



YEAR GROUP	HOURS	7 WEEKS HALF TERM 1 SEPT - OCT	8 WEEKS HALF TERM 2 OCT - XMAS	5 WEEKS HALF TERM 3 JAN - FEB	6 WEEKS HALF TERM 4 FEB - MARCH	6 WEEKS HALF TERM 5 APRIL - MAY	7 WEEKS HALF TERM 6 JUNE - JULY
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KS1	1	Fundamental Skills	Coordination Skills	Creative World s	Cognitive Games	Teamwork Games	Invasion Rule Focus
	2	- Ball Games	- Dance & Yoga Focus	- Gymnastics & Balance	- Catching & Throwing	- Basketball Focus	- Athletics

3	1	Ball Skills	Coordination Skills	Cognitive Games	Athletics	Net & Wall Games	Invasion Games
	2	- Striking & Fielding	- Dance & Yoga Focus	- Gymnastics & Balance	- Fundamental Skills	- Teamwork Games	- Life's Skills Through Sport

4	1	Athletic Competitions	Coordination Skills	Gymnastics	Fundamental Skills	Strategy Games	Invasion Games
	2	- Fitness / FMS / ABC	- Net & Wall Games	- Dance & Yoga Focus	- Football	- Handball	- Striking & Fielding

5	1	Net & Wall Games	Gymnastics	Dance & Yoga Focus	Tag Rugby & American Football	Creating Games	Invasion Games Competitive
	2	- Strategy Games	- Life's Skills Through Sport	- Intense Ball Games	- Football	- Handball	- Striking & Fielding

6	1	Invasion Games Competative	Dance & Yoga Flow	Gymnastics	Net & Wall Games	Creating Games	Athletics Technique Focus
	2	- Fitness	- Netball & Basketball Focus	- Handball / Benchball / MatBall	- Tag Rugby & American Football	- Striking & Fielding	- Secondary School Prep

CREATING BETTER PEOPLE THROUGH A
 CREATIVE PE CURRICULUM



CURRICULUM BREAKDOWN - KS1

Fundamental Skills

Children will develop their movement skills through skipping, running, and hopping. Also, being able to move like different modes of transport e.g., car, train, plane, cycle, etc. Also, we need to focus on developing the children's agility, balance, and coordination skills through fun engaging activities.

Children should be made fully aware of the importance of PE and why it is healthy for them.

Ball Games

Children will develop the basics of catching the ball in different ways and being able to throw the ball in different methods e.g., rolling, underarm, overarm, both hands, bouncing, etc. Using targets to hit and advance with defenders/blockers will advance their awareness skills too.

Coordination Skills

Children will develop their coordination and balance through agility games where they have to change their speed, direction, and movement. Progressing to being able to process 2 things at once and multitask through sport.

Dance/ Yoga

By linking dance and yoga children will be developing their balancing techniques in different positions. Being creative and using; superhero poses, animal poses, sports poses, and many more. Letting them be creative and set their difficulty.

Creative Worlds

A term where children really express their already amazing imagination. Placing them in imaginary sporting scenarios/worlds where they must use teamwork, sports equipment, and traveling methods to get from A-B or even escape.

An example: The whole class/team needs to get from their home in Sheffield to the football World Cup in South Africa. On this journey, they will have to walk, get on a coach, fly on a plane, run, check into a hotel, dribble their footballs, make a team celebration, and shake hands. Ultimately getting from A – B as a team.

Another example: A rocket launch mission. They all prepare to fly to Mars, using imaginary costumes. Pressing loads of buttons/cone colours. Turbulence/shaking. Landing/making noises. Mars walks, finding food on Mars, building a house, and naming their new planet. Finding stuff on Mars like a skipping rope and showing how to use it.

Gymnastics and Balancing

Children will develop their positions e.g., tuck position, pencil position, star position, etc. They will learn techniques on how to hold and keep the balance of positions and how to start flowing from one position to another smoothly. Also, children will develop their basic rolls and try to perform them comfortably and safely.

Cognitive/ Brain Games

Developing techniques through memory games, problem-solving, team games, and reaction skills.

Children will be trying to remember sequences and patterns to complete tasks. Problem-solving through sporting activities focusing on the task at hand. Reaction games so that the children can be best prepared to play a game.

Progressing their starting difficulty and developing the games and the difficulty themselves, bringing more success and enjoyment

Catching and Throwing

Children will develop catching by using various equipment; beanbags, small soft balls, dodgeballs, tennis balls, bibs using both hands and then to 1 hand then a weaker hand. Throwing in the air, to yourself, at targets, against a wall, underarm, on the ground, pair work and eventually throwing and catching in teams.

