



Lakeside Curriculum Synopsis: PE

EYFS

During Autumn 1, the children will be learning to follow instructions, practise safely and work on simple skills by themselves. They will also learn to enjoy working on simple tasks with the help of the teaching staff or a partner.

In Autumn 2, the children will learn how to work sensibly with others, specifically focusing on taking turns and sharing.

During Spring 1, the children will complete physical activities where they need to understand and follow simple rules. They will also start to think about things that they are good at.

In Spring 2, the children will explore different movements and start to describe these movements. They will be able to observe others and then copy what they are doing.

During Summer 1, the children will work on performing skills with some control. They will also start to link more than one movement together and move confidently in different ways.

In Summer 2, the children will begin to look at why exercise is good for their health and begin to think about the changes that happen to the way that they feel when they

Yr 1

During Autumn 1, the children will be learning about perseverance and that if they do not succeed the first time then they try again. If they are struggling, then they will learn to ask for help. They will learn to follow instructions, practise safely and work on simple tasks by themselves.

In Autumn 2, they will learn to watch other children and offer praise for their work and encourage them to do well in their learning. They will also work sensibly with others by taking turns and sharing.

During Spring 1, the children will begin to order instructions, movements and skills. They will, with help, recognise the similarities and differences in performance and will learn to explain why someone is working or performing well. They will also be able to identify some of the things that they are good at and follow some simple rules.

In Spring 2, they will begin to compare their movements and skills with those of others. They will think about the movements that they need to select and link together to fit a theme. They will be able to explore and describe different movements.

During Summer 1, the children will perform a range of skills with some control and consistency. They will learn to perform a sequence of movements that includes some changes in level, direction or speed. They will confidently move in different ways.

In Summer 2, the children will be able to describe how their body feels, before during and after exercise. They will make appropriate use of the equipment that they are given and move and land safely.

Yr 2

During Autumn 1, the children will learn to understand where they are with their learning and will begin to challenge themselves to improve their performance. If they do not succeed when they first try, they will try again and ask for help if this is appropriate.

In Autumn 2, they will show patience and support others and listen to them when they are supporting them with their work. They will choose appropriate ways of encouraging them to improve and offer constructive advice on how this can be achieved.

During Spring 1, the children will begin to learn the simple tactics of attacking and defending. They will be able to identify what they are doing well themselves and what they can do to improve on their performance, as well as that of others. They will order instructions, movements and skills.

In Spring 2, the children will make up their own rules and versions of activities. They will be able to respond to a variety of tasks or music and recognize the similarities and differences in movements and expressions. They will compare their movements and skills with those of others and use them to try and improve their own movements.

During Summer 1, the children will perform and repeat longer sequences that have clear shapes and controlled movements. They will select and apply a range of skills with good control and consistency. They will have some changes in level, direction and speed.

In Summer 2, the children will describe how their body feels before, during and after exercise and will be able to say why they need to warm up and cool down. They will use the equipment that they are given appropriately and move and land safely.



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Yr 3

During Autumn 1, the children will learn to play football. They will learn the skills of dribbling, kicking, throwing and running focusing on their gross motor skills of movement. They will develop in team work and communication skills through playing small sided adaptations of football in the whole part whole style of teaching. They will apply all the skills that they have learnt into a game of football. The children will gain an understanding of the age appropriate rules of a game and how to follow these with sportsmanship.

In Real PE sessions, the children will learn to be resilient and cope well and react positively when things become difficult. They will persevere with tasks and improve their performance through regular practice. They will identify where they are with their own learning and begin to challenge themselves.

In Autumn 2, the children will cooperate with each other and give each other helpful feedback. They will take on leadership and organise roles and responsibilities and guide a small group through a task. They will show patience and support others, listening well to them when discussing their work. In instructing children how to improve, they will be happy to show and tell them about their ideas. They will use their oracy skills to guide a small group through a task.

In dance, the children will create and perform dance and they will describe the basic fitness components of the dance that they are doing. They will describe how their body feels during and after their dance lessons and why this is. They will work with others in partnership appropriately and move, jump and land safely.

During Spring 1, the children will understand the different criteria that can be used to judge performances and following this can identify specific parts to continue to work upon. They will develop an awareness of space and others to make good decisions. Understanding of the simple tactics of attacking and defending will be developed.

In Gymnastics, the children will perform a variety of movements and skills with good body tension, link actions together so that they flow, perform and repeat longer sequences with clear shapes and controlled movements and select and apply a range of skills with good control and consistency.

In Spring 2, the children will have swimming lessons. They will be assessed and put into groups according to their swimming ability and the pool instructors will teach them improve.

During Spring 2 Real PE, the children will link their actions to develop sequences of movements that express their own ideas. When completing activities, they are going to change the tactics, the rules or the tasks to make them more fun and exciting. They will recognise the similarities and differences in movements and expressions.

