

PE Curriculum

Curriculum Concepts:

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy and active lives.

Intended Outcomes - by the end of key stage 2:

The RealPE scheme not only challenges the children's fundamental movements, but it also gives 'EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life'.

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.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- 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.

Concepts/Areas of Learning	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Static Balance: 1 Leg (R and L leg) (FUNS 1)	(R and L leg) *Stand still for 10 sec	(R and L leg) *Stand still for 10 sec	(R and L leg) *Stand still for 30 sec *5 mini squats	(R and L leg) *Stand still for 30 sec with eyes closed *5 squats *5 ankle extensions	(R and L leg) * Stand still on uneven surface for 30 sec *Stand still on uneven surface for 30 sec with eyes closed *10 squats into ankle extensions *5 squats with eyes closed	(R and L leg) *5 ankle extensions with eyes closed *10 squats into ankle extensions with eyes closed * Complete above 2 challenges on uneven surfaces with eyes open * Complete above 2 challenges on uneven surfaces with eyes open surfaces with eyes closed	(R and L leg) *Place cones at 12, 3, 6 and 9 on an imaginary clock face and pick them up with the same hand. *Perform above challenge with eyes closed *Stand on uneven surface and place cones at 12, 3, 6 and 9 on an imaginary clock face and pick them up with the same hand.
Static Balance: Seated (FUNS 2)	*Balance with both hands/feet down. *Balance with 1 hand/ 2 feet down. *Balance with 2 hands/ 1 foot down. *Balance with 1 hand/ 1 foot down. *Balance with 1 hand or 1 foot down. *Balance with 1 hand or 1 foot down.	*Balance with both hands/feet down. *Balance with 1 hand/ 2 feet down. *Balance with 2 hands/ 1 foot down. *Balance with 1 hand/ 1 foot down. *Balance with 1 hand or 1 foot down. *Balance with 1 hand or 1 foot down. *Balance with no hands or feet down.	*Pick up a cone from one side, swap hands and place it on the other side. *Return the cone to the opposite side.	*Pick up a cone from one side and place it on the other side with same hand. *Return it to the opposite side using the other hand. *Sit in a dish shape and hold it for 5 seconds.	*Reach and pick up cone an arms distance away, swap hands and place it on the other side (both directions). *Reach and pick up cone an arms distance away and place it on the other side using same hand (both directions). * Hold a V-shape with straight arms and legs for 10 seconds.	* Reach and pick up cones from in front, to the side and from behind. * Reach and pick up cones from in front, to the side and from behind with eyes closed. * Reach and pick up cones from in front, to the side and from behind while a partner applies a force. *Reach and pick up cones from in front, to	*Reach and pick up cones on the floor whilst on a bench, without losing balance. *Turn 360° in either direction, first on the floor then on a bench. * Balance on an uneven surface, e.g. wobble cushion, for 10 seconds. * Reach and pick up cones on the floor whilst on an

						the side and from behind with eyes closed, while a partner applies a force.	uneven surface.
Static Balance: Floor work (FUNS 3)	*Hold mini-front support position. *Reach round and point to ceiling with either hand in mini-front support.	*Hold mini-front support position. *Reach round and point to ceiling with either hand in mini-front support.	*Place cone on back and take it off with other hand in minifront support. *Hold mini-back support position. * Place cone on tummy and take it off with other hand in miniback support.	* Hold full front support position. * Lift 1 arm and point to the ceiling with either hand in front support. * Transfer cone on and off back in front support.	*Transfer tennis ball on and off back in a front support. *Transfer cone on and off tummy in back support. * Transfer tennis ball on and off tummy in back support.	* Hold front support position with only 1 foot in contact with floor and transfer cone on and off back. * Rotate fluently from front support to back support, and then continue rotating with fluency.	* Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back. * Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.
Static Balance: Stance (FUNS 4)	* Stand on line with good stance for 10 seconds.	* Stand on line with good stance for 10 seconds.	*Stand on low beam with good stance for 10 seconds.	* Receive a small force from various angles. * Raise alternate feet 5 times. * Raise alternate knees 5 times. * Catch ball at chest height and throw it back.	* Raise alternate knees to opposite elbow 5 times. * Catch large ball thrown at knee height and above head. * Catch large ball thrown away from body. *Catch small ball thrown close to and away from body.	* Throw and catch 2 small balls alternately, using both hands, both close to and away from body. * Strike small ball back to a partner with a racket. * Strike a small ball back to a partner with a racket.	* Throw and catch small ball, catching across body with either hand. * Throw and catch 2 ball alternately, catching across body with either hand. * Volley large ball back to a partner with either foot.
Dynamic Balance: On a Line (FUNS 5)	* Walk forwards with fluidity and minimum wobble. * Walk backwards with fluidity and minimum wobble.	* Walk forwards with fluidity and minimum wobble. * Walk backwards with fluidity and minimum wobble.	* Walk fluidly, lifting knees to 90°. * Walk fluidly, lifting heels to bottom.	* March, lifting knees and elbows up to a 90° angle. * Walk fluidly with heel to toe landing. * Walk fluidly, lifting knees and using heel to toe landing * Walk fluidly, lifting heels to bottom and using heel to toe landing.	* Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing. * Lunge walk forwards (heel to bottom, knees up, extend leg, sink hips, heel to toe landing). * Lunge walk forwards, bringing opposite elbow up to a 90° angle. * Complete all red	* Sidestep in both directions. * Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots * Move sideways, stepping across body (lateral step-over). * Perform 'grapevines' (step-over, sidestep, step-behind, repeat). * Complete blue challenges then above	* Lunge walk backwards. * Lunge walk backwards with opposite elbow at 90°. * Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°. * Perform above challenges with eyes closed.

