

# Physical Education



Sport is a key focus at Holy Family School as it aims to value, inspire and challenge all pupils who come to learn. In Foundation Stage, Physical Development is a major focus and there are many opportunities in the outdoor area to develop balance and ball skills as part of the Early Years curriculum, as well as lessons taught by a specialist teacher to develop throwing and catching, working with others and movement and gymnastics. In Key Stage 1, Holy Family children are taught by a specialist teacher to help them master basic movements including running, jumping, throwing and catching. Once they have these skills, the children are encouraged to apply them to a range of activities including team games and dancing.

By Key Stage 2, character formation via sportsmanship comes to the fore as the children's PE lessons become more competitive. Holy Family children learn the rules and tactics for a number of games such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis as well as the rules of attack and defence. Gymnastics and athletics is taught to develop flexibility and strength as well as technique and control. The children are also encouraged to reflect and compare their performances with previous ones and each other's. Swimming lessons are provided in Years 3, 4, and 5 at Langley Leisure Centre with the aim that no child leaves our school unable to swim.



## Physical Education – Termly topics

|          | Sport   | Skill EYFS   | Skill ks1   | Ks2  |
|----------|---|--|---|--|
| Advent 1 | <b>REC</b><br><b>MOVEMENT</b><br><b>DEVELOPMENT</b><br><b>Football</b><br><b>Handball</b> | <p>In EYFS Movement Development, children should improve speed, agility, balance, strength and coordination. Children should develop jumping/hopping and landing techniques, understanding the importance of moving, landing and stopping safely. Our EYFS Movement Development lessons help children negotiate space, explore movements and try new activities.</p> | <p><b>Football</b></p> <p>In Key Stage One Football, children should improve their ability to move fluently changing speed and direction. They should continue to develop key fundamental movement skills, both with and without a ball, moving in a safe way. Our Football lessons help children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.</p> <p><b>Handball</b></p> <p>In Key Stage One Handball, children should improve their ability to move fluently changing speed and direction. They should continue to develop key fundamental movement skills, both with and without a ball, moving in a safe way. Our Handball lessons help children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.</p> | <p><b>Football</b></p> <p>Children should continue to develop ball control, improving control when moving around, and increasing the accuracy and control when passing, shooting and receiving. Our Football lessons improve decision making in game situations, allowing children to make passes and move into good positions to make it difficult for opponents. Children are encouraged to work well with others, communicating and collaborating, whilst being fair and respectful when competing against others.</p> <p><b>Handball</b></p> <p>In Handball, children should continue to develop ball control, improving control when moving around, and increasing the accuracy and control when passing, shooting and receiving. Our Handball lessons improve decision making in game situations, allowing children to make passes and move into good positions to make it difficult for opponents. Children are encouraged to work well with others, communicating and collaborating, whilst being fair and respectful when competing against others.</p> |
| Advent 2 | <b>REC Ball Skills</b><br><b>Tag rugby</b><br><b>Basketball</b>                           | <p>In EYFS Ball Skills children should learn to move confidently and safely, considering and managing risks when using equipment. Children should develop fundamental movement skills, showing control when throwing and catching a large ball. Our EYFS Ball Skills lesson plans help children develop playing in a group, turn taking and sharing.</p>             | <p><b>Tag Rugby</b></p> <p>Improve their ability to move fluently changing speed and direction. They should continue to develop key fundamental movement skills, both with and without a ball, moving in a safe way. These Tag Rugby lessons help children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.</p> <p><b>Basketball</b></p> <p>Children should improve their ability to move fluently changing speed and direction. They should continue to develop key fundamental movement skills, both with and without a ball, moving in a safe way. Our Basketball lessons help children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.</p>   | <p><b>Tag Rugby</b></p> <p>Tag Rugby, children should continue to develop ball control, improving control when moving around, and increasing the accuracy and control when passing, shooting and receiving. Our Tag Rugby lessons improve decision making in game situations, allowing children to make passes and move into good positions to make it difficult for opponents. Children are encouraged to work well with others, communicating and collaborating, whilst being fair and respectful when competing against others.</p> <p><b>Basketball</b></p> <p>In Basketball, children should continue to develop ball control, improving control when moving around, and increasing the accuracy and control when passing, shooting and receiving. Improve decision making in game situations, allowing children to make passes and move into good positions to make it difficult for opponents. Children are encouraged to work well with others, communicating and collaborating, whilst being fair and respectful when competing against others.</p>     |



