

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at

Kentish Town C of E - EYFS

Key Learning

EYFS:

Nursery (Acorns) and Reception (Oak) children will learn fundamental movement skills:

Locomotor skills—transporting the body in any direction from one point to another. Examples are crawling, walking, running, hopping, leaping, jumping, galloping, skipping.

Object control skills—controlling implements and objects such as balls, hoops, bats and ribbons by hand, by foot or with any other part of the body. Examples are throwing, catching, kicking, striking, bouncing and dribbling

Body management skills—balancing the body in stillness and in motion. Examples are static and dynamic balancing, rolling, landing, bending and stretching, twisting and turning, swinging, and climbing

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Sports day in school for EYFS and KS1 Children focused on participation and teamwork

Key Vocabulary:

Balance, agility, coordination, movement

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Key Learning

Year 1 (Ash): Children should ...

Develop confidence traveling in a variety of ways and know how to stop safely, adjust speed and changing direction to avoid obstacles, and develop awareness of space.

Discover arm actions and leg drive when running and know how to run fast in a straight line.

Explore different ways of taking off when jumping and perform soft and safe landing.

Handle and carry equipment safely and trap a piece of equipment.

Explore throwing in different ways, know how to throw underarm, and catch a range of equipment with both hands.

Experiment with different ways of kicking a ball, and of hitting a ball with a bat.

Aim at a target by rolling, throwing and kicking, and develop ball control using hand-eye coordination.

Use skills in a controlled way to successfully take part in competitive (both against self and against others) and co-operative physical activities, and know rules of simple invasion games.

Explore and perform basic body actions singly and in combination, and know how to take weight on different body parts.

Show some sense of dynamic and rhythmical qualities in own dance, and choose appropriate body actions for different dance ideas. Remember, copy and repeat simple dances using movements patterns imaginatively.

Describe how their body feels before, during and after an activity, and be physically active for a sustained period.



PE at

Kentish Town C of E - KS1

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Sports day in school for EYFS and KS1
Children focused on participation and teamwork

Key Vocabulary:

Balance, agility, coordination, tactics, space, movement, beat, rhythm

Sport-specific vocabulary describing positions and equipment

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Key Learning

Year 2 (Willow): Children should...

Travel with control and accuracy in a variety of ways, adjusting speed or changing direction to avoid obstacles, and improve awareness of space by staying in a specific area in games.

Consolidate arm actions and leg drive when running and be able to run fast in a straight line consistently, and know different ways of taking off when jumping and choose appropriate landing.

Develop handling and safe carrying of equipment.

Know different types of throwing and apply in a variety of games, and consolidate catching with two hands and explore one hand catching, develop kicking and hitting skills, control body when balancing, and combine these skills to use throwing, catching, rolling, kicking and hitting in competitive and co-operative games.

Know the best place to stand during a game, use one tactic in a competitive game, and follow rules of simple invasion games.

Perform body actions with control and coordination. Choose body actions with different dynamic, expression and rhythmical qualities to make a dance that responds to a stimulus. Remember, copy and repeat simple dances using different rhythm, speed, levels and direction in an imaginative way. Show how to exercise safely.

Describe how their body feels during different activities, explain what their body needs to keep healthy and stay physically active for a sustained period of time.

Observe own and others' performances. Talk about own and others' performances and share their observations with the whole class.



PE at

Kentish Town C of E - KS1

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Sports day in school for EYFS and KS1
Children focused on participation and teamwork

Key Vocabulary:

Balance, agility, coordination, tactics, space, movement, beat, rhythm, speed, direction, pattern

Sport-specific vocabulary describing positions and equipment

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at
Kentish Town C of E - KS1

End of KS1 outcomes:

Children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Children should be able to participate in team games, developing simple tactics for attacking and defending, and perform dances using simple movement patterns.

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at
Kentish Town C of E - KS2

Key Learning

Year 3 (Cedar): Children should ...

Explore and develop a variety of passes, e.g., chest pass, bounce pass, throw and catch with control when under limited pressure, and be aware of space and use it to support a teammate and cause problems for the opposition.

Know and use rules fairly to keep activity going when participating in games, keep possession of equipment with some success, and know how to mark a player in an invasion game.

Improvise freely, translating ideas from a stimulus into movement. Share and create phrases that communicate ideas with a partner and in small groups. Repeat, remember and perform these phrases in a dance. Use dynamic, rhythmic and expressive qualities clearly and with control.

Recognise change in body before, after and during exercise. Explain why it is important to warm up. Physically active through the whole lesson. Run at fast, medium and low speeds, changing speed and direction.