During Summer 1, will continue with their swimming lessons. The children will continue to be taught by the pool qualified instructors.

During Real PE sessions, the children will perform a variety of movements and skills that have good body tension. They will link actions together so they flow in running, jumping and throwing activities. They will produce longer sequences that they can repeat with clear shapes and controlled movement. These sequences will be created by the children selecting and applying a range of skills with good control and consistency.

In Summer 2, will continue with their swimming lessons. The children will continue to be taught by the pool qualified instructors.

During Real PE sessions, the children will learn to describe the basic fitness components and explain how often and how long they need to exercise in order to be healthy. They will start to think about how to record and monitor how hard they are working. They will become confident at explaining how their body feels, during and after exercise and be able to explain why they need to warm up and cool down.



Yr 4

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During Autumn 1, in Real PE sessions, the children will cope well and react positively when things become difficult. They will learn to persevere at a task that they are finding challenging and know that they can improve their performance through regular practice. Each child, will have an understanding of where they are with their learning and will challenge themselves to improve on this.

The children will learn the skills needed to play netball. They will learn the different passes used (chest, bounce, overhead, shoulder), how to shoot into the net, footwork and not moving with the ball, how to move into a space and to think about the tactics needed to play a game. They will develop in team work and communication skills through playing small sided adaptations of netball in the whole part whole style of teaching. They will apply all the skills that they have learnt into a game of hi five netball. The children will gain an understanding of the age appropriate rules of a game and how to follow these with sportsmanship.

In Autumn 2, the children will learn to cooperate well with other and give them constructive feedback. Leadership skills will continue to be developed and the children will organise roles and responsibilities and will be able to give appropriate instructions to guide a small group through a task.

In Gymnastics, the children will perform a variety of movements and skills with good body tension, link actions together so that they flow, perform and repeat longer sequences with clear shapes and controlled movements, select and apply a range of skills with good control and consistency.

During Spring 1, the children will understand the different criteria that can be used to judge performances and following this can identify specific parts to continue to work upon. They will develop an awareness of space and others to make good decisions. Understanding of the simple tactics of attacking and defending will be developed.

In dance sessions, the children will understand the ways (criteria) to judge performance, explain what they are doing well, begin to identify areas for improvement and begin to order instructions, movements and skills.

In Spring 2, the children will link actions and develop sequences of movements that will express their own ideas. When participating in group activities, they will change the tactics, rules and tasks to make them more fun or challenging. They will respond differently to a variety of tasks or music and they will recognise similarities and differences in movements and expressions.

The children will also take part in OAA activities that include:- know that they warm up before exercise; follow a map with a degree of confidence; work well in a team; know what equipment they would need for their activities

During Summer 1, the children will perform a variety of movements and skills with good body tension. They will link actions together so that they flow in running, jumping and throwing activities. They will have the stamina to perform longer sequences that contain clear shapes and controlled movement. They will select and apply a range of skills with good control and consistency,

In this term, the children will also complete an athletics unit. They will be taught to recognise and name some athletic events and techniques. They will practise some existing basic running, throwing and jumping skills, showing control and control while they are performing these. They will follow step by step instructions, copy actions and learn new techniques with some accuracy. The new skills and techniques will be combined and applied with some success when participating in running, jumping and throwing games and activities. The children will recognise how a skill or techniques has been performed but not necessarily how to improve performance. They work as part of a team.

In Summer 2, the children will describe the basic fitness components and explain how often and how long they should exercise in order to be healthy. They will be able to describe how their body feels before, during and after exercise and they will be able to explain why they need to warm up and cool down. They will devise ways of recording and monitoring how hard they are working.

During tennis lessons, the children will learn about the different strokes used in tennis and practice these with each other. They will learn how to score a simple game and how to follow the rules of tennis.



Lakeside Curriculum Synopsis: PE

Yr 5

In Autumn 1, the children will review analyse and evaluate their own and other's strengths and weakness. When playing games, the children will read and react to different situations as they happen. This will involve recognising and suggesting patterns of play which will increase chances of success and developing ideas to outwit opponents.

During this term, the children will have swimming lessons at the local pool. They will be assessed for their swimming ability and then split into the appropriate group

During Autumn 2, the children will learn to effectively disguise what they are about to next, by responding imaginatively to different situations, adapting and adjusting their skills, movements or tactics so they are different or in contrast to others. They will consider how to use variety and creativity to engage an audience.

The children will continue with their swimming lessons. They will continue to be taught by the pool qualified instructors.

In Spring 1, the children will ensure that all children are involved and will motivate them to perform better. They will do this by giving and receiving sensitive feedback and negotiating and collaborating effectively.

The children will continue with their swimming lessons. They will continue to be taught by the pool qualified instructors.