## Physical Education – Termly topics

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| Lent 1 | <b>REC</b><br><b>GYMNASTICS</b><br><b>Gymnastics</b><br><b>Cricket</b> | <p>Lesson 1- Introduction</p> <p>Lesson 2 – travelling</p> <p>Lesson 3 – shapes</p> <p>Lesson 4 – Balances</p> <p>Lesson 5 – Jumps</p> <p>Lesson 6 - Sequences</p>  | <p><b>Gymnastics</b></p> <p>In Gymnastics KS1, children should learn and develop fundamental movement skills. These skills increase a child’s confidence and competence and include travelling, balancing, rolling, and jumping.</p> <p>Our Gymnastics lessons help children explore and form simple sequences of different actions, moving safely, changing direction and speed.</p> <p><b>Cricket</b></p> <p>In Key Stage One Cricket, children should improve their ability to move fluently changing speed and direction – avoiding collisions. Children will develop skills to enable them to catch and stop a ball, getting in line to retrieve it, and explore different techniques to throw and hit the ball, showing basic control. Our Cricket lessons help children learn rules of the game they must follow and understand when to apply simple tactics when competing.</p>  | <p><b>Gymnastics</b></p> <p>In Gymnastics, children should learn, develop, and combine the key elements required to perform gymnastic sequences, with sequences becoming longer and more effective.</p> <p>Our Gymnastics lessons improve the accuracy and consistency of linking shapes, balances and traveling. Children are encouraged to be creative and experiment with changes in dynamics when working in pairs and groups.</p> <p><b>Cricket</b></p> <p>In Key Stage Two Cricket, children should continue to develop control of the bat and ball, knowing how to throw and catch over an increasing distance, and hit the ball with the correct technique. Children should improve consistency and accuracy of skills when competing against themselves and against others. Our Cricket lesson help children understand rules of the game and discuss tactics in game situations for both striking and fielding.</p>  |
| Lent 2 | <b>REC WORKING WITH OTHERS</b><br><b>Tennis</b><br><b>Netball</b>      | <p>In EYFS Working with Others, children should run with control and coordination, negotiating space successfully, adjusting speed or direction to avoid obstacles. Children should develop basic ball control and be aware of boundaries set and of behavioural expectations.</p> <p>Our EYFS Working with Others lessons develop relationships between peers, allowing children to respond to what others are saying, and accept the needs of others.</p> | <p><b>Tennis</b></p> <p>In Key Stage One Tennis, children should improve their ability to move fluently changing speed and direction. They should continue to develop key fundamental movement skills, both with and without a ball, improving their ability to move in a safe, controlled way.</p> <p>Our Tennis lessons help children develop basic ball and racket control, experiment with different types of sending and receiving, and show some success when aiming at a target.</p> <p><b>Netball</b></p> <p>In Key Stage One Netball, children should improve their ability to move fluently changing speed and direction. They should continue to develop key fundamental movement skills, both with and without a ball, moving in a safe way.</p> <p>Our Netball lessons help children develop basic ball control, experiment with different types of sending and receiving, and show some success when aiming at a target.</p> | <p><b>Tennis</b></p> <p>In Key Stage 2 Tennis, children should continue to develop racket and ball control, improving control when moving around, and increasing the accuracy and control when performing shots such as forehand and backhand.</p> <p>Our Tennis lessons improve decision making in game situations, allowing children to play shots and move into good positions on the court to make it difficult for opponents. Children are encouraged to work well with others, communicating and collaborating, whilst being fair and respectful when competing against others.</p> <p><b>Netball</b></p> <p>In Netball, children should continue to develop ball control, improving control when moving around, and increasing the accuracy and control when passing, shooting and receiving.</p> <p>Our Netball lessons improve decision making in game situations, allowing children to make passes and move into good positions to make it difficult for opponents. Children are encouraged to work well with others, communicating and collaborating, whilst being fair and respectful when competing against others.</p> |



