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**Holywell C of E Primary School PE Curriculum Map**

**The Rationale underpinning the Ventrus Curriculum:**

The fundamental skills and physical activities which are studied in Ventrus schools have been determined through consultation with teachers and leaders (including PE specialists) across our primary and secondary schools. The Ventrus curriculum offer for physical education in Key Stages 1, 2 and 3 is designed to:

1. Enable teachers to access high quality shared resources relating to the subject content and thereby contributing to a reduction in their workload;
2. Ensure that teachers have a consistent understanding of the knowledge and skills which define the age related expectations;
3. Ensure that children have access to a calendar of competitive sporting events;
4. Ensure that children transition to secondary school with the knowledge and skills which will enable them to be successful across Key Stages 3 and 4.

The National Curriculum aims for physical education aim to ensure that all pupils:

1. develop competence to excel in a broad range of physical activities;
2. are physically active for sustained periods of time;
3. engage in competitive sports and activities;
4. lead healthy, active lives.

**Subject content KS1**

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. Pupils should all participate in team games, developing simple tactics for attacking and defending. Pupils should be able to perform dances using simple movement patterns.

**Subject content KS2**

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. To be able to 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. Pupils should develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. To be able to perform dances using a range of movement patterns. To take part in outdoor and adventurous activity challenges both individually and within a team. Be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Swimming and water safety**

All schools must provide swimming instruction in key stage 2 (schools may provide swimming instruction in key stage 1).

In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres. To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Pupils should also be able to perform safe self-rescue in different water-based situations.

