

Hampton Lucy C of E Primary School and Nursery

PE and Sport Plan 2016/17

This plan shows how by following National Curriculum Guidelines, Hampton Lucy C of E Primary School and Nursery intends to deliver Physical Education and Sport during the 2016/17 school year.

At each Key stage pupils will be given plenty of opportunity to develop, practice and evaluate performance in Physical Education. By offering a diverse curriculum we aim to inspire pupils to lead a healthy and active lifestyle whilst enjoying the benefits of regular physical activity. We also aim to challenge pupils to exceed standards and support pupils to reach their maximum potential.

The program of study has been specifically designed for each Key Stage and Class, which will support the aims we set and adhere to National Curriculum Guidelines.

Class	Autumn 1	Autumn 2	Indoor	Alternative
1	Fundamental ABC	Dribbling/Dodging	Gym	
2	Rolling/Throwing/Catching	Kicking/Handling	Gym	
3	Invasion Games *	Invasion Games *	Gym	Handball
4	Invasion Games *	Invasion Games *	Gym	Badminton

Class	Spring 1	Spring 2	Indoor	Alternative
1	Rolling/Throwing/Catching	Kicking/Handling	Dance	
2	Hitting/Target Games	Invasion Games	Dance	Hockey/Tag Rugby
3	Invasion Games *	Net Games	Dance	Frisbee/Badminton
4	Invasion Games *	Net Games	Dance	Golf/Frisbee

Class	Summer 1	Summer 2	Indoor	Alternative
1	Hitting/Target games	Invasion games/Athletics	Free	
2	Striking/Fielding	Athletics	Free	Handball
3	Striking/Fielding	Athletics/Rounders	Free	Dodgeball
4	Athletics	Athletics/Rounders	Free	Volleyball

Alongside the program of study within the Class plans, there will be an opportunity to try a variety of the alternative sports either as part of the termly plan or a one off lesson.

Swimming and water safety will be taught to children in Key Stage 2

All Classes should hold a minimum of two 45 minute PE sessions each week.

Support will be given by the PE Co-Ordinator to deliver one session and also external coaches will be brought in periodically as and when the curriculum requires.

Net Games are Tennis, Badminton, Volleyball etc.

Striking and Fielding games include Cricket, Rounders, Softball etc.

* Invasion games for class 3 and 4 will include Rugby, Hockey, Football, Netball, Basketball and can include some of the alternative sports mentioned above.

Key stage 1

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
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

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