Take part in a relay activity, remembering when to run and what to do.

Know the standing starting for sprinting.

Throw a variety of objects, changing the action for accuracy and distance.

Make up and repeat a short sequence of linked jumps. Develop special awareness.

Understand the concept of a map or plan in a familiar context, use clues to follow a route safely, and use information in a map to move from one location to another.

Describe what other people did, and talk about what is different between what they did and what someone else did. With help, recognise how performances could be improved.

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Swimming lessons with coaches
- Sports day at Hampstead Heath focusing on participation and teamwork

Key Vocabulary:

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at
Kentish Town C of E - KS2

Key Learning

Year 4 (Sycamore) Children should ...

Know different passes for different games, catch a ball consistently and with confidence, keep possession of a ball and hit a ball accurately with control.

Apply rules to games respecting other players, know how to evade an opponent, move into space when they are not in possession of the ball during a game, and use a range of different defending tactics such as marking and intercepting.

Respond imaginatively to a range of stimuli related to character and narrative, use simple motifs and movement patterns to structure dance phrases on their own, with a partner and with a group, and take the lead when working with a partner or a group.

Refine, repeat and remember dance phrases and dances, and perform dances clearly and fluently.

Explain why warming up and cooling down is important, explain why keeping fit is good for their health, be physically active through the whole lesson.

Run over a long distance, sprint over a short distance, and know the correct sprinting posture.

Understand the concept of a map or plan in a more demanding familiar context, use information in a map to move from one location to another, and be familiar with simple orienteering equipment.

Use clues to follow a route accurately, safely and within a time limit.

Explain how their performance or skills are similar and different from that of others, and use their comparison to improve their performances.

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Swimming lessons with coaches
- Sports day at Hampstead Heath focusing on participation and teamwork

Key Vocabulary:

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at

Kentish Town C of E - KS2

Key Learning

Year 5 (Chestnut): Children should ...

Be able to pass in a variety of ways and adapt according to different games, catch with one hand, Throw with accuracy, use forehand and backhand with a racket, and use a number of techniques to dribble and shoot.

Learn how to create space to receive the ball, gain possession by working as a team, choose the best tactics for attacking and defending according to what is happening in the game, and respect the decisions of the referees and demonstrate fair play when participating in games.

Work co-operatively as a team to solve a problem, and use tactics to respond a challenge.

Plan and perform different styles of dances confidently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance they use, and compose motifs and plan dances creatively and collaboratively in groups

Explain some important safety principles when preparing for exercise, explain what effect exercise has on their body, and explain why exercise is important. Identify some muscle groups.

Understand how to pace themselves for different distances.

Use information in a map to move from an unknown location to another, use orienteering equipment properly, and use clues and compass directions to navigate a route. Adapt their route if there is a problem or receive new information.

Compare and comment on skills, techniques and ideas that they and others have used.

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Swimming lessons with coaches
- Sports day at Hampstead Heath focusing on participation and teamwork

Key Vocabulary:

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at
Kentish Town C of E - KS2

Key Learning

Year 6 (Beech): Children should ...

Choose appropriate techniques and skills during games.

Respect teammates, opponents, referee and everyone involved in the game.

Explain complicated rules to other players, make a team plan and communicate it to others.

Use and apply different fielding tactics.

Shows a deep understanding of the game, rules and conventions.

Choose their own music style and dance, work creatively and imaginatively on their own and/or with a partner to compose motifs and structure simple dances in their own or in a specific style, and perform dances fluently and with control.

Explain how the body reacts to different kind of exercise, choose appropriate warm ups and cool downs, and explain why we need regular and safe exercise.

Identify specific muscle groups and know appropriate stretches and warm ups for these muscles.

Demonstrate stamina in long distance races. Successfully use their running, jumping and throwing skills in different athletics events.

Know and use orienteering skills to plan a route and series of clues for someone else, and plan with others, taking account of safety and danger.

Analyse and explain why they have used specific skills or techniques, modify use of skills or techniques to improve their performances, and create their own success criteria for evaluating.

Enrichment:

- After-school sports clubs and morning clubs to encourage participation and physical activity
- Visiting sports coaches supporting children's activities during lunchtime play
- Swimming lessons with coaches
- Sports day at Hampstead Heath focusing on participation and teamwork

Key Vocabulary:

Intent: Physical Education, experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Kentish Town, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.



PE at
Kentish Town C of E - KS2

End of KS2 outcomes:

Children should use running, jumping, throwing and catching in isolation and in combination. They should play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Children will develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Perform dances using a range of movement patterns. Take part in outdoor and adventurous activity challenges both individually and within a team. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.