

## Windmill L.E.A.D. Academy Physical Education Curriculum

### **School Physical Education objective:**

To develop a physical education and school sport programme that offers opportunities for children to participate in range of activities and competition, thus increasing participation and promoting healthy and active lifestyles.

### **Aims:**

- Increase physical activity levels of our children
- To develop teamwork, resilience and determination through competition
- To improve physical literacy in all children
- To foster enjoyment through physical activity

## **KS 1 Curriculum**

In Key stage 1 the Physical Education curriculum focuses on fundamental movement skills and multi skills activities. The aim is to develop children's physical literacy by improving their coordination, balance and agility. Through the activities and games that children participate in they are also able to develop their teamwork, sportsmanship and resilience. School swimming will also be introduced in year 2, to give the children confidence in the water and aid progression later in KS2.

### **Long term plan:**

<b>Strand</b>	<b>Invasion games</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Net wall games</b>	<b>Athletics</b>	<b>Outdoor and adventurous activities</b>	<b>Striking and fielding activities</b>	<b>Fitness</b>
<b>Example of activities</b>	Rollerball Basketball Football Evasion games (pirate game etc) Dodgeball	Individual-Balance Travel Jumping Use of apparatus	Special days dance (Y1) Colours dance (Y2)	Tennis – Racquet skills Pogs	Relay races Obstacle courses Throwing for distance Throwing for accuracy Jumping for distance	Team building challenges Forest schools Bush craft	Kick cricket Throwing for distance Throwing for accuracy Running for points (runs)	Warm up safety Running games and challenges

### KS1 learning objectives:

These learning objectives will be met using specific fundamental movement skills and multi skills activities.

#### **Invasion games**

Space/evasion games:

Year 1:

LO 1: To find and move in space.

LO2: To find and move in space changing direction, with good reactions.

LO3: To make good decisions on where to evade when playing doobby games.

LO4: To catch a beanbag using cup (pinkies together).

LO5: To perform a high catch and low catch with partner.

LO 6: To outwit opponent using evasion skills.

Year 2:

LO1: To find and move in space at speed.

LO2: To react to evade people and move quickly.

LO3: To use feint to evade people.

LO4: To stand in a ready position to receive object.

LO5: To successfully catch the object in different ways.

LO6: To outwit opponent using a variety of evasion skills in small game.

### **Football:**

Year 1:

LO1: Can you keep the ball at your feet with small touches.

LO2: Can you use different parts of your feet to dribble the ball.

LO3: Can you pass the ball with the inside of your foot.

LO4: Can you strike the ball with power.

Year 2:

LO 1: Can you dribble the ball and stop the ball.

LO2: Can you dribble, evading markers.

LO3: Can you pass the ball with accuracy through gates.

LO4: Can you strike the ball with some power and accuracy.

**Basketball:**

Year 1:

LO 1: To bounce the ball and catch it in two hands, dribble on the spot without stopping.

LO 2: To bounce the ball on the spot consecutively with good technique.

LO 3: To bounce the ball between hands.

LO 4: To dribble the ball around the area.

Year 2:

LO 1: To dribble the ball on the move evading each other.

LO 2: To move with head up and to not double dribble.

LO 3: To chest pass to partner, closed skill.

LO 4: To bounce pass to partner, closed skill.

**Roller ball:**

Year 1:

LO 1: To roll the ball to partner, to stop the ball using whole body.

LO 2: To roll the ball at pace with accuracy (shooting).

LO 3: To be on toes in ready position to stop the ball.

LO 4: Sit in space ready to receive ball in game situation.

Year 2:

LO 1: To move from side to side to stop the ball at pace.

LO 2: To roll the ball with power and with accuracy.

LO 3: To move in space to receive the ball.

LO 4: To consider defensive and attacking tactics.

## **Striking and fielding**

Year 1:

LO1: To throw an object underarm with some accuracy over close range

LO2: To retrieve object in the field at pace

LO3: To run at speed to score runs

LO4: To identify where to hit/throw object to score

LO5: To identify space and where to stand in field

LO 6: To catch object from partner/opponent

Year 2:

LO1: To throw object at different distances with accuracy

LO2: To show good positions in field to restrict space

LO3: To use space to score runs

LO4: To produce and high catch and low catch with good technique

LO5: To strike the ball with some accuracy in kick cricket

LO6: To recap rules of quick cricket

LO7: To stop the ball in the field, getting body behind the ball

## Net/wall games

Year 1:

LO 1: To bounce the ball to partner and catch the ball from a bounce

LO 2: To develop gameplay: Trying to bounce ball past partner to score

LO 3: To understand how we grip a tennis racket

LO 4: To balance object on the racket on the move

LO 5: To strike a ball forwards

LO 6: To strike a ball at a target

Year 2:

LO 1: To demonstrate ready position in game situation

LO 2: To balance a ball on the move

LO 3: To begin to outwit opponent by bouncing ball into space with feint

LO 4: To begin to defend position on court

LO 5: To strike a bouncing ball

LO 6: To strike a bouncing ball at a target

## Key stage 1, gymnastics and dance learning objectives

### **Gymnastics:**

Year 1:

LO 1: To understand what a balance is.

LO 2: To demonstrate different patch and point balances.

LO 3: To invent different lines and ways of travelling.

LO 4: To travel like different animals.

LO 5: To land safely from a jump.

LO 6: To use apparatus safely.

LO 7: To travel using apparatus in different ways.

Year 2:

LO 1: Complete a 5,4,3,2,1 balance sequence with balance and control.

LO 2: To link travel and balances together with balance and control.

LO 3: To create different shapes with your movements.

LO 4: To land safely during flight, off different apparatus.

LO 5: To produce different shapes in flight using apparatus.

LO 6: To demonstrate some simple rolls, using apparatus.

**Dance:**

Year 1:

LO 1: To use simple action words to control movements.

LO 2: To replicate and perform a simple dance routine.

LO 3: To use imagination to create actions to an idea.

LO 4: To replicate and perform in time with music.

Year 2:

LO 1: To use more complex action words to control movements.

LO 2: To replicate and perform more complex dance routines.

LO 3: To link more than 1 dance move together they have created.

LO 4: To create a simple individual routine.

## KS1 Athletics

LO 1: To develop good jumping technique standing and on the run

LO 2: To develop good throwing technique Pull/push and rotational throws

LO 3: To develop speed and sprinting technique

LO 4: To develop fitness through regular movement and activity

## KS 1 Fitness

LO 1: To understand the importance of a healthy and active lifestyle and we should be active every day

LO 2: To understand what happens to your body when you exercise (immediate impact)

LO 3: To recap that we warm up at the start of activity, and do it safely

LO 4: Recap and demonstrate simple dynamic stretches