

PE AT GARFIELD

A decorative graphic consisting of several parallel white lines of varying thicknesses, slanted diagonally from the bottom-left towards the top-right, located in the lower right quadrant of the image.

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key stage 2

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

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

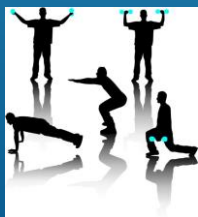
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

► What does PE at Garfield look like?



	Autumn Term 1 st half	Autumn Term 2 nd half	Spring Term 1 st half	Spring Term 2 nd half	Summer Term 1 st half	Summer Term 2 nd half
YEAR 1	Gymnastics Travelling Games Bouncing	Dance Simple movements patterns Games Travelling with the ball	Games Creating games Dance Exploring Gesture and Formation. Creating short dances	Dance Exploring Patterns and Pathways. Developing a simple dance Gymnastics Taking weight on different parts	Gymnastics Transferring weight from one body part to another Games Receiving	Games Sending Dance Telling a story through dance
YEAR 2	Games Dribbling Gymnastics Balance	Dance Communicate different moods, feelings and ideas Games Throwing and catching	Gymnastics Parts high and low Dance Using dynamics to develop the dance	Games Sending skills Gymnastics Jumping and landing	Dance Learning and performing different styles of cultural dance Games Hitting and striking	Gymnastics Spinning and turning Games Running jumping and hopping

	Autumn Term 1 st half	Autumn Term 2 nd half	Spring Term 1 st half	Spring Term 2 nd half	Summer Term 1 st half	Summer Term 2 nd half
YEAR 3	Dance Linking Dance Actions Outdoor and Adventurous Activities Enfield Year 3 Unit	Invasion Games Passing Gymnastics Travelling with a change of direction	Gymnastics Stretching and curling Invasion Games Creating space	Net / Wall Games Directing the ball Dance Exploring cultural dance	Athletics x 2 sessions Running, throwing, jumping	Striking/fielding Games How to hit or strike the ball into space. Fielding as a team. Athletics Running, throwing and jumping
YEAR 4	Net / Wall Games Directing the ball Outdoor and Adventurous Activities Enfield Year 4 Unit	Invasion Games Controlling and receiving Dance Creating a story	Gymnastics Balance Invasion Games Keeping possession of the ball	Dance Characterisation. Invasion Games Marking and tackling	Striking/fielding Games How to hit or strike the ball into space. Fielding as a team. Gymnastics Receiving Body Weight	Athletics x 2 Developing good running, throwing and jumping techniques
YEAR 5	Net / Wall Games Develop individual shots Dance Formations in historical dance	Invasion Games Support play and formations Gymnastics Flight	Gymnastics Bridges Outdoor and Adventurous Activities Enfield Year 5 Unit	Dance Communicating issues through dance Invasion Games Shooting and keeping	Athletics Set targets & improve performance in running, jumping and throwing activities Striking/Fielding Games Role of bowler, wicket keeper, backstop, fielder and batter	Striking/fielding Games Role of bowler, wicket keeper, backstop, fielder and batter Athletics Set targets & improve performance in running, jumping and throwing activities.
YEAR 6	Net / Wall Games Develop individual shots Gymnastics Counter balance/ counter tension	Dance Strictly dance Invasion Games Attacking and defending play	Gymnastics Matching and mirroring Core Task Invasion Games Tactics	Invasion Games Teamwork and formations Dance Putting on a dance performance	Striking/fielding Games Role of bowler, wicket keeper, backstop, fielder and batter Outdoor and Adventurous Activities Enfield Year 6 Unit	Athletics x 2 Develop technical understanding of athletic activity



PE aims:

- ▶ Take part in vigorous exercise.
- ▶ Learn and develop a range of skills and fundamental movements and abilities across a range of different sports.
- ▶ Work successfully as an individual, with a partner and in a team or group.
- ▶ Give useful feedback to peers and identify own areas for improvement.
- ▶ Understand how the body works and how we can keep healthy.

Inclusion:

- ▶ Lessons are differentiated to meet all learner needs.
- ▶ Many of our SEN children have attended extra-curricular sports activities.
- ▶ Sports club places are prioritised for children who have not previously attended or for those who are not reaching expected levels.


PE Assessment:

- ▶ Video and photo evidence, with brief analysis.
- ▶ Overview progress sheets (tick sheets) – working towards, meeting, exceeding.
- ▶ Progress trackers (circuit training)
- ▶ Self and peer assessment.

Interventions:

- ▶ Change 4 Life
- ▶ Tiger Teams
- ▶ Targeted parents evening
- ▶ 'Park Event' (upcoming)

PE Events and Awards

- ▶ Half termly Sports Award
 - ▶ Sports assemblies – dance and gymnastics
 - ▶ Sports Days
 - ▶ Sports Week
 - ▶ Other one off events e.g. blind football taster session.
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Extra Curricular Sport:

- ▶ Over 70% children in years 1-6 have taken part in 15 extra-curricular sports clubs.
- ▶ We have competed in competitions and leagues in football (2 boys teams and 1 girls team), tag rugby, netball, dance and gymnastics. We have further competitions approaching during the summer term in athletics, cricket, netball and football.
- ▶ With the introduction of the Garfield college, pupils have had additional opportunities to take part in basketball, ballet and aerobics.
- ▶ The zoning system on the new KS2 playground means that over the course of a week, pupils have the chance to play organised and competitive football, hockey, netball and basketball. We offer girls only basketball and football sessions to boost their participation.

	Monday	Tuesday	Wednesday	Thursday	Friday
Football Cage (6/7 - a-side)	Y3	Y4	Y5	Y6	Girls only – y4, 5, 6
Basketball (4/5-a-side)	Girls only – y4, 5, 6	Y6	Y4	Y5	Y3
Multi-Sport (4/5-a-side)	Hockey – Y5, 6	Netball – Y3, 4	Hockey – Y3, 4	Mixed activities – all	Netball – y5, 6

Areas for improvement:

- ▶ Further inclusive opportunities in sport.
 - ▶ More time for PE lessons.
 - ▶ More time for physical activity throughout the school day.
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