					challenges with eyes closed.	challenges with eyes closed.	
Dynamic Balance: Jumping & Landing (FUNS 6)	* Jump from 2 feet to 2 feet forwards, backwards and side-to- side.	* Jump from 2 feet to 2 feet forwards, backwards and side-to- side.	* Jump from 2 feet to 2 feet with quarter turn in both directions. * Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).	* Jump from 2 feet to 2 feet with 180° turn in either direction. * Complete a tucked jump. * Complete a tucked jump with 180° turn in either direction.	* Jump 2 feet to 2 feet forwards, backwards and side-to-side. * Hop forward and backwards, freezing on landing. * Jump 1 foot to other forwards and backwards, freezing on landing. * Hop sideways, raising knee and freezing on landing. * Jump 1 foot to other sideways, raising knee and freezing knee and freeze on landing.	* Jump 2 feet to 2 feet with a 180° turn in the middle (both directions). * Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions). * Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides).	* Jump from vertical stance forwards into lunge position while holding ball off centre (both sides). * Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides). * Jump 2 feet to 2 feet with 360° turn (in both directions).
Counter Balance: In Pairs (FUNS 7)	* Sit holding hands with toes touching, lean in together then apart. * Sit holding 1 hand with toes touching, lean in together then apart. * Sit holding hands with toes touching and rock forwards, backwards and side-to-side.	* Sit holding hands with toes touching, lean in together then apart. * Sit holding 1 hand with toes touching, lean in together then apart. * Sit holding hands with toes touching and rock forwards, backwards and side-to-side.	* Hold on and, with a long base, lean back, hold balance and then move back together. * Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.	* Hold on and, with a short base, lean back, hold balance and then move back together. * Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together. * Perform above challenges with eyes closed.	* Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together. * Stand on 1 leg while holding on to partner's opposite foot.	* Complete all blue challenges with eyes closed. * Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together. * Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms.	* Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position. * Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.
Coordination: Sending & Receiving (FUNS 8)	* Roll large ball and collect the rebound. * Roll small ball and	* Roll large ball and collect the rebound. * Roll small ball and	* Throw tennis ball, catch rebound with same hand after 1	* Strike a ball with alternate hands in a rally.	* Alternately throw and catch 2 tennis balls against a wall.	* With a partner, simultaneously pass large ball along the	* Working with a partner, simultaneously pass ball along the floor

