



British School Al Hamra (BSH)

PE

**Primary School (Key Stage 1
and Key Stage 2)
Curriculum Book**

PE Curriculum Guide

Intent

- To develop skills through performing basic and advanced techniques in a range of activities that develop muscular strength, flexibility and bone health, including non-weight-bearing activities such as gymnastics, dance, fitness, continuous running, circuits, and fundamental skills along with sports such as basketball, football, athletics, cricket, rounders, rackets and swimming
- To encourage problem solving, team building and cognitive development
- To ensure a tactical understanding and develop co-operation, outwitting opponents through developing tactics and working together (games and athletics)
- To develop understanding of the benefits and importance of exercise: physical, mental and social, alongside a balanced diet which enables a healthy lifestyle
- To develop leadership and related skill of communication, decision making and confidence
- Develop the use of technology and how this can be used to improve and enhance the performance

Implementation

Physical Education at BSH:

- All staff will use assessment for learning at the start of each new topic of work to ensure that all lessons are relevant and in line with National Curriculum guidelines
- Through regular teaching of quality PE children will become increasingly engaged and excited to be part of the PE lessons and will take greater responsibility for their physical health
- High quality PE lessons with clear learning objectives and success criteria will ensure good or better progress for all children within each lesson
- We will develop the children's understanding of why certain skills are needed for different areas of PE or sports and how to apply these beyond PE sessions
- PE will be planned and delivered by highly trained staff to ensure the best standard of provision
- There will be opportunities for children to represent the school in a number of sports

Impact

As a result of our Physical Education teaching at BSH you will see:

- Most children achieve age related expectations in PE at the end of the academic year
- Children are able to work collaboratively and give constructive criticism to their peers in order to improve their skills
- Children will be able to retain knowledge linked to physical wellbeing and health apply it in the real life context and develop positive attitudes towards well-being
- Children feel safe and secure in attempting new skills and not afraid of making mistakes
- For children to take the skills learnt in PE and be able to apply them to different sports with the PE coaches or sporting clubs/teams
- Children are able to fully express themselves in a sporting environment
- Children will have necessary skills and knowledge to transition to the next stage of their education.

Grade KG2

Number of Lessons Per Week		2
Topics Covered		
Term 1	Term 2	Term 3
Basic Skills, Gymnastics and Distance Running	Basic Skills, Athletics	Basic Skills, Swimming, Basketball
Skills Developed		
<p>PHYSICAL</p> <p>Develop fundamental movement skills (including running, jumping and throwing and catching)</p> <p>Improve running technique and run for longer distances</p> <p>Perform and run and jump sequence</p> <p>Develop an under and over arm throwing action</p> <p>Maintains stillness on different bases of support with different body shapes</p> <p>Develop basic strength and flexibility</p> <p>Perform basic actions using changes in speed and direction, including travelling, rolling and jumping and stay still when required</p> <p>Link and repeat basic actions to copy and perform a movement phrase with a beginning, middle and end</p> <p>PERSONAL</p> <p>Develop confidence and resilience</p> <p>Describe the differences in the way their body works and feels when playing different games</p> <p>Compete fairly showing good sportsmanship</p>	<p>THINKING</p> <p>Develop simple tactics for attacking and defending and ways to score</p> <p>Describe some basic rules</p> <p>Show good awareness of space and the actions of others</p> <p>Watch, describe and comment on what they have seen</p> <p>Develop ways to score</p> <p>Show good awareness of space and the actions of others</p> <p>HEALTH</p> <p>Identifies the heart as a muscle that grows stronger with exercise, play and physical activity</p>	
Assessment		
Plenaries including What Went Well and Even Better If... Teacher Judgement and Questioning In Lesson	Pre and End of Unit Assessments Student Self-Assessment and Reflection	
Home Learning		
Fitness sessions Weekly Challenges		
Useful Websites		
https://youtu.be/T8jl4RnHHf0 Cosmic kids yoga Joe Wicks “the body coach”		
Setting (if any)		
At BSH we do not set or stream for PE. Lessons are carefully planned for all styles of learners and for the different abilities within the classroom.		
Specialist Staff		
Mr Freeman		