## Physical Education – Termly topics

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| Pentecost 1 | <b>REC THROWING AND CATCHING</b><br><br><b>Athletics Rounders</b>        | <p>In EYFS Throwing &amp; Catching, children can move freely, with pleasure and confidence in a range of skilful ways. Children should learn to accept the needs of others, turn taking and sharing.</p> <p>Our Throwing &amp; Catching lesson plans encourage children run in a controlled way, changing speed and direction to avoid obstacles. Our EYFS Throwing &amp; Catching lessons also give children opportunities to be aware of boundaries set and behaviour expectations.</p> | <p><b>Athletics</b><br/>In Key Stage One Athletics, children should learn to apply basic athletic skills and techniques to a range of activities. These skills include jumping, hopping, and balancing with control, running with control and coordination, and throwing towards a target. Our Athletics lessons help children explore and develop their locomotor, stability, and manipulation skills.</p> <p><b>Rounders</b><br/>In Key Stage One Rounders, children should improve their ability to move fluently changing speed and direction – avoiding collisions. Children will develop skills to enable them to catch and stop a ball, getting in line to retrieve it, and explore different techniques to throw and hit the ball, showing basic control. Our Rounders lessons help children learn rules of the game they must follow and understand when to apply simple tactics when competing.</p> | <p><b>Athletics</b><br/>In Key Stage 2 Athletics, children learn to apply a broad range of athletic skills in different ways. These skills, practiced in isolation and combination include running, jumping, and throwing with control and consistency. Our lessons help children develop a greater athletic knowledge, allowing them to make decisions such as the appropriate running speeds needed to meet the needs of the task.</p> <p><b>Rounders</b><br/>In Key Stage Two Rounders, children should continue to develop control of the bat and ball, knowing how to throw and catch over an increasing distance, and hit the ball with the correct technique. Children should improve consistency and accuracy of skills when competing against themselves and against others. Our Rounders lessons help children understand rules of the game and discuss tactics in game situations for both striking and fielding.</p> |
|             | <b>REC Fitness</b><br><br><b>Fitness</b><br><br><b>sports day events</b> | <p>In EYFS Fitness, children should improve speed, agility, balance, strength and coordination. Children should develop jumping/hopping and landing techniques, understanding the importance of moving, landing and stopping safely.</p> <p>Our EYFS Fitness lessons help children negotiate space, explore movements and try new activities.</p>   | <p><b>Fitness</b><br/>In Key Stage One Fitness, children should continue to develop fundamental movement skills, such as running, jumping, balancing and hopping. Children will also improve physical components such as strength, speed, agility, coordination and stamina, and be able to apply these in a range of activities. Our Fitness lessons help children negotiate space, explore movements and engage in discussions around the benefits of regular exercise and why eating well is good for you.</p> <p><b>Sports day events</b><br/>During these lessons key stage one will have the opportunity to practise their events leading up to sports day. These events consist of Jumping, throwing and running different distances.</p>  | <p><b>Fitness</b><br/>In Key Stage 2 Fitness, children continue to develop components of fitness, such as strength, speed, aerobic fitness and coordination. Children will show good control and coordination when performing skills in combination. Our Fitness lessons help children develop a greater physical knowledge, be able to demonstrate good whole-body strength and discuss the importance in leading healthy, active lifestyles.</p> <p><b>Sports day events</b><br/>These lessons will give KS2 an opportunity to practise their sports day events, using a range of different skills. They will learn different techniques when running, jumping and throwing, they will also learn how to judge different events.</p>   |

**Swimming** – Children in Years 3, 4 and 5 have a block of swimming lessons each year with the aim that they swim competently, confidently and proficiently over a distance of at least 25 metres by the time they leave Holy Family.

**Dance** – Children in Ks1 will perform dances using simple movement patterns that link to work they are completing in other areas of the curriculum. During their time in Ks2 children will undertake at least 1 block of dance that will be lead by an external specialist dance coach.