	collect the rebound. * Throw large ball and catch the rebound with 2 hands.	collect the rebound. * Throw large ball and catch the rebound with 2 hands.	bounce. * Throw tennis ball, catch rebound with same hand without a bounce. * Throw tennis ball, catch rebound with other hand after 1 bounce. * Throw tennis ball, catch rebound with other hand with other hand without a bounce. * Strike large, soft ball along ground with hand 5 times in a rally.	* Kick a ball with the same foot. * Kick a ball with alternate feet Roll 2 balls alternately using both hands, sending 1 as the other is returning.	* Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over). * Throw 2 tennis balls against a wall in a circuit, in both directions.	floor with feet and throw tennis ball for 10 continuous passes. * With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.	with feet and throw 2 tennis balls continuously. * Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously
Coordination: Ball Skills (FUNS 9)	* Sit and roll a ball along the floor around body using 2 hands. * Sit and roll a ball along the floor around body using 1 hand (right and left). * Sit and roll a ball down legs and around upper body using 2 hands. * Stand and roll a ball up and down legs and round upper body using 2 hands.	* Sit and roll a ball along the floor around body using 2 hands. * Sit and roll a ball along the floor around body using 1 hand (right and left). * Sit and roll a ball down legs and around upper body using 2 hands. * Stand and roll a ball up and down legs and round upper body using 2 hands.	* Sit and roll a ball up and down legs and round upper body using 1 hand. * Stand and roll a ball up and down legs and round upper body using 1 hand.	In 20 seconds or less: * Stand with legs apart and move a ball around 1 leg 16 times (right and left leg). * Move a ball round waist 17 times. * Stand with legs apart and move a ball around alternate legs 16 times.	In 20 seconds or less: * Stand with legs apart and move ball in figure of 8 around both legs 12 times. * Move ball around waist into figure of 8 around both legs 10 times. * Move ball around waist and then around alternate legs 12 times. * Stand with legs apart and perform 24 criss- crosses, with and then without a bounce.	In 20 seconds or less: * Stand with legs apart and complete 20 front to back catches with a bounce in between. * Perform above 30 times without ball bouncing in between. * Complete above tasks with head up throughout. * Complete 11 overhead throw and catches.	In 20 seconds or less: * Complete 12 long circles (forwards and then backwards). * Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions).
Coordination: Footwork (FUNS 10)	* Side-step in both directions. * Gallop, leading with either foot.	* Side-step in both directions. * Gallop, leading with either foot.	*. Combine side-steps with 180° front pivots off either foot. * Combine side-steps	* Hopscotch forwards and backwards, alternating hopping leg each time.	* Combine 3-step zigzag patterns with cross- over (swerve) when changing lead leg.	* Move in 3-step zigzag pattern while alternating knee raise and foot behind.	* Move backwards in 3- step zigzag pattern with foot behind. * Move backwards in 3-

	* Hop on either foot. * Skip.	* Hop on either foot. * Skip.	with 180° reverse pivots off either foot. * Skip with knee and opposite elbow at 90° angle. * Hopscotch forwards and backwards, hopping on the same leg (right and left).	* Move in a 3-step zigzag pattern forwards. * Move in a 3-step zigzag pattern backwards.	* Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction. * Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.	* Move backwards in-3 step zigzag pattern with cross-over (swerve). *. Move backwards in 3- step zigzag pattern with knee raise across body.	step zigzag pattern with alternating knee lift and foot behind.
Static Balance: Floorwork (FUNS 11)	* Roll a ball, chase and collect it in balanced position facing opposite direction. * Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.	* Roll a ball, chase and collect it in balanced position facing opposite direction. * Chase a ball rolled by a partner and collect it in balanced position facing opposite direction.	* Start in seated/lying position, throw a bouncing ball, chase and collect it in balanced position facing opposite direction. * Start in seated/lying position, chase a bouncing ball fed by a partner and collect it in balanced position facing opposite direction.	* Chase a large rolled ball, let it roll through legs and then collect it in balanced position facing the opposite direction. * Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction. * Complete above challenges with tennis ball.	* Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. * Perform above challenge with tennis ball. * Roll and chase large ball, stopping it with head in front support position facing opposite direction.	* Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. * Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce.	* Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce. * Perform above challenge but catch ball on instep of foot and lower it to the ground.
Counter Balance: In Pairs (FUNS 12)	From 1, 2 and 3 metres: * React and catch large ball dropped from shoulder height after 2 bounces. * React and catch large ball dropped from shoulder height after 1 bounce.	From 1, 2 and 3 metres: * React and catch large ball dropped from shoulder height after 2 bounces. * React and catch large ball dropped from shoulder height after 1 bounce.	From 1, 2 and 3 metres: * React and catch tennis ball dropped from shoulder height after 1 bounce.	From 1, 2 and 3 metres: * React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.	From 1, 2 and 3 metres: * React and step across body, bring hand across body and catch tennis ball after 1 bounce.	From 1, 2 and 3 metres: * React to call from partner when they drop a ball, turn and catch it after 1 bounce. * Perform above challenge but react to sound of the bounce rather than call.	From 1, 2 and 3 metres: * React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. * Perform above challenge but react to sound of bounce rather than call.

