

**KS1 Physical Education (Subject Content)**

*Personal success for every pupil in a happy, stimulating and caring environment.*

We provide opportunities for our pupils to become physically confident in ways which support their health and fitness. Opportunities to take part in competitive sport build resilience and promote fairness and respect. Regular swimming develops coordination and self esteem in pupils. PE supports the nutritional elements of our science curriculum and aims to instil an appreciation of the lifelong benefits of sport and movement in promoting mental, physical and social wellbeing.

Pupils understand the value of practice and participate in competitive sports, including swimming, gymnastics, tag rugby and cricket.

School works with outside providers, including the Richmond Dales Swimming Club and Leyburn Rugby Club to identify able pupils.

*Medium Term Planning identifies differentiation across year groups.*

Years	Autumn	Spring	Summer
<b>A &amp; B</b>	<p><b>Basic Movements.</b> Assessment of basic movement, including agility and coordination, ball skills and the application of these skills.</p> <p><b>Dance and gymnastics.</b> Identify and move within personal space. Control stopping and starting in response to music. Change direction and speed effectively, avoiding peers. Balance.</p> <p><b>Swimming.</b> Ten week programme, delivered by qualified swimming teachers, supported by school staff. Developing confidence in shallow water.</p> <p>KS1/2: Pupils develop skills across a range of strokes; pupils move through RLT School Awards, recognising pupil progress from elementary water skills to life saving. Water safety: pool and classroom</p>	<p><b>Basic Movements.</b> Development of simple good control and coordination; introduction of tactics in small game situations. Throw and catch (with both hands) over increasing distances.</p> <p><b>Dance and gymnastics.</b> Evaluates movement with a view to improving. Can hold shape in a fixed position for a small time. Choose movements to communicate mood, feelings and ideas. Remember and repeat sequences, linking actions with increasing control.</p> <p><b>Swimming.</b> Ten week programme, as autumn. Progress through Richmond Leisure Trust (RLT) School Award Scheme. Water safety, as autumn</p>	<p><b>Basic Movements.</b> Introduction of team games, supported by external providers (as available) to develop and begin to describe tactics, including attacking, defending and fielding.</p> <p>Introduction of tennis and cricket skills (striking the ball with basic control)</p> <p><b>Dance and gymnastics.</b> Routines have a clear beginning, middle and end. Paired, imaginative sequences Introduction of Zumba to promote coordination, enthusiasm and confidence - self and peer evaluation. Self and peer evaluation.</p> <p><b>Swimming.</b> Ten week programme, as autumn. Progress through RLT School Award Scheme. Water safety, as autumn</p>