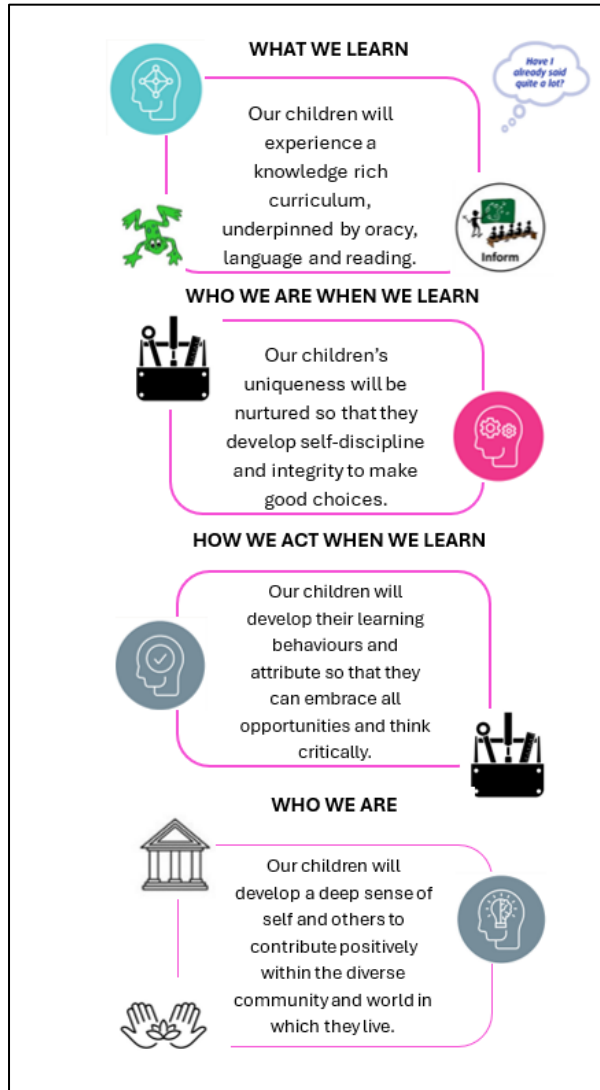


Lifton PHYSICAL EDUCATION Overview 2024-2025



Our curriculum has been deliberately designed to be ambitious and meet the needs of our children as well as the National Curriculum expectations. Subjects have been planned to immerse the children within their familiar local context before expanding their knowledge nationally and across the world.

Our curriculum design is rooted in developing our pupils as learners under **4 key principles**:

- Developing learners' learning
- Developing learners' character
- Developing learning behaviour
- Developing learners' moral compass

Curriculum intent for PE:

As well-rounded, active citizens, our children will feel a sense of belonging by immersing themselves in a wide range of physical activities. The PE curriculum will enable children to use movement confidently, developing respect for themselves and each other and a positive sporting attitude. A physically demanding and challenging curriculum inspires all to succeed and excel, developing both physical and mental health and wellbeing. Opportunities for positive competition in sport and other 10 activities build character and self-discipline whilst encouraging them to continue to have an active lifestyle beyond their school life.



LIFTON
COMMUNITY ACADEMY

Substantive knowledge content

	Autumn 1	Autumn 2	Spring 1 Temporary class restructure R/1/2	Spring 2	Summer 1	Summer 2
EYFS Year 1 Year 2	Fundamental Movements	Dance	Gymnastics	Multi Skills	Problem Solving	Multi Skills (striking and fielding focus)
	Multi Skills	Dance	Basketball	Football	Athletics	Athletics
	Fundamental Movements					
	Fundamental Movements	Gymnastics				
	Tag Rugby	Dance				
Year 3&4	Netball	Invasion Games	Gymnastics	Handball	Athletics	Athletics
	Multi Skills	Dance	Netball	Tag Rugby	Tri Golf	Cricket
Year 5	Invasion Games	Dance	Gymnastics	Basketball	Swimming/ Athletics	Athletics / Swimming
	Team building problem solving.	Health and Fitness	Health and Fitness	Cricket	Tennis	Softball
Year 6	Invasion Games	Dance	Gymnastics	Badminton	Athletics	Athletics
	Netball	Health and Fitness	Health and Fitness	Hockey	Cricket	Softball

PE Progression of skills.							
KS1			KS2				
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>			<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Swimming- by the end of KS2 children will be taught to</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) • Perform safe self-rescue in different water-based situations 				
Gymnastic movements	Basic Movements and team games	Dance	Athletics	Competitive games	Gymnastics	Dance	Evaluate
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.	participate in team games, developing simple tactics for attacking and defending.	Perform dances using simple movement patterns.	Use running, jumping, throwing and catching in isolation and in combination.	Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance	Perform dances using a range of movement patterns	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.