

## PE Journey at Grange 2022-2023



EYFS (Nursery and Reception)			
Curiosity Honesty Fairness			
Our expectations for when pupils leave EYFS.			
Demonstrates control and coordination when moving in a variety of ways and performing small and large movements.	Understands the importance of physical activity for continued health and wellbeing.	Can take turns and play cooperative games with others.	Negotiates environments and equipment with confidence and safety.
How we are going to achieve it?			
Explore by travelling in different pathways.	Explore by making shapes.	Explore by creating our own sequences.	Understand taking turns, scoring points by playing by the rules.
Key stage 1			
<u>Year 1</u> Courage Imagination Gratitude			

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<p><u>Year 2</u> Concentration Empathy Self-Belief</p>			
<p>Our expectations for when pupils leave KS1</p>			
<p>Uses Fundamental Movement Skills in linked sequences to extend their agility, balance and coordination (especially dance).</p>	<p>Has a rudimentary understanding of attacking and defending tactics and how to use them.</p>	<p>Performs running, jumping, throwing and catching movements with competence and confidence.</p>	<p>Can successfully engage in competitive games (both against themselves and others).</p>
<p>How are we going to achieve it?</p>			
<p>Apply running into a game.</p>	<p>Develop jumping.</p>	<p>Introduce teamwork and building trust.</p>	<p>Create movements with expression</p>
<p>Understand attacking and defending.</p>	<p>Develop throwing and catching.</p>	<p>Explore dodging.</p>	<p>Understand the transition between attack and defence.</p>
<p>Explore strategies.</p>			
<p><u>Year 3&amp;4</u> Problem solving Encouragement Resilience Cooperation Decision making Trust Responsibility Communication</p>			
<p>Our expectations for when pupils leave Year 3 &amp; 4</p>			

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Recognises and evaluates their own performance by comparing it with previous setbacks or successes.	Participates successfully in outdoor activities and sports on a variety of surfaces.	Performs running, jumping, throwing and catching movements in isolation and combinations.	Can play competitive games with established rules and tactics (modified where appropriate).
Finds enjoyment in communicating, collaborating and competing during physical activities.			
How are we going to achieve it?			
Introduce passing and receiving.	Explore effective teamwork.	Introduce passing and creating space.	Introduce beating an opponent.
Introduce dribbling and keeping control.	Introduce symmetry.	Extend sequences.	Apply learning onto apparatus.
Apply throwing into a game.	Understand the concept of batting and fielding.	Develop passing and receiving.	Introduce shooting.
Develop collaboration and communication.	Develop dribbling and creating shooting opportunities.	Apply learning into small sided games.	Explore running for speed and distance.
<p><u>Year 5</u></p> <p>Self-discipline Reflection Resourcefulness Integrity</p> <p><u>Year 6</u></p> <p>Reflection Self-motivation Respect Evaluation</p>			
Our expectations for when pupils leave year 5 & 6			

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Has a willingness to engage in complex and challenging physical activities that develop personal fitness.	Understands what makes a performance effective and how to apply these principles to their own and others' efforts	Shows clear preferences when it comes to sport and physical activities and can explain why.	Can link specific outcomes (particularly in sports) to specific techniques, strategies and actions.
How are we going to achieve it?			
Refine pass and receiving.	Explore different passes.	Introduce leadership.	Refine dribbling.
Refine attacking and defending skills.	Refine batting, bowling and fielding skills.	Develop fielding tactics.	Understand how the body works through exercise.
Refine racket skills.	Develop Sequence and interlinking moves.	Develop movements and improvisation.	Consolidate passing and receiving.
Create and apply attacking tactics.	Create and apply defending tactics.	Develop officiating.	Consolidate batting, fielding and bowling.
Refine leadership.	Explore running as a team.		
<u>Year 7</u> Incentive Creativity Duration Agility Well-being Evidence			
Further expectations for Year 6 children heading to KS3			
Understands how to select and combine skills.	Can show how they plan, and lead practices and take on different leadership roles.	Understands strategies, tactics and composition within each activity area.	What they know about health and fitness and how regular physical activity can benefit their health.

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How are we going to achieve it?			
How physical activity is associated with a healthy mind and body.	Introducing theory, using GCSE terminology effectively.	Competitive experiences.	Different warm-up drills and skill development activities will be delivered, and conditioned games will be played.
Pupils work individually to identify strengths and weaknesses within their own performance and collate information to formulate and design their own circuit.	Understand the importance of heart rate and muscle group names.	Show different ways to communicate with others, how to design and lead an activity or game and how to adapt a game to include everyone.	Development of the basic principles of attack and defence in a variety of different games. In all game's activities, pupils to be encouraged to think about how to use core skills, strategies and tactics to outwit the opposition.