Teamwork Games

Children will develop their small group work 2's/ 3's and large group work half the class and eventually all the class. Through fun games, mainly working on their understanding, teamwork skills, understanding the importance of inclusion of all team members, and leadership skills.

Basketball

Introducing a new sport and developing the basic skills; dribbling, passing, skill moves, and shooting techniques. Engaging and showing the importance of each skill and slowly starting to introduce basketball rules and the understanding of them.

Invasion Games – Rule focus

Showing a variety of games, developing the children's familiarity. Understanding of rules and techniques on how to find space and play against another team. Sportsmanship and teamwork should be heavily focused on. Sports include handball, benchball, football, dodgeball, and basketball. The main aim for the children should be to develop their understanding and have fun.

Athletics

Children will learn many different athletic sports including, javelin, 100-meter sprint, relay races, discus, long jump, triple jump, shot put, etc.

Understanding how to fairly start and record each sport/test. Competing against each other. Fun target games to develop techniques. Fun running games to increase their speed. How to properly use the equipment for each sporting activity.

CURRICULUM BREAKDOWN - Y3/Y4

Ball Skills

Students will develop their coordination by catching and throwing different sizes and shapes of balls e.g., tennis balls, soft dodgeball, rugby ball, a reaction ball. Using a variety of shapes and sizes will help challenge them while getting used to equipment in sports they will soon play. Underarm, overarm throwing repetitions.

Teamwork and individual games will be used. Healthy Competition should be used to perform learned skills in a slightly pressured environment to help increase the speed while using the correct technique.

Striking and Fielding

Students will be using different equipment to strike a ball e.g., cricket bat, rounders bat, tennis racket, palm of their hand. Allowing the students to pick their own ability level. Teaching about not only striking the ball well but into the space where the fielders are not, is a massive progression.

Fielding can be taught during matches of rounders, cricket, or variations of each sport. Developing techniques of catching, stopping the ball, and bowling the ball.

Teamwork is key and emphasising the importance of working as a team in order to succeed.

Athletics Competitions

Students will be taught the details of each sport, how to make them be quicker or throw further, plus the baton pass for relay races. Details such as starting positions, techniques of running, and throwing.

Target games will be used to keep it interesting, along with timed runs and time challenges.

There will be healthy competition in teams and individually. The importance of respect in athletics and good sportsmanship will be regularly discussed.

Fundamental skills

Developing students' fundamental movement, catching, throwing, balance, and coordination. This should be taught through creative and engaging activities and challenges. Progressing the students into multitasking e.g. moving while throwing, moving to catch or stop a ball, balancing and catching at the same time. Aiming to get each student competent in doing the basic fundamental skills.

Fitness

Students will take part in a range of fitness challenges. Information and talk to students on why fitness is so important to your body and how to train safely for your current age. Explaining that fitness isn't just about strength but also stamina, speed, agility, and coordination.

Demonstrations will be given to not only tell but show how to properly perform exercises. We would advise recording scores each session to show progression each week for each child.

Coordination Skills

Students will develop their hand-eye coordination through reaction games and agility games with and without a ball. Also, the focus will be placed on developing students' ability to control their balance whilst undertaking a moving motion into kicking, catching, and throwing.

The aim of the sessions is to help develop multi-tasking skills, which will definitely help them in all sports in the future. Children should be able to perform their own ideas and combination.

Dance/ Yoga

Students will develop their knowledge of yoga positions, plus create their own. Focusing on holding balances for a challenging amount of time for them. Adding in smooth dance flows from one yoga position to another yoga position.

The aim is to make performance through flows and dance sequences to music. This can be performed by the rest of the students in the class.

Life Skills Through Sport

Teaching students the understanding of having to earn money to pay for things that they want in life. Get them to understand that to get to places you want to be, you have to fill the car with petrol, which costs money, which you have to earn. Having to get a job to earn money.

Teaching these important life skills through games and imagination will enable them to understand real-life situations. Putting them in imaginary situations, with the aim of students realising what life can sometimes involve.

Net and Wall Skills

Using a variety of equipment, the children will develop hitting a ball/shuttlecock with a tennis racket, badminton racket, table tennis bat, and their hands for games of volleyball. Developing techniques of how to hit a ball, with spin, high, or with power.

The aim is to progress from learning shot techniques to rallying with partners to compete for points with the aim of hitting it into space to help win points.



CURRICULUM BREAKDOWN - Y3/Y4

Cognitive / Brain Games

A term to test the student's memory through sports. Being able to remember sequences to help win games. Making mental strategies both individually and in teams to achieve outcomes. Reaction games for students to focus and be prepared to win.