Grade 1

Number of Lessons Per Week		2
Topics Covered		
Term 1	Term 2	Term 3
Gymnastics, Fitness, Distance Running	Football, Athletics, Cricket, Rounders	Basketball, Swimming, Rackets
Skills Developed		
<p style="text-align: center;">PHYSICAL</p> <p>Develop fundamental movement skills (specifically master basic movements including running, jumping, throwing and catching)</p> <p>Show good awareness of space and the actions of others</p> <p>Compete in small sided games fairly showing good sportsmanship</p> <p>Develop basic strength and flexibility</p> <p>Run with a good technique at different speeds</p> <p>Perform a two footed jump</p> <p>Show a good throwing technique and extend accuracy and distance</p> <p>Perform basic gymnastic acts with control and co-ordination</p> <p style="text-align: center;">PERSONAL</p> <p>Work and compete individually and with others</p> <p>Develop competence</p> <p>Develop confidence</p> <p>Know that playing games is good for them and be able to describe what it feels like</p> <p>Know that running, jumping and throwing is good for them and be able to describe what it feels like</p> <p>Compete fairly showing good sportsmanship</p>		<p style="text-align: center;">THINKING</p> <p>Show good awareness of space and the actions of others during games</p> <p>Use a variety of simple tactics in a small sided game</p> <p>Describe some basic rules</p> <p>Begin to watch others and focus on specific actions to improve own skills</p> <p>Handle apparatus safely and recognise risks involved</p> <p style="text-align: center;">HEALTH</p> <p>Identify physical activities that contribute to fitness</p> <p>Recognise the “good health balance” of nutrition and physical activity</p>
Assessment		
<p>Plenaries including What Went Well and Even Better If...</p> <p>Teacher Judgement and Questioning In Lesson</p>		<p>Pre and End of Unit Assessments</p> <p>Student Self-Assessment and Reflection</p>
Home Learning		
<p>Fitness sessions</p> <p>Weekly Challenges</p>		
Useful Websites		

Joe Wicks “the body coach” Family Fitness Workouts
Setting (if any)
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Grade 2

Number of Lessons Per Week		2
Topics Covered		
Term 1	Term 2	Term 3
Gymnastics, Fitness, Distance Running	Football, Dance, Athletics	Basketball, Swimming, Rackets
Skills Developed		
<p>PHYSICAL</p> <p>Master fundamental movement skills with a good level of consistency when moving and standing still (specifically master basic movements including running, jumping, throwing and catching)</p> <p>Throw and catch with control when under limited pressure to keep possession and score goals</p> <p>Show an awareness of opponents and team mates during games</p> <p>Select running speed for appropriate activity</p> <p>Make up and repeat a short sequence of linked jumps</p> <p>Adapt a gymnastic sequence to include different levels, speeds or directions</p> <p>Use more detailed plans and diagrams that take them from familiar to less familiar areas</p> <p>Develop gymnastic techniques and transitions</p> <p>PERSONAL SKILLS</p> <p>Begin to understand the importance of warming up</p> <p>Identify that playing extended games improves their stamina</p> <p>Compete fairly showing good sportsmanship individually and with others</p> <p>Develop competence and confidence</p>		<p>THINKING</p> <p>Show good awareness of space and the actions of others</p> <p>Use simple rules fairly and extend them to devise their own games</p> <p>Recognise good performances in themselves and others and use what they have learned to improve their own work</p> <p>Take part in relay activities remembering when to run and what to do</p> <p>HEALTH</p> <p>Recognise that strength and suppleness are important parts of fitness</p>

Recognise when their body is warmer or cooler and when their heart beats faster and slower	
Assessment	
Plenaries including What Went Well and Even Better If... Teacher Judgement and Questioning In Lesson	Pre and End of Unit Assessments Student Self-Assessment and Reflection
Home Learning	
Fitness sessions Weekly Challenges	
Useful Websites	
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Grade 3

Number of Lessons Per Week		2
Topics Covered		
Term 1	Term 2	Term 3
Gymnastics, Fitness, Distance Running	Football, Dance, Athletics	Basketball, Swimming, Rackets
Skills Developed		
PHYSICAL Throw and catch with control when under limited pressure to keep possession and score goals Change pace, length and direction to outwit their opponent Show some control when using a range of basic running, jumping and throwing actions with some accuracy and power into a target area Perform a range of gymnastic actions with increased consistency and fluency Perform a range of jumps showing contrasting techniques and sometimes using a short run up Work with a partner to show similar and contrasting actions on the floor		THINKING Describe their own and others’ performance, making simple judgements about the quality of performances and suggesting ways they could be improved Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others Work in co-operative groups to use different techniques, speeds and effort to meet challenges Handle apparatus safely and recognise risks involved

