



Uplands P.E. Curriculum

Our P.E. curriculum follows a two-year rolling programme with the exception of Reception. It fully covers the National Curriculum and it closely matches the P.E. Pal scheme of work. However, other resources are used to supplement the P.E. curriculum.

We ensure that the P.E. curriculum we deliver inspires all pupils to succeed and excel in competitive sport and physically-demanding activities. It covers games, dance, gymnastics, outdoor and adventurous activities, swimming, and water safety pursuits.

Our P.E. curriculum has our five Big Ideas weaved throughout (diversity, the environment, similarities and differences, relationships and changes). We have made sure that it makes links to prior learning and is sequenced from Reception to year 6.

We provide all the children with the opportunities to represent their school at festivals and tournaments across a wide range of sports, some of which are not taught within the two-year rolling programme.

After school sporting clubs include football, cricket and multi-sports.

We have mapped out our key vocabulary to ensure it builds on previous vocabulary and introduces new, challenging vocabulary through the year groups.



Merlins Year A and B P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	Previous learning-Physical development	Previous learning- Physical development	Previous learning- Physical development
Key Learning	<p>Dance--BBC Let's Move (Diwali) To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Gymnastics To show control and balance when moving on tip toes To run, jump and land whilst travelling on one and two feet with bent knees To balance on 1. 2 a3 points when stationary and moving To move with different limbs To perform a pencil and a barrel roll. To jump and land with control over obstacles. To plan a run and jump</p> <p>Dance--BBC Let's Move (Space/Spring link) To move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Fundamentals of play To use a bounce and chest pass To throw accurately underarm To roll a ball To dribble a ball under control To kick a ball To strike a ball correctly To use fair play</p> <p>Principles of play To throw with the correct amount of power and accuracy To throw overarm at a moving target To face the ball when catching To move by side stepping To run into space at the right time</p>
Vocab	Plan, travel, strike, fair play, control	Plan, travel, strike, fair play, control, perform, creative, express, evaluate	Plan, travel, strike, fair play, control



Owls Year A P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	<p>Future learning: Kestrels: Netball</p> <p>Big ideas: Changes.</p>	<p>Previous learning: Reception – space/spring and Divali dances</p> <p>Big ideas: Changes, similarities and differences, diversity.</p>	<p>Previous learning: Reception – dance unit-spring</p> <p>Future learning: Kestrels – gym-Aut A and Summer B</p> <p>Big ideas: Changes, relationships and similarities and differences</p>
Key Learning	<p>Fire, Fire</p> <p>Principles of play 2 To vary the speed of travel To intercept passes To establish a role within a team To throw using the '4 key points' To show 'Sportsmanship'</p> <p>Fundamentals of play 1 To find, space, run at speed and show agility To change direction without colliding with others To throw accurately at stationary and moving objects To use the '5 key points of catching.' To apply skills in a game situation</p>	<p>Growing food and plants</p> <p>Dance To perform dances using simple movement patterns.</p> <p>Dodgeball To know the rules of dodgeball To throw overarm with the correct technique To be accurate with their footwork To catch a ball whilst travelling through the air To formulate strategy</p>	<p>Kenya</p> <p>Gymnastics To create shapes with their body whilst stretching To understand what mirroring means To coordinate my when travelling To use my arms to balance To hold a bridge position with a curl To create a simple sentence</p> <p>Athletics To run with control and balance To use arms to generate speed and power when running and jumping To communicate when in space To push off on one foot and accelerate quickly</p>
Vocab	Throw Roll Catching Accurately	Throw Aiming Opponent Sequence Actions Dynamics Levels Compose	Roll Travel Balance Stretch Curl



Owls Year B P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	<p>Future learning: Kestrels – Danec Spring A and B Dodgeball-Aut B Netball A Big ideas: Environment</p>	<p>Future learning: Kestrels – Gym A and B Big ideas: Diversity, similarities and differences</p>	<p>Future learning: Kestrels – Athletics A and B summer Big ideas: Changes and similarities and differences</p>
Key Learning	<p>Animal conservation</p> <p>Dance To perform dances using simple movement patterns.</p> <p>Principles of play 2 To vary the speed of travel To intercept passes To establish a role within a team To throw using the '4 key points' To show 'Sportsmanship'</p>	<p>Superheroes</p> <p>Gymnastics To balance on more than one body part and demonstrate two types of roll</p> <p>Hockey To hold the stick correctly To stop the ball correctly To carry out a push pass To keep the head still when in control of the ball</p>	<p>Uplands News and Journal</p> <p>Fundamentals of play year 2 To aim and throw accurately at stationary and moving objects To throw underarm showing the correct technique To catch objects of different shapes and sizes over varying distances To jump, land and balance with control</p> <p>Athletics To run with control and balance To use arms to generate speed and power when running and jumping To communicate when in space To push off on one foot and accelerate quickly</p>
Vocab	<p>Short Rhythm Control Co-ordination link</p>	<p>Movement Sequences Plan Perform Contrast Controlled</p>	<p>Throw Roll Catching Accurately</p>