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| **Key Stage 1 Curriculum Map** |
| **Fundamental Movement Skills:** 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. **Competition:** Participate in team games, developing simple tactics for attacking and defending. **Performance:** Perform dances using simple movement patterns.  |
| **Year Group** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Reception | **Dance** –Royal Opera House | **Dance** –Royal Opera House | **Gymnastics** @ Falcons | **Gymnastics**@ Falcons  | **Sports Day Prep** | **Games** |
| ***Real PE Unit 1 –***Coordination: Floor movement patterns.Static balances: one leg standing | ***Real PE Unit 2 –*** Dynamic balance to agility. Seated balance: seated | ***Real PE Unit 3 –*** Dynamic balanceStatic balance – small base | ***Real PE Unit 4 –*** Coordination – ball skills. Counter balance in pairs | ***Real PE Unit 5*** *–* Coordination with equipment.Agility – reaction and response | ***Real PE Unit 6 –*** Agility – ball chasing.Static balance – floor work |
| Year 1 | **Dance** –Royal Opera House | **Dance** –Royal Opera House | **Gymnastics** @ Falcons | **Gymnastics** @ Falcons | **Sports Day Prep** | **Games** |
| **Real PE Unit 1** *–*Coordination: Floor movement patterns.Static balances: one leg standing | **Real PE Unit 2** *–* Dynamic balance to agility. Seated balance: seated | **Real PE Unit 3 –** Dynamic balanceStatic balance – small base | **Real PE Unit 4** *–* Coordination – ball skills. Counter balance in pairs | **Real PE Unit 5 –** Coordination with equipment.Agility – reaction and response | **Real PE Unit 6 –** Agility – ball chasing.Static balance – floor work |
| Year 2 | **Dance** –Royal Opera House | **Dance** –Royal Opera House | **Gymnastics** @ Falcons | **Gymnastics** @ Falcons | **Sports Day Prep** | **Games** |
| **Real PE Unit 1** *–*Coordination: Floor movement patterns.Static balances: one leg standing | **Real PE Unit 2** *–* Dynamic balance to agility. Seated balance: seated | **Real PE Unit 3** *–* Dynamic balanceStatic balance – small base | **Real PE Unit 4 –** Coordination – ball skills. Counter balance in pairs | **Real PE Unit 5 –** Coordination with equipment.Agility – reaction and response | **Real PE Unit 6** *–* Agility – ball chasing.Static balance – floor work |
| **Additional PE opportunities including competitions & festivals** |
|  | **Autumn Term** | **Spring Term** | **Summer Term** |
|  | 1. Year 1 Multi Skills Festival
2. KS1 Goal Getters after school club
 | 1. KS2 ‘Chance to Shine’ cricket coaching
2. Sports Relief House Group Day
3. Whole school ND Ability Games
 | 1. Year 2 Tennis Festival
2. Whole School Barnstaple Schools Olympic Legacy Relay
3. Whole School Sports Day
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| **Key Stage 2 Curriculum Map** |
| **Fundamental movement skills:** Use running, jumping, throwing and catching in isolation and in combination. **Competition:** 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. **Acquisition of skills:** Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. **Performance:** Perform dances using a range of movement patterns. **Outdoor and adventurous activities**: Take part in outdoor and adventurous activity challenges both individually and within a team. **Analysing performance:** Compare their performances with previous ones and demonstrate improvement to achieve their personal best. **Swimming skills:** Swim competently, confidently and proficiently over a distance of at least 25 metres and to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. **Water safety:** Perform safe self-rescue in different water-based situations. |
| **Year Group** | **Autumn Term** | **Spring Term** | **Summer Term** |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| Year 3 | Tennis | Football | Basketball | Cricket | Athletics | Rounders |
| OAA | Dance –Royal Opera House | Swim / Gymnastics@ Falcons | Swim / Gymnastics @ Falcons  | Athletics | Volleysport |
| Year 4 | Tennis  | Tag Rugby | Netball | Hockey | Athletics | Rounders |
| OAA | Dance –Royal Opera House | Swim / Gymnastics@ Falcons | Swim / Gymnastics@ Falcons | Athletics | Volleysport |
| Year 5 | Tennis | Tag Rugby | Basketball  | Cricket | Athletics  | Rounders |
| OAA | Dance –Royal Opera House | Dodgeball | Dance –Royal Opera House | Swim / Gymnastics@ Falcons | Swim /Gymnastics@ Falcons |
| Year 6 | Tennis | Football  | Netball | Hockey | Athletics | Volleysport |
| OAA | Dance –Royal Opera House | Dodgeball | Dance –Royal Opera House | Swim / Gymnastics@ Falcons | Swim / Gymnastics@ Falcons |
| **Additional PE opportunities including competitions & festivals** |
|  | **Autumn Term** | **Spring Term** | **Summer Term** |
|  | 1. Year 5/6 OAA Residential
2. Glidden & Squire Cross Country League (Sunday) 4 races
3. KS2 Cross countries @ Park, Bratton, Kingsley & Torrington
4. Year 4 Tennis Festival
5. Gifted & Talented - Day 1
6. Year 5/6 Tennis Competition
7. Boxing Workshop
 | 1. Year 3/4 OAA Residential
2. KS2 ND Primary School Gymnastics Competition (including 6 1hr training sessions).
3. Year 5/6 Indoor Athletics
4. Year 6 Rowing Competition
5. Year 5 Sports Leadership 2 Day Course
6. Gifted & Talented - Day 2
7. Year 5/6 Football Competition
8. KS2 ‘Chance to Shine’ cricket coaching
9. Sports Relief House Group Day
10. Year 6 Bikeability – Level 1 & 2
11. Whole school ND Ability Games
12. Year 6 Orienteering with CF
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| 1. Year 3/4 Tennis Competition
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| 1. KS2 Quadkids Athletics
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| 1. Year 5/6 Rounders Competition
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| 1. Year 5/6 Tag Rugby Competition x 2
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| 1. KS2 Cross Countries @ Arlington & Wilcombe
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| 1. KS2 Aquathlons @ Ilfracombe & Torrington
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| 1. Whole School Barnstaple Schools Olympic Legacy Relay
2. KS2 Tri Golf Festivals
3. Year 5/6 Tennis Competition
4. Gifted & Talented - Day 3
5. Year 5 Cricket Festival
6. Whole School Sports Day
7. KS2 Junior Lifeguard 1 day course
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