

Intent Phase

Our PE Plans are created inline with the Statutory Framework for Key Stage 1 & Key Stage 2 English National Curriculum Programmes of Study:

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Sports & Games</u>	1a: 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. 1b: Participate in team games, developing simple tactics for attacking and defending. 1c: Perform dances using simple movement patterns.		2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2c: Develop flexibility, strength, technique, control, and balance. 2d: Perform dances using a range of movement patterns. 2e: Take part in outdoor and adventurous activity challenges both individually and within a team 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			

Here is a sample of the Learning Objectives we use to deliver the required knowledge and skills in each sport:

Sport: Athletics						
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Declarative Knowledge:</u>	- I know that there is a difference in technique between sprinting and running over longer distance. - I know that there is control and coordination needed when running.		- I know that there is pace judgement needed when running over an increased distance. - I know when to choose appropriate running speeds to meet the demand of the task.		- I know that there is a range of throwing actions e.g., push, pull, sling, using different equipment. - I know when to apply appropriate pace judgement for the running distance to be covered. - I know when to apply the appropriate throwing and jumping technique to achieve maximum distance and height.	
<u>Procedural Knowledge:</u>	- I know how to apply basic athletic skills and techniques to a variety of activities. - I know how to practise different jumping techniques, showing control, coordination, and consistency throughout. - I know how to run, jump, balance, hop, leap, and skip. - I know how to throw overarm, underarm and pull throw towards a target. - I know how to run, jump, and throw with increasing control and coordination.		- I know how to apply a broad range of athletic skills in different ways. - I know how to show control, coordination and consistency when running, throwing, and jumping. - I know how to combine basic jump actions to form a jump combination, using a controlled jumping technique.		- I know how to run, jump, catch and throw in isolation and combination. - I know how to combine and perform skills with control. - I know how to apply skills that meet the needs of the situation, combining and performing each skill with control at speed. - I know how to choose the appropriate speed to run at for the distance to be covered.	

NB: Full Learning Objectives for all the sports we deliver are available upon request.