			* Perform above challenges, but also step across body and bring hand across body to catch ball with one hand

End of KS2 sport specific outcomes

<u>Year</u>	RealPE Unit	Real PE Game	Linked Sport	Level 2	<u>Year</u>	RealPE Unit	Real PE Game	Linked Sport	<u>Level 2</u>
<u>5</u>				<u>Competition</u>	<u>6</u>				<u>Competition</u>
				<u>Opportunity</u>					<u>Opportunity</u>
	Unit 1	Throw Tennis		Hockey		Unit 1	Throw Tennis		
	Aut 1		Hockey	Spr 2		Aut 1	- 15 !!	Football	
		EndBall					EndBall		
	Unit 2	Seated Volleyball		Netball		Unit 2	Seated Volleyball		Netball
	Aut 2		Volleyball	Aut 2		Aut 2		Netball	Aut 2
		Scorpion Handbal					Scorpion Handball		
	Unit 3	River Crossing		Tag Rugby		Unit 3	River Crossing		Tag Rugby
	Spr 1		Orienteering	Spr 2		Spr 1		Tag Rugby	Spring 2
		Kabadi					Kabadi		
	Unit 4	Jump Ball				Unit 4	Jump Ball		
	Spr 2		Dance / Gymnastics			Spr 2		Gymnastics /Dance	
		Jump, Roll					Jump, Roll Balance		
		Balance							
	Unit 5	Bean Bag raid	Cricket	Cricket		Unit 5	Bean Bag raid		Rounders
	Su 1					Su 1		Rounders	Summer 1
		Dodgeball		Su 1			Dodgeball		
	Unit 6	Throlf		Quad Kids		Unit 6	Throlf		Quad Kids
	Su 2		Tennis/Badmington	Su1		Su 2		Tennis/Badmington	Su1
		Scatterball		POW comp			Scatterball		POW comp
				Su 2					Su 2

Extra-Curricular club opportunities at Grangefield

<u>Autumn Term</u> -	<u>Autumn Term - Active Clubs</u>		Spring Term - Active Clubs		Summer Term - Active Clubs	
Club – Staff run	Year Group	Club – Staff run	Year Group	Club – Staff run	Year Group	
Go Noodle Dance	Y1 & Y2	Go Noodle	Y1 & Y2	Yoga (child & parent)	Rec – Y2 + Parents	
Netball	Y3 & Y4	Tag Rugby	Y5 & Y6	Cricket	Y3-Y6	
Netball	Y5 & Y6	Tag Rugby	Y3 & Y4	KS2 Atheltics	Y3-Y6	
Football	Y5&Y6	KS1 Dance	Y1 & Y2	Rounders	Y3-Y6	
Football	Y3 & Y4	Hockey	Y5 & Y6	Kick Rounders	Y1&Y2	
Cross Country	Y3 -Y6	Hockey	Y3 & Y4	Dance Works	Y5&Y6	
		Cross Country	Y3 -Y6	KS1 Athletics	Rec – Y2	
Club – External coaches	Year Group	Club – External coaches	Year Group	Club – External coaches	Year Group	
AT Football	Y1-Y4	AT Football	Y1-Y4	AT Football	Y1-Y4	
NE14 Tennis	Y1-Y6	NE14 Tennis	Y1-Y6	NE14 Tennis	Y1-Y6	
		Archery	Y1&Y2	Archery	Y3&Y4	
		Archery	Y5 &Y6			

Level 2 competition opportunities at Grangefield

Date	Organiser	Festival	Year Group	Details	Time
July	0. ga50.	1 551174.	7 Sul	56145	7 11110
Oct Autumn 1	Cleeve Cluster	Circle Dodgeball Festival	Year 3	2 teams of 15 children	In school
Oct Autumn 1	Move More	Cross Country Comp	Year 5 and 6 (mainly)		After School
Oct Autumn 1	Cleeve Cluster	Football Festival	Year 3 and 4	1 or 2 - 8 aside including GK (Squad of 10)	In school
Oct Autumn 1	Move More	Cross Country Comp	Year 5 and 6 (mainly)		After School
Oct Autumn 1	Inter schoool	Football (Albert Dix)	Years 5&6	7 A SIDE	In school and after
Oct Autumn 2	Cleeve Cluster	Cross Country Festival	Year 4,5,6	1 team of 12 girls 1 team of 12 boys Team - 1 × 3 Boys Team - 1 × 3 Girls	In school
Nov Autumn 2	Cleeve Cluster	Hi -5 Netball Festival	Year 5	2 Teams of 4 (2 boys + 2 girls in each team SEMI -SPORTY)	In school
Nov Autumn 2	Move More	Sportsability (SEN/non engaged)	Year 3, 4, 5, 6	4 students in Years 3/4 and 4 students in Years 5/6	In school
Nov Autumn 2	Move More	Netball Competition (B Team)	y 5 and 6	1 team of 8	In school
Nov Autumn 2	MoveMore	Netball Competition (A Team)	y 5 and 6	1 team of 8	In School
Nov Autumn 2	Inter school	Netball League matches	y 5 and 6	2 teams A and B teams 16 ch	After School
Nov Autumn 2	Cleeve Cluster	Kinball Festival	Year 5,6	WT PE in Year 5 1 squad of 10 players	In school