During Spring 2, the children will transfer skills and movements across a range of activities and sports. They will perform a variety of skills consistently and effectively in challenging and competitive situations. They will use skills in sport specific contexts both practising and game situation.

The children will learn the skills needed to play basketball. They will learn the different passes used, how to shoot into the net, the layup, control of the ball while moving (dribbling), how to move into a space and to think about the tactics needed to play a game. They will develop in team work and communication skills through playing small sided adaptations of basketball in the whole part whole style of teaching. They will apply all the skills that they have learnt into a game of basketball. The children will gain an understanding of the age appropriate rules of a game and how to follow these with sportsmanship. 1

In Summer 1, the children will be able to explain how individuals need different types and levels of fitness to be more effective in their activity/ role/ event. They will look at planning and following their own basic fitness programme. In this, they are going to self-select and perform appropriate warm up and cool down activities. They will also be able to identify the dangers when planning an activity.

The second lesson during this half term is athletics. The children will identify and show knowledge of some athletic events and techniques. They will practise existing basic running, throwing and jumping skills. As part of running, the children will practise reactions times and investigate different spring starts and show that they are beginning to develop their technique for the most effective sprint start. They will develop their running technique for sprinting, showing some coordination and control. When completing longer runs, they will demonstrate some stamina in order to maintain a sustained run. Control, coordination and power will also be shown when performing the standing vertical jump and they will measure the height jumped with support. The children will follow some step by step instructions and copy a range of throwing techniques with some accuracy. In doing this, they will develop their ability to throw for both distance and accuracy. They will compete against self and others and demonstrate some improvements to achieve their personal best. When performing skills, they recognise when a technique has not been performed effectively.

During Summer 2, they will learn to create their own learning plan and revise this when necessary. They will give and receive feedback on the plans appropriately. They will view challenges as opportunities to learn and develop. They will recognise their own strengths and weaknesses and set themselves targets to improve.

The children will learn about the game of rounders, including fielding, bowling, batting and learning the rules of the game in stages.



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Yr 6

In Autumn 1, the children will review analyse and evaluate their own and other's strengths and weakness. When playing games, the children will read and react to different situations as they happen. This will involve recognising and suggesting patterns of play which will increase chances of success and developing ideas to outwit opponents.

Also during this term, the children will learn about the game of tag rugby. They will learn to throw the ball correctly, defend and attack a pitch, how to tackle using the tags and the rules of the game. They will play mini sided games for practise.

During Autumn 2, the children will learn to effectively disguise what they are about to next, by responding imaginatively to different situations, adapting and adjusting their skills, movements or tactics so they are different or in contrast to others. They will consider how to use variety and creativity to engage an audience.

In gymnastics lessons, the children will effectively transfer skills and movements across a range of activities and sports, perform a variety of skills consistently and effectively in challenging or competitive situations, use combinations of skills confidently in sport specific contexts and perform a range of skills fluently and accurately in practice situation.

In Spring 1, the children will ensure that all children are involved and will motivate them to perform better. They will do this by giving and receiving sensitive feedback and negotiating and collaborating effectively.

In dance, the children will use variety and creativity in the making and performance of their dance and they will respond in varied and imaginative ways to different situations and tasks.

During Spring 2, the children will transfer skills and movements across a range of activities and sports. They will perform a variety of skills consistently and effectively in challenging and competitive situations. They will use skills in sport specific contexts both practising and game situation.

In Summer 1, the children will be able to explain how individuals need different types and levels of fitness to be more effective in their activity/ role/ event. They will look at planning and following their own basic fitness programme. In this, they are going to self-select and perform appropriate warm up and cool down activities. They will also be able to identify the dangers when planning an activity.

There will also be cricket during this half term. They will learn the skills of batting, bowling and fielding and they will learn the rules of the game of kwik cricket so that there can be small sided games.

During Summer 2, they will learn to create their own learning plan and revise this when necessary. They will give and receive feedback on the plans appropriately. They will view challenges as opportunities to learn and develop. They will recognise their own strengths and weaknesses and set themselves targets to improve.

In this term, the children will also complete some athletic activities. They will try to improve reaction speed through repetition. They will use elements of the correct technique for the underarm throw with some success. They will demonstrate elements of an effective sprinting technique. When completing relay activities they will know how to pass and receive a baton using the down sweep, and use this technique with some success. When running longer distances, the children will demonstrate a degree of endurance and stamina. They will also understand how to pace themselves and will be able to do this in a race, including speeding up at the end. The children will have the opportunity to continue their work on hurdling. In this work, they will sometimes use their leg to with over obstacles, demonstrate coordination and fluency when hurdling but not necessarily have speed. They will demonstrate different jumping techniques and work hard to improve on their personal best. Leadership skills will be developed through jumping activities. They will demonstrate some elements of the overhead heave throw technique and throw for distance and accuracy.