The aim is to develop and teach methods of remembering and being ready, while also learning from the students what is best for them individually. Practices to help children use their weaker side just as much as their stronger. Demonstrating that mental readiness will progress their reaction speed.

Gymnastics / Balance

Students will be developing more complex gymnastic moves and rolls starting to combine them, therefore, creating more difficult flows. Balances on off-the-floor apparatus to help them focus and hold for a challenging amount of time for them. Jumping and landing safely while being composed.

We want the students to be as creative as possible, giving them free rein to create gymnastic routines individually and in pairs, while using a variety of equipment. Developing their confidence to show their performances to their peers.

Football

Students will be developing their ball mastery skills, close control, and awareness/finding space. Focusing on how to look after the ball in an unopposed situation to an opposed situation. Higher-ability students in football should be encouraged to express their more advanced skills when in an unopposed situation. If they can do so comfortably allow them to help assist lower-ability students.

Moving into small-sided games e.g., 1v1 2v1, 2v2,3v3. Having more touches of the ball. Other focuses on teamwork and how to create space in the area provided. Sportsmanship is something that the whole class can talk about.

Teamwork Games

Students will be doing team games throughout the half term. Focusing on their communication with each other, supporting each other, playing with different members of their class, and sportsmanship.

The aim is to improve their teamwork skills and find ways to work together to succeed. This should be coached through a variety of sports.

Strategy Games

Students will be developing their problem-solving techniques individually and as a team through sport games. Games that will get students thinking and planning ways to help them be successful. Capture the flag, tick-tac-toe, tag games, cops and robbers, etc.

The aim is to see students naturally taking action by themselves to organise and communicate in a positive way. Students come up with their own ideas and see if they work through practice.

Handball

The students will be developing their range of passing e.g., chest pass, overhead pass, bounce pass. Being able to pass and move into space effectively. Understanding of the rules through repetition and match play. Handball is a quick game, so putting time restrictions will help students play quicker and understand this is one key factor of a game of handball.

Aim to have children be able to play a tournament at the end of half term, competitively and fully understand the rules of handball.

Invasion Games

This half-term can cover invasion games that have not already been covered previously in the year; basketball, football, handball, rugby, hockey, etc. Or if the students have struggled slightly on a sport, then recap and refresh.

Working on teamwork, communication skills with each other as classmates, sportsmanship, understanding of rules, techniques of passing and shooting.

CURRICULUM BREAKDOWN - Y5/Y6

Net and Wall

Students develop their skills so they can partake in competitive matches against each other. Students comfortably play all types of shots; smash, volley, forehand, backhand, overhead shot, and serving.

Placing students in doubles games and whole class activities will help them work on their teamwork skills.

Strategy Games

Setting up games where students must work as a team to help problem solve/work out the best plan to win the challenge or competition. Trial and error on strategy plans are a great way of letting students take control and understand when plans work and when plans don't work.

Have students express themselves with their own strategy game ideas. Encouraging student-led games if they come up with a good concept of a game. Let them express their leadership positively!

Invasion Games

Identify what invasion sports the students need to improve on. Trying to get them competent in attacking and defending sports. Understanding the importance of teamwork to win, during and after competition demonstrating sportsmanship to everyone.

The main aims are for them to have fun learning new sports, with the possibility of students playing these sports outside of a PE setting.

Fitness

Reinforcing what fitness means, and how we can keep our bodies fit and healthy. Utilising a range of stamina, agility, speed, muscle, and core body exercises, to demonstrate to students for visual effect and understanding.

Showing exercises that require no equipment allowing them to be able to carry on at home and in their own time. Giving information on what not to lift and the importance of rest, making sure it's safe and sensible for the age group. Having them write down exercises and record their results.

Gymnastics

Students should develop gymnastic techniques and be putting them into performances using equipment e.g., benches, high platforms, mats plus all appropriate equipment available. Allowing students to give positive construction to others should be encouraged, this will demonstrate students' understanding of you as their coach.

Group sessions allow leadership and demonstration skills to come out. Make fun scenarios for performance if needed for inspiration e.g., James Bond, caterpillar into butterflies, your morning wake-up routine, half class Vs the other half of class.

Life Skills Through Sport

Creating real-life situations and making students realise, the worth of items/what happens when things break/ how you earn money and to deal with life situations.
Life skills on how to get jobs you want, skills you need, grades you need.

Dance/Yoga

Expression of yoga position and students' own creative balances with dance moves in between, individually and then progressing into groups. Leadership should be encouraged and ask more advanced ability students to help coach the students who currently have lower ability/confidence.

