as part of a larger group.</p>	<p>the skills from across the unit by linking their shapes, movements and balances to music.</p>	<p>skills. They will take part in a range of team building activities, improve their understanding of maps and learn about the features of an orienteering map, applying this understanding when completing an orienteering exercise.</p>	<p>improve their performance.</p>
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