Kestrels Year A P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	<p>Prior learning: Owls –Gym A and B-summer .</p> <p>Big ideas: diversity and similarities and differences.</p>	<p>Future learning-Eagles-swimming</p> <p>Dance-Spring A and B</p> <p>Big ideas: Environment.</p>	<p>Future learning: Eagles –Athletics Summer A and B</p> <p>Big ideas: Changes and similarities and differences</p>
Key Learning	<p>The Victorians</p> <p>Netball To know the basic rules of netball To move into space To pass quickly and accurately To move quickly and keep balance To shoot using a smooth action To catch the ball and execute a clean chest pass To maintain possession</p> <p>Gymnastics To balance upright and upside down To show control (balance for 5 seconds) To perform a number of rolls with the correct technique and safely (forward and backwards) To hold a bridge and plank position To create a sequence with contrasting speed, level and direction</p>	<p>Extreme Earth</p> <p>Swimming To use front and back stroke effectively and competently to swim over 25metres</p> <p>Dance-Country dancing To perform dances using simple movement patterns.</p>	<p>We Will Rock You</p> <p>Games - Cricket To receive a ball thrown with control To field the ball and return it accurately to the bowler To hit the offside (to the right) To hit to the leg-side (to the left) To bowl accurately To show good technique when batting</p> <p>Athletics To run with control in straight lines To use arms to generate speed and power when running and jumping To throw underarm and overarm and choose the most appropriate To run short and long distances To demonstrate smooth relay changeovers</p>
Vocab	Accuracy, receiving, tactics, rules, possession, variety, balanced, plan routine, performance, contrast in speed, level and direction, devise, control	Communicate, refine, sequences, fluent, respond, composing, unison, combine, remember, back-crawl, front-crawl, stroke, swim	Accuracy, field, receiving, tactics, rules, possession, variety, forehand, backhand, perform, sprint, distance, range, throwing, jump, take-off, landing, combine



Kestrels Year B P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	<p>Previous learning: Owls-Hockey Spring B</p> <p>Future learning:</p> <p>Big ideas: Similarities and differences</p>	<p>Previous learning: Owls – Dance Spring A Autumn B</p> <p>Future learning: Eagles – Dance Spring A and B</p> <p>Big ideas: Similarities and differences and relationships</p>	<p>Previous learning: Owls – Gym A summer and B Autumn</p> <p>Athletics A and B summer</p> <p>Future learning: Eagles –Athletics A and B summer</p> <p>Big ideas: Changes, relationships.</p>
Key learning	<p>The Romans Are Coming</p> <p>Hockey To find space once the ball has been passed To carry out a push pass To move quickly off the ball To keep the head still when in control of the ball To understand what tactics mean and the rules associated with Hockey</p> <p>Dodgeball To throw using the correct technique To catch the ball using good technique To use a lunge To dodge the ball by jumping or side stepping</p>	<p>Roots, Shoots and Poops</p> <p>Swimming To use front and back stroke effectively and competently to swim over 25metres</p> <p>Dance Imoves-Urban freestyle and Cheer dance To perform dances using simple movement patterns.</p>	<p>Amazing Mayans</p> <p>Gymnastics To show strength, endurance and technique in sequences To devise a routine and perform with a beginning, middle and end</p> <p>Athletics To run with control in straight lines To use arms to generate speed and power when running and jumping To throw underarm and overarm and choose the most appropriate To run short and long distances To demonstrate smooth relay changeovers</p>
Vocab	Accuracy, field, receiving, tactics, rules, possession, variety	Improvise, refine sequences, express, respond, imaginative, canon, back-crawl, front-crawl, swim, stroke	Sprint, distance, range, throwing, jump, take-off, landing, combine, controlled, sequences, strength, suppleness, practising, adapt, paired, combinations, apparatus, flexibility