Dec Autumn 2	MoveMore	SportsHall Athletics	Year 4, 5 & 6	Boys & Girls Squad: Large Schools = min 9 Boys & 9 Girls max 15 Boys &15 Girls	In School
Jan Spring 1	Cleeve Cluster	Swimming Gala	Year 4,5,6	1 or 2 teams of 6 per school	In School
Jan Spring 1	MoveMore	Sportsability	Year 3/4 & Year 5/6		In School
Feb Spring 1	Cleeve Cluster	Key Stage 1 Festival	Year 2	1 class of 30	In School
Feb Spring 1	MoveMore	Cross Country Comp	Year 5 and 6		After School
Feb Spring 1	Cleeve Cluster	Mixed Tag Rugby Festival	Year 5, 6	1 or 2 teams - 8 aside Min of 2 girls on pitch per team	In School
Feb Spring 1	MoveMore	Cross Country Comp	Year 5 and 6		After School
March Spring 2	Cleeve Cluster	Girls Football Festival	Year 4,5,6 1 or 2 teams -6 a-side (including GK)	Cleeve School (grass)	In School
March Spring 2	MoveMore	Feet First Festival	Year 1	2 × Class	In School
March Spring 2	MoveMore	QuickSticks B Team Hockey Festival	Y 5 and 6	Teams will be 4 a-sideThere must be 2 girls and 2 boys on the pitch at all times	After School
March Spring 2	MoveMore	Quick Sticks A TEAM Hockey Festival	Y 5 and 6	Teams will be 4 a-side. There must be 2 girls and 2 boys on the pitch at all times.	After School
March Spring 2	Cleeve Cluster	Mixed Hockey Festival	Year 5 and 6	6 aside - 3 Boys and 3 Girls (no GK) Up to 4 subs	In School
March Spring 2	MoveMore	Quick Sticks Y3 and 4 Hockey Festival	Year 3 and Year 4.	Teams will be 4 a-side. There must be 2 girls and 2 boys on the pitch at all times.	After School

April Su1	MoveMore	Sportsabiliy	Year 3/4 & Year 5/6		In School
April Su1	MoveMore	Tag Rugby	Year 4, 5 and 6.	12 players, with teams of 8. Teams are mixed and there must be a minimum of 2 girls/boys on the pitch at all times	In School
May Su1	MoveMore	Archery	Year 3, 4, 5 and 6.	Teams should be mixed, made up of 9 students.	In School
May Su1	Cleeve Cluster	QuadKids Festival (Athletics)	Year 3,4	Team of 10- 5 Boys + 5 Girls	In School
May Su1	Cleeve Cluster	Sportsability	Year 3/4 & Year 5/6		In School
May Su1	MoveMore	Rounders Large School	K52	Minimum of 9 players and a maximum of 15 (there should be no more than 5 boys on the field at one time).	In School
June Su 2	MoveMore	Tri Golf Festival (Sherdons Golf Centre)	Year 3/4	mixed up to 10 children	In School
June Su 2	Cleeve Cluster	Multi Skills Festival	Year 1 (not 2022)	2 classes of 30	In School
June Su 2	MoveMore	Prince of Wales Athletics	KS2	Prince of Wales Stadium	After School
June Su 2	Cleeve Cluster	Kick Rounders	Year 2 2 Classes of 30	2 Classes of 30	In School
July Su 2	Cleeve Cluster	Mixed Rounders Festival	Year 5,6	Team of 10 5 Boys + 5 Girls	In School
July Su 2	MoveMore	Sportability	Year 3/4 & Year 5/6		In School