PE Updates

AUTUMN 2022

LO: Link movements together in a sequence.

SC:
Travel in different pathways

Balance on different body parts

Choose two movements to put together.

Tell my friend how to improve their performance.

4 Pillars of Progression

- Motor Competencies (coordinating fine & Gross motor skills)
- Fundamental movements skills (locomotor- running & jumping
  stability- twisting & balancing
  manipulation – throwing & catching
- Rules, strategies and tactics
- Healthy Participation

Vocabulary Progression

- Use NC statements
- Use SOW and progression statements.
- Keep simple but technical – See the examples given in the grids for each year groups.

PE Vocabulary Progression

	Basic movement	Developing balance	Agility and coordination	Team games	Movement patterns
KS1	Travel Turn Jump Hop Run Skip Gallop	Broad base Narrow base Still Control	Throw Catch Roll Aim Balance Strike Pass	Rules Team Cooperate	Levels speed Directions Pathways Gesture Sequence Linking movement
KS2 (The vocabulary for KS1 continues but is up-levelled in KS2)		Forward roll Backward Roll Control Coordination Points Patches	Over Arm Throw Under Arm Throw Chest pass Speed Direction Level Coordination Control Dribble	Tactics Strike Field Attack Defend Rules Scoring	Perform phase Expression Speed Direction Level Evaluate Improve Transition Compose Symmetry

SOW

Year 2 Scheme of work

Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games	Throwing catching	and inventing individual games	Making games with a partner	Dribbling, kicking and hitting	Group inventing	games and rules
Gymnastics	Points and patches	Wide narrow curled	Parts high and parts low	Pathways	Spinning, turning and twisting	Linking movements Together
Dance	Unit 1 The Cat, Balloons, Reach for the Stars	Unit 2 Friends, Bubbles, Shadows	Unit 3 Words and Word Messages	Unit 3 Three Little Pigs	Unit 4 Copy Cat, Pat-1-Cake Polka, Jumping Joan, Elsden Circle ,	Unit 4 Anything Goes, Galopede, Circassian Circle

Dance

Coverage of units

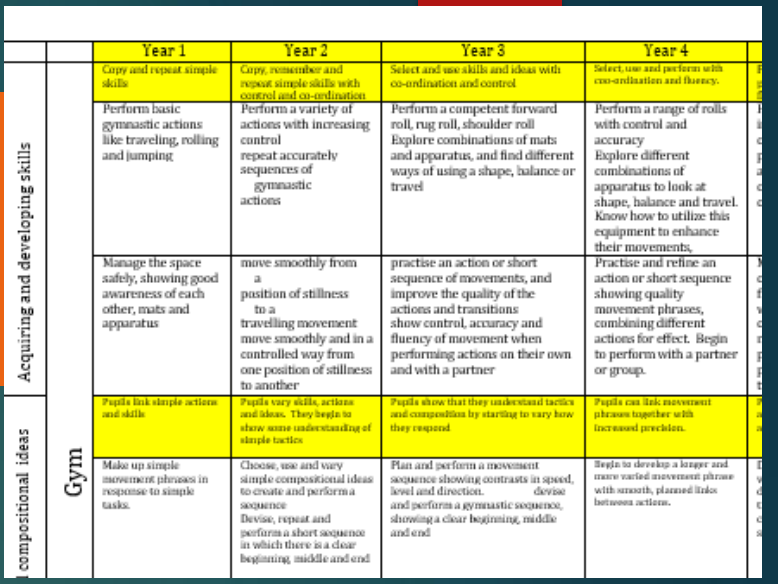
- Live and Learn reference
- Balance of Gym, Games and dance

PE Timetable 2022-2023

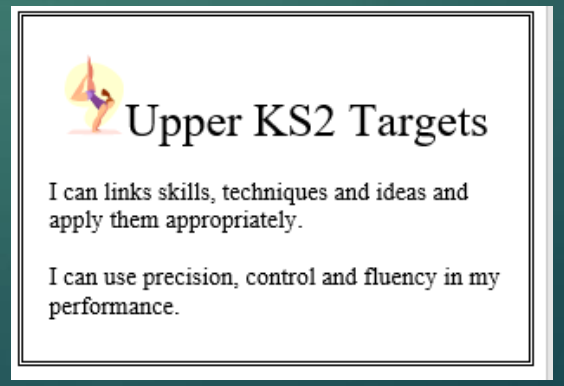
	9.00	9.45	10.50	1.15	2.00
Monday	Y5			Y1	
Tuesday				Y5	Y6
Wednesday	Y1	FS	Y2	Y3	Y4
Thursday	Y2	Y3	FS		
Friday	Y4	Y6			

Assessments

- Best fit
- Choose 4 pupils
- Use statements for writing reports
- Refer to end points/targets