Eagles Year A P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	<p>Prior learning: Kestrels swimming A and B Future learning: KS3 games/tennis. Big Idea: Environment, Changes and similarities and differences</p>	<p>Prior learning: Owls/ Kestrels – Dance units Future learning: KS3: gym and dance Big idea: Relationships, Changes.</p>	<p>Previous learning: Owls/Kestrels –Athletics Future learning: KS3 Athletics Big idea: Changes, Relationships, Diversity.</p>
Eagles	<p>Survival of the Fittest</p> <p>Games - Tennis To play forehand and backhand tennis slots To hold the tennis racket correctly To play a rally To volley the ball</p> <p>Swimming To swim competently over at least 25 metres To use backstroke and breast stroke effectively. To perform safe self-rescue in different water-based situations</p>	<p>Let The Battle Commence</p> <p>Dance-Imoves-Bollywood and Charleston To perform dances using a range of patterns To compare performances with previous ones and demonstrate improvement to achieve their personal best</p> <p>Gymnastics To balance both upright and upside down To compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Britain at War</p> <p>Games – Lacrosse To scoop the ball with the correct technique To space hands out correctly along the stick with the correct technique To catch the ball in the cradle To keep the hips square To shoot the ball accurately To contribute to the teams strategy</p> <p>Athletics To maintain balance when changing direction To explain the most effective key techniques for running and jumping To generate speed and power whilst running and jumping To offer constructive feedback to other people’s performances To throw with accuracy and the correct technique To sprint quickly over a short distance To understand the difference between field and track events</p> <p>OA To take part in OA activities both individually and as a team</p>
Vocab	<p>Tactics, approach, attack, defence, forehand, backhand, principles, water-rescue, breast stroke, competently, confidently, proficiently</p>	<p>Artistic, accompanying, mood, stimulus, spatial patterns, agility, link, adapt, critique, appropriate, refined</p>	<p>Adapt, combine, fluently, height, net games, isolation, knowledge, accurate, control, strength, stamina, field, track, safety, plan</p>



Eagles Year B P.E. Key Learning Points and End of Unit Outcomes

	Autumn Term	Spring Term	Summer Term
Links	<p>Previous learning: Merlins/Owls/Kestrels-Gym units Kestrels-swimming</p> <p>Future learning: KS3 Netball</p> <p>Big ideas: Similarities and differences</p>	<p>Previous learning: Merlins/Owls/Kestrels – dance units Kestrels-swimming</p> <p>Future learning: Eagles – Ancient Greeks. KS3 dance.</p> <p>Big ideas: Changes, diversity and similarities and differences.</p>	<p>Previous learning: Owls/kestrels – Athletics Merlins/Owls/Kestrels-rounders</p> <p>Future learning: KS3 games and athletics.</p> <p>Big ideas: Changes, similarities and differences.</p>
Key Learning	<p>Race for Space</p> <p>Games - Netball To apply skills and tactics learnt previously into a game situation To ensure accurate passing to maintain possession and move in a forward direction. To identify where the attackers are and close down their space. To keep hips square when defending, so that the attacker cannot easily run around them</p> <p>Swimming To swim competently over at least 25 metres To use backstroke and breast stroke effectively Perform safe self-rescue in different water-based situations</p>	<p>Ancient Egypt</p> <p>Swimming To swim competently over at least 25 metres To use backstroke and breast stroke effectively.</p> <p>Dance To perform dances using a range of patterns To compare performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Opa!</p> <p>Athletics To maintain balance when changing direction To explain the most effective key techniques for running and jumping To generate speed and power whilst running and jumping To offer constructive feedback to other people's performances To throw with accuracy and the correct technique To sprint quickly over a short distance To understand the difference between field and track events</p> <p>Rounders To use running, throwing and catching insolation and in combination To play competitive games, modified where appropriate</p> <p>OA To take part in OA activities both individually and as a team</p>
Vocab	Tactics, approach, attack, defence, speed, change, invasion, principles, water-rescue, breast stroke, competently, confidently, proficiently	Water-rescue, breast stroke, competently, confidently, proficiently, tension, continuity, incorporating	Striking, strategies, accurate, control, strength, stamina, field, track, safety, plan

