

Why do we teach PE?	How is PE sequenced within our school?	What will our children learn?
<ul style="list-style-type: none"> <li>• Enable pupils to participate and excel in competitive sports, as well as in other physical and extracurricular activities.</li> <li>• Offer opportunities for pupils to learn how to maintain a healthy lifestyle, including understanding the importance of a balanced diet and regular physical activity.</li> <li>• Provide chances for pupils to compete in sports and other activities, helping them develop character and improve skills like teamwork, communication, and sportsmanship.</li> <li>• Ensure pupils gain knowledge about the positive effects of physical activity on their health, body, and mind.</li> </ul>	<ul style="list-style-type: none"> <li>• PE at Beechwood is split into two curriculum lessons a week. One focusing on skills such as dancing and gymnastics and the other being outside team games and athletics.</li> <li>• The outdoor PE curriculum has been sequenced so that each year group are exposed to a wide range of invasion, net/wall, strike/field and athletic games so that the skills can be embedded more regularly. All year groups have a wide range of sports/activities throughout the year, with some being combined when skills are very similar (e.g netball &amp; basketball) to provide additional time for other sporting events.</li> <li>• Year 4 children are all provided with the opportunity to enhance their water safety and confidence through external swimming lessons at Bitterne leisure centre.</li> <li>• We have opportunities for children to compete in different sport enrichment clubs as well as the chance to compete in intercity competitions.</li> <li>• We also offer students the chance to learn to keep safe with scooters and on bikes through Pedal Power.</li> <li>• We offer a variety of after school football clubs with Superstar Sports, Sports 360, SAMA Karate and the Saints Foundation</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils will learn the rules and how to play a variation of team sports/individual sports.</li> <li>• The importance of leading a healthy and balanced lifestyle.</li> <li>• How to work as a team and communicate with teammates. Also building characteristics such as being a leader.</li> <li>• Pupils will learn different ways to be physically active at home.</li> <li>• The benefits of eating a balanced diet and how it can help them improve their lifestyle.</li> <li>• The pupils will learn transferable skills that can be used in multiple sports as well as everyday life.</li> </ul>

## Overview

### Context - Invasion Games

Year 1 Travelling with an object Team Games	Year 2 Passing with an object Team Games	Year 3 Travelling (Hockey) Passing (Tag Rugby)	Year 4 Passing +Receiving (Football) Travelling +Shooting (Basketball)	Year 5 Attacking skills and tactics (Football + Netball)	Year 6 Defending skills and tactics (Tag Rugby + Netball)
<p><u>Takeaway:</u></p> <p>Change direction at speed</p> <p>Travel with a ball using a variety of different skills and equipment.</p> <p>Score points in a game.</p> <p>Follow the rules of a game.</p> <p>Work as part of a team.</p> <p>Play against an opponent.</p>	<p><u>Takeaway:</u></p> <p>Travel avoiding obstacles and opponents.</p> <p>Control a ball in multiple ways</p> <p>Basic passing skills</p> <p>Work effectively as part of a team to score points.</p> <p>Follow the rules of a game.</p> <p>Play against an opponent in a team game.</p>	<p><u>Takeaway:</u></p> <p>Control a ball when travelling from one place to another.</p> <p>Pass sideways and backwards.</p> <p>Pass whilst travelling.</p> <p>Position body to maintain possession.</p> <p>Consider speed and direction in order to evade an opponent.</p> <p>Partake in a traditional invasion game.</p>	<p><u>Takeaway:</u></p> <p>Control the ball away from an opponent.</p> <p>Travel at different speeds whilst dribbling</p> <p>Pass with accuracy, using both feet whilst travelling.</p> <p>Receive the ball using different body parts</p> <p>Shoot with accuracy and under pressure.</p> <p>Stay close to an opponent.</p> <p>Adjust body position to block the ball.</p> <p>Use my skills in a small sided game.</p>	<p><u>Takeaway:</u></p> <p>Use dribbling skills to get past an opponent.</p> <p>Change direction to evade an opponent</p> <p>Passing and moving skills to create a shooting opportunity.</p> <p>Create space and consider my positioning to help maintain possession.</p> <p>Shoot with a variety of techniques.</p> <p>Consider different strategies and tactics to maintain possession and score.</p>	<p><u>Takeaway:</u></p> <p>Combine a variety of skills to score a try.</p> <p>Consider our team's positioning and communicate to prevent an opponent from scoring.</p> <p>Experiment with different formations.</p> <p>I can stay close to an opponent and apply pressure.</p> <p>Intercept a ball that's in flight.</p> <p>Create a team strategy in order to defend and maintain possession.</p>
<p><u>Declarative knowledge:</u></p> <p>Explain change of direction.</p> <p>Explain how to control a ball.</p> <p>Explain what parts of the foot we use to travel with a ball.</p> <p>Explain how to hold and travel</p>	<p><u>Declarative knowledge:</u></p> <p>Explain how to avoid obstacles</p> <p>Explain how we can control a ball in different ways</p> <p>Explain the techniques of different passing skills</p>	<p><u>Declarative knowledge:</u></p> <p>Explain how to control a ball effectively.</p> <p>Explain what techniques we use to pass.</p>	<p><u>Declarative knowledge:</u></p> <p>Explain how to control a ball effectively and at different speeds.</p> <p>Explain how to pass with accuracy even when travelling.</p> <p>Explain the different techniques when controlling with different parts of the</p>	<p><u>Declarative knowledge:</u></p> <p>Explain how to strike a ball in flight.</p> <p>Explain different types of changes of direction.</p> <p>Know how to pass and move to create a shooting opportunity.</p>	<p><u>Declarative knowledge:</u></p> <p>Know a variety of skills which can help my team gain an advantage.</p> <p>Understand how to prevent the other team from scoring.</p> <p>Know the positives and negatives of</p>