Combine actions and show clarity of shape in longer sequences, alone or with a partner Perform dances using a range of movement patterns PERSONAL Work and compete individually and with others Develop competence Develop confidence Understand how strength, stamina and speed can be improved by playing games Compete in small sided games fairly showing good sportsmanship Recognise when their body is warmer or cooler and when their heart beats faster and slower Recognise that strength and suppleness are important parts of fitness	HEALTH Examines the health benefits of participating in physical activity
Assessment	
Plenaries including What Went Well and Even Better If... Teacher Judgement and Questioning In Lesson	Pre and End of Unit Assessments Student Self-Assessment and Reflection
Home Learning	
Fitness sessions	
Weekly Challenges	
Useful Websites	
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Setting (if any)	
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Grade 4

Number of Lessons Per Week		2	
Topics Covered			
Term 1		Term 2	
Term 3			
Gymnastics, Fitness, Distance Running		Football, Athletics, Cricket, Rounders	
Basketball, Swimming, Rackets			

Skills Developed		
<p>PHYSICAL</p> <p>Use a large range of sending, receiving and travelling techniques in games, with varied control</p> <p>Demonstrate a range of throwing actions using modified equipment with some accuracy and control</p> <p>Understand and demonstrate the differences between sprinting and distance running</p> <p>Show control in take-off activities</p> <p>Work cooperatively to put strategies and solutions into action</p> <p>Perform dances using a range of movement patterns</p> <p>Perform combinations of gymnastic actions with different levels, speeds and directions</p>	<p>THINKING</p> <p>Know and apply the basic strategic and tactical principles of some games and adapt them to different situations</p> <p>Show good awareness of space and the actions of others</p> <p>Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others</p> <p>Identify good performances and suggest ideas for practises that will improve their play</p> <p>Work in co-operative groups to use different techniques, speeds and effort to meet challenges</p> <p>Predict how different activities will affect heart rate, temperature and performance</p> <p>Evaluate a sequence and suggest improvements to speed, direction and level, applying some basic criteria</p>	
<p>PERSONAL</p> <p>Work and compete individually and with others</p> <p>Develop competence</p> <p>Develop confidence</p> <p>Compete in small sided games fairly showing good sportsmanship</p> <p>Recognise that strength and suppleness are important parts of fitness</p> <p>Recognise when their body is warmer or cooler and when their heart beats faster and slower</p>	<p>HEALTH</p> <p>Understand fully why exercise is good for fitness, health and well-being</p>	
Assessment		
<p>Plenaries including What Went Well and Even Better If... Teacher Judgement and Questioning In Lesson</p>	<p>Pre and End of Unit Assessments Student Self-Assessment and Reflection</p>	
Home Learning		
Fitness sessions		
Weekly Challenges		
Useful Websites		
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Family Fitness Workouts		
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Grade 5

Number of Lessons Per Week		2
Topics Covered		
Term 1	Term 2	Term 3
Gymnastics, Fitness, Distance Running	Football, Athletics, Cricket, Rounders	Basketball, Swimming, Rackets
Skills Developed		
<p>PHYSICAL</p> <p>Use a large range of sending, receiving and travelling techniques in games, with varied control</p> <p>Perform skills with greater speed, fluency and accuracy in invasion, striking and net games</p> <p>Choose appropriate techniques for specific events</p> <p>Choose the best pace for a running event, in order to sustain running and improve their personal target</p> <p>Show control and power in take-off and landing activities</p> <p>Show accuracy and good technique when throwing for distance</p> <p>Find appropriate solutions to problems and challenges</p> <p>Perform dances using a range of movement patterns</p> <p>Work with a partner or small group to practise and refine a sequence</p> <p>PERSONAL</p> <p>Work and compete individually and with others</p> <p>Develop competence</p> <p>Develop confidence</p> <p>Compete in small sided games fairly showing good sportsmanship</p> <p>Compete in a range of team events</p>	<p>THINKING</p> <p>Understand, choose and apply a range of tactics and strategies for defence and attack</p> <p>With help, devise warm up and cool down activities and justify their choices</p> <p>Appreciate that rules need to be consistent and fair, using this knowledge to create rules and teach them to others</p> <p>Develop their ability to evaluate their own and others work, and to suggest ways to improve it using appropriate terminology</p> <p>HEALTH</p> <p>Understand fully why exercise is good for fitness, health and well-being</p> <p>Identify activities that help develop stamina or power and suggest how some can be used in other types of activities</p>	
Assessment		
Plenaries including What Went Well and Even Better If... Teacher Judgement and Questioning In Lesson		Pre and End of Unit Assessments Student Self-Assessment and Reflection
Home Learning		
Fitness sessions Weekly Challenges		
Useful Websites		
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