Using different types of music and tempo to develop movement to different types of beats.
Showing confidence to perform to the rest of the class should be really celebrated.

Netball/Basketball

Two sports technique-wise overlap each other. Develop student's range of passing; bounce pass, chest pass, and overhead pass. Getting children to understand the importance of moving off the ball to help create space and be an option for their teammates. Shooting techniques are slightly different as in netball you cannot use the backboard, whereas in basketball you can.

The aim for this age group is to apply position knowledge, netball will automatically do this with possessions meaning the area and team are set. I would cover Netball first and then progress this learned knowledge into basketball.

Intense Ball Games

Faster pace sports such as Spikeball, Pickleball, and table tennis. A lot of students won't have played these games before, so understanding of rules is key. Taking time to work on techniques of different types of shots.

Fast pace ball games involve a lot of quick reactions, so focusing on students' preparation and recovery positions after each shot is important. Students should learn to recognise where their opponents are positioned on the court and select the type of shot needed to win the point. Students should be able to explore their own ideas of intense ball games and apply tasks.

Being practical with the use of equipment;

Spikeball - Use a hoop on the ground and a standard bouncing ball.

Pickleball – Tennis racket over a low-sized net and use flat spots to mark the court



CURRICULUM BREAKDOWN - Y5/Y6

Handball/Bench Ball /Mat Ball

Students should be increasing their understanding of how/when to defend and attack. Realising the current state of the game and the student putting in place team strategies to help them complete challenges and matches.

Key skills should be developed, e.g., types of passes, communication, rule understanding of each variation of the game, catching, movement off the ball, and sportsmanship.

Tag Rugby/ American Football

Covering tag rugby for the first 3 weeks, getting students to do many repetitions of passing the ball backward on both sides of their body. Learning how to catch the ball properly. Understanding tag rugby rules e.g., how many times your team gets tagged before the ball changes possession, how to do a touch start, and how to score a try.

For these two sports, it helps students adjust to a different type of ball, meaning it will help develop their range of skills, sports, and hand-eye coordination. Agility is a key skill for students to run with the ball and get away from defenders.

Covering American Football in the next 3 weeks. Massive focus on throwing and how to grip the ball, increase the distance of their throws, and accuracy. Understanding of rules through stop-and-start match play. Developing awareness of the sport is key for outside-of-school participation.

Football

Developing the student's ball mastery skills, dribbling, turning, shooting, passing, and moving. Encourage students of higher ability to help others, this should be rewarded when done positively. Small-sided games should be used to allow students to play with similar abilities, give more touches of the ball, and more success through goals.

Giving students talks about sportsmanship and teamwork, telling what you expect from Y5/Y6 students. How sportsmanship and teamwork apply in PE, but also lunchtime and outside of school when playing sports.

Creating Games

This can be creating whole new games/games the students have never played before/adapting rules from well-known games to change the dynamic/games the students have come up with themselves.

Inspiring creativity, strategy plans to overcome challenges, and teamwork. This will introduce students to a variety of new games that can be played in their own time/lunchtime.

Striking and Fielding

Students should now be testing their striking of the ball, with the correct use of equipment for that sport. Teaching techniques to improve their hand-eye coordination when it comes to striking the ball, catching the ball, and bowling the ball. Batters should be analysing gaps/space in the field and then be able to hit the ball in that direction. Fielders should develop the best way to get the ball back to the bowler or to get the batters out. Rounders, cricket, baseball, and different variations can all be used.

Athletics - Technique Focus

Students' knowledge should be tested of each athletic discipline; javelin, shotput/discus, sprinting, relay race, long jump, and triple jump. Going into the key technical detail of how they can improve in each sport. How small differences can have an impact on their final recordings? Recoding results with stopwatches/measuring tape throughout sessions will help students visually see improvements.

Allowing students who are excelling in a discipline to help and give tips to their peers should be encouraged. Freedom should be given to students e.g., the recording of the results, setting out where they start the races, and their technique of passing the baton. This will give the students more responsibility.

Secondary School Preparation

The aim is to prepare Y6 students for secondary school, not to scare them. We should be encouraging students to show understanding, teamwork, and sportsmanship. Taking full responsibility for setting up games themselves, collecting equipment, and organising positions.

Using standard secondary school rules to prepare students e.g., not having a proper PE kit meaning no participation in the lesson, sitting out time for not listening, bringing water bottles out 1st time.

Teaching students to deal with challenges that come their way during PE lessons themselves, using their own strategies to overcome, before coming to the teacher to ask for help.