with a hockey stick and a racket.  Explain how to catch a ball.  Explain how to score points in a game of: Hockey, Football, Hoopball	Explain how to work effectively as part of a team.  Explain the basic rules of a game of: Hoopball, Hockey and Football.	Explain how to change our body to maintain possession.  Explain different ways we can evade an opponent.  Explain the rules of the game.	body.  Explain correct shooting technique.  Know how to adjust body position to block the ball.	Know how to create space.  Know different strategies to use to help my team gain an advantage.	applying pressure at certain times.  Know different defensive formations.  Know how to intercept a ball in flight.  Know different team strategies and when best to use them
<b>Procedural knowledge:</b>  Perform a change of direction at speed (NS)  Perform a change direction with an object. (NS)  Travel with a ball using different equipment. (NS)  Perform a bounce pass to themselves and catch the ball successfully (RP)  Score points using different equipment. (NS)  Take part in a team game. (SS) (RP) (K) (AO)	<b>Procedural knowledge:</b>  Travel whilst avoiding obstacles. (RP)  Control the ball in multiple ways: hockey stick, feet, hands (NS)  Perform different passing skills: Chest, underarm, overarm, bounce, push, inside foot. (NS) (RP) (SS)  Listen to others (SS)  Confidently take part in a team game (SS) (K) (AO)	<b>Procedural knowledge:</b>  Control a ball whilst moving (NS) (RP)  Can travel with an object and look up occasionally (NS)  Perform passes in different directions (NS) (RP)  Perform passes whilst travelling (NS)  Effectively maintain possession (NS)  Evade an opponent (NS)  Effectively take part in a team game (SS) (K) (AO)	<b>Procedural knowledge:</b>  Control the ball away from an opponent (NS) (RP)  Control the ball at different speeds (RP)  Perform accurate passes whilst travelling (RP) (NS)  Receive the ball with different body parts: knee, inside of foot, sole, chest (NS)  Perform an effective shooting technique (NS)  Effectively block the ball/ pathway of the attacking player. (NS)  Use attacking and defensive skills in a game to help my team win. (SS) (K) (AO)	<b>Procedural knowledge:</b>  Strike a ball in flight. (NS)  Change direction to evade an opponent and create space. (RP)  Create shooting opportunities (NS)  Shoot with a variety of techniques: using the inside foot, laces and hands in netball. (NS)  Use different strategies to score and try to win a game. (SS) (K) (AO) (TS)	<b>Procedural knowledge:</b>  Use a variety of skills to score a try: dodge/fake, change of direction, change of speed, drawing a defender. (RP)(TS)  Use tactics to prevent an opponent from scoring. (NS)(SS)(TS)  Use a team formation to prevent an opponent from scoring (NS)(SS)(TS)  Intercept a ball that's in flight. (NS)  Use all previous learnt skills to help my team win a game. (RP) (SS)(TS) (K) (AO)

**Key**

Manipulation		Passing and Receiving					Attacking/Scoring		Defending		Game scenario	
New skill	NS	Thinking Skills	TS	Social skills	SS		Retrieval Practise	RP	Application of Knowledge	K	Assessment Opportunity	AO





Led by: Superstar Sports

Key											
Gym safety/execution		Balances		Shapes		Travelling Movements		Jumps		Sequences	
New skill	NS	Thinking Skills	TS	Social skills	SS	Retrieval Practise	RP	Application of Knowledge	K	Assessment Opportunity	AO

### Superstar Sports PE Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2	Gym	Dance	Gym	Dance	Athletics	Net and Wall
	Invasion Games	Health & Fitness	OAA Ball Skills - passing an object	Invasion Games		Striking and Fielding