		Year 1	Year 2	Year 3	Year 4
Acquiring and developing skills	Gym	Copy and repeat simple skills	Copy, remember and repeat simple skills with control and co-ordination	Select and use skills and ideas with co-ordination and control	Select, use and perform with co-ordination and fluency.
		Perform basic gymnastic actions like traveling, rolling and jumping	Perform a variety of actions with increasing control repeat accurately sequences of gymnastic actions	Perform a competent forward roll, rug roll, shoulder roll Explore combinations of mats and apparatus, and find different ways of using a shape, balance or travel	Perform a range of rolls with control and accuracy Explore different combinations of apparatus to look at shape, balance and travel. Know how to utilize this equipment to enhance their movements.
		Manage the space safely, showing good awareness of each other, mats and apparatus	move smoothly from a position of stillness to a travelling movement move smoothly and in a controlled way from one position of stillness to another	practise an action or short sequence of movements, and improve the quality of the actions and transitions show control, accuracy and fluency of movement when performing actions on their own and with a partner	Practise and refine an action or short sequence showing quality movement phrases, combining different actions for effect. Begin to perform with a partner or group.
		Pupils link simple actions and skills	Pupils vary skills, actions and ideas. They begin to show some understanding of simple tactics	Pupils show that they understand tactics and composition by starting to vary how they respond	Pupils can link movement phrases together with increased precision.
compositional ideas		Make up simple movement phrases in response to simple tasks.	Choose, use and vary simple compositional ideas to create and perform a sequence Devise, repeat and perform a short sequence in which there is a clear beginning, middle and end	Plan and perform a movement sequence showing contrasts in speed, level and direction. devise and perform a gymnastic sequence, showing a clear beginning, middle and end	Begin to develop a longer and more varied movement phrase with smooth, planned links between actions.



Trends from lesson observations

- On/ off task activity
- Equipment distribution/ use
- Use of demonstrations
- AFL to improve performance.

Flip chart samples

- LO
- SC
- Vocab (4 elements max)

L.O.=

To use a game skill

S.C.=

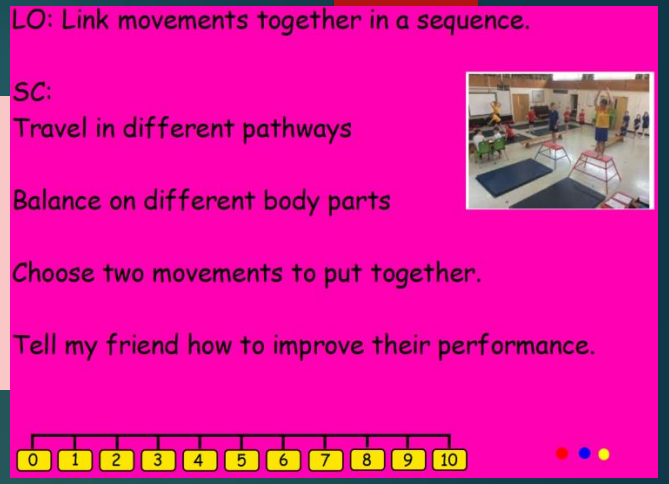
Move in different shapes

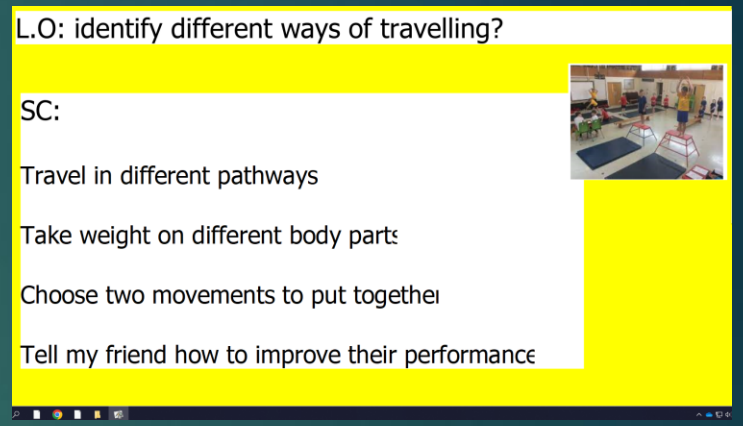
Stretch

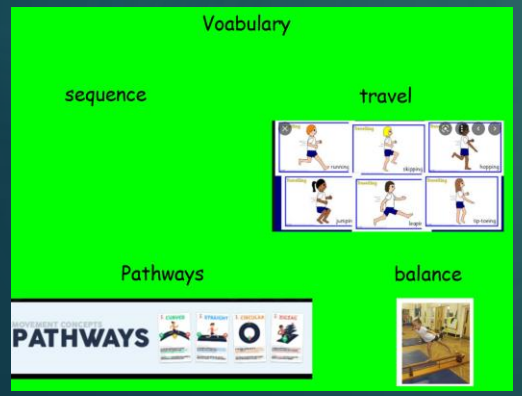
Use equipment

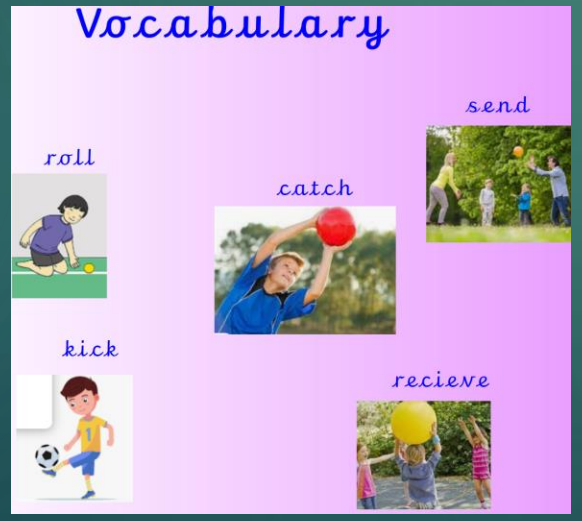
Use a throwing technique

Evaluate









Week 1: Dance - Stars

Key Vocabulary:

- Dance
- Move
- Sequence

Actions

- SOW check for coverage and preparation
- Equipment distribution in lessons
- Grouping prior to lessons
- Use of demonstrations for effective modelling
- Use of purposeful practice to improve the quality/ outcome of the task.