

Dunsford Community Academy



DUNSFORD

COMMUNITY ACADEMY

CURRICULUM OVERVIEW 2021-22

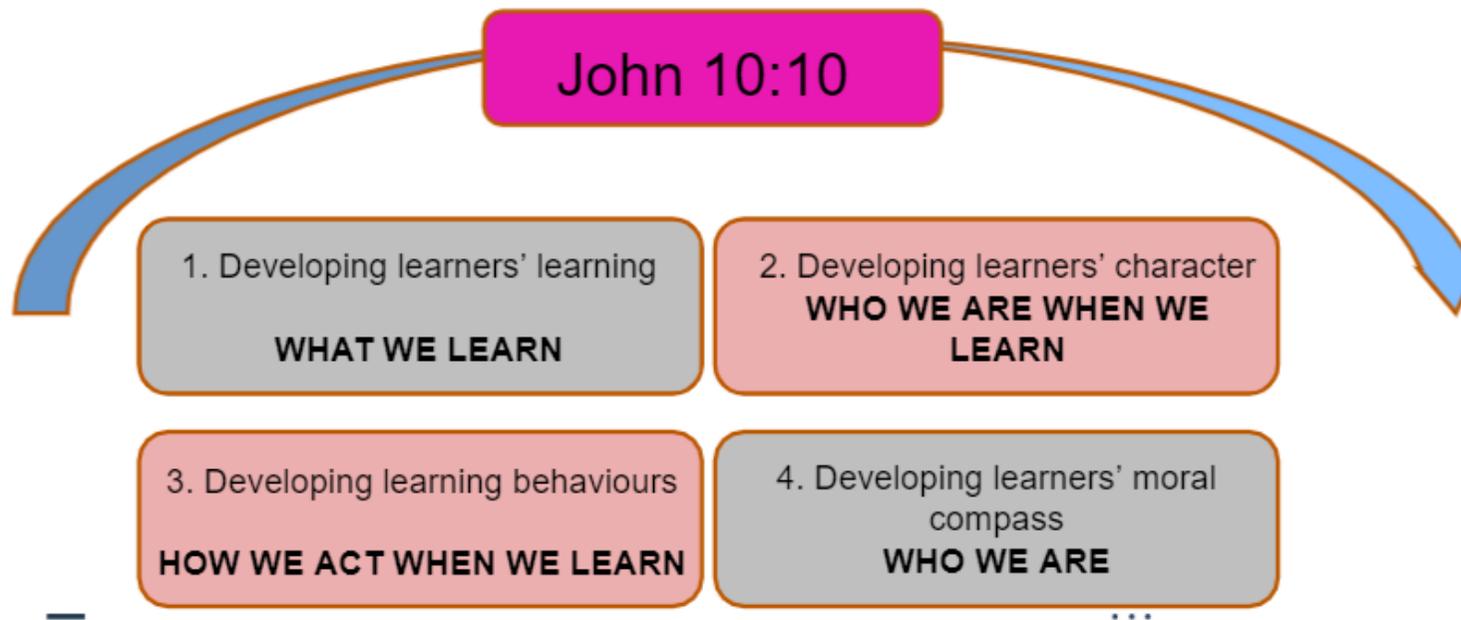
Physical Education

Dunsford Community Academy's curriculum is intrinsically linked to our vision statement ***'Together we learn, Together we grow, Together we bloom.'*** Our curriculum is ambitious and we want our pupils to imagine what is possible for them to achieve and to develop confidence to fulfil their hopes and aspirations. Our ambition is to give the children the purpose and desire to create change in our local communities and the wider world beyond.

Our curriculum is the beating heart of our academies and is rooted in John 10:10.

“I came that they might have life and live it to the full”

Our children will flourish through experiencing a knowledge-rich curriculum which is both broad and balanced and fosters a love of learning, enabling all children to make connections and be well prepared for the next stage of their education.



Curriculum Intent

Developing learners' learning
WHAT WE LEARN

Our children will experience a knowledge-rich curriculum, underpinned by oracy, language and reading.

Developing learning behaviours
HOW WE ACT WHEN WE LEARN

Our children will develop their learning behaviours and attributes so that they can embrace all opportunities and think critically.

Developing learners' character
WHO WE ARE WHEN WE LEARN

Our children's uniqueness will be nurtured so that they develop self-discipline and integrity to make good choices.

Developing learners' moral compass
WHO WE ARE

Our children will develop a deep sense of self and others to contribute positively within the diverse community and world in which they live.

Physical Education

As well-rounded, active citizens, our children will feel a sense of belonging by immersing themselves in a wide range of physical activities. The PE curriculum will enable children to use movement confidently, developing respect for themselves and each other and a positive sporting attitude. A

physically demanding and challenging curriculum inspires all to succeed and excel, developing both physical and mental health and wellbeing. Opportunities for positive competition in sport and other activities build character and self-discipline whilst encouraging them to continue to have an active lifestyle beyond their school life.

Class/Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R/1	Multi Skills	Multi Skills	Gym/Dance	Basic Throw & Catch	Striking & Fielding	Athletics
2/3/4	Invasion Netball/Handball	Tag Rugby	Gym/Dance	Football	Striking & Fielding	Athletics
5/ 6	Invasion Netball/Handball	Tag Rugby	Gym/Dance	Football	Striking & Fielding	Athletics

The children will be taught the following skills:

- Acquiring and Developing Skills (A&D)
- Selecting and applying skills, tactics and compositional ideas (S&A)
- Evaluating and improving performance (E&I)
- Knowledge and understanding of fitness and health (H&F)

Year 1	Invasion games	Gymnastics	Dance	Net and wall	Striking and fielding	Athletics	Health and fitness
In all areas children will be taught to give feedback to their peers and how to receive it. (what they liked and didn't like, what can be improved) (E&I)	Explore different ways of using a ball (A&D) sending a ball or other equipment Retrieve and stop a ball using different parts of	Learn a variety of basic gymnastic movements. Hold different body shapes and balances	Learn basic movements relating to feelings. Learn what makes a good start and finish	Focus on throwing a ball with control both over and underarm with prompts.	Focus on technique of striking a ball with control when shown. Focus on	Children will be taught how to use their bodies to: Sprint 30m Jump for height	Talk about what our bodies do during exercise e.g breathing (H&F)

	<p>the body. (A&D) Play a variety of running and avoiding games. Participate in simple team games (1v1, 2v2) Develop simple attacking and defending techniques (A&D) Pass and receive a ball in different ways with increased control. (S&A) (rugby, netball, football, basketball)</p>	<p>and combine different ways of travelling. (A&D) Move between mats and small apparatus and change the speed of movement. Handle apparatus safely Recognise how it feels when the body is tense in a balance. Develop balance, agility, co-ordination of travelling, stillness, jumping, timing, changing shape, direction and size. (A&D)</p>	<p>position in a sequence. Learn how to move their bodies in a variety of ways. Respond to different music showing a range of emotions and stimulus. Perform dance movements and simple sequences using simple movement patterns. Be taught to remember and perform short dance routines to other children (1-5 steps)</p>	<p>Focus on catching a ball from shorter and longer distances, on their own and in groups. Play games based on net games (tennis, badminton) children have the opportunity to play 1v1, 1v2, 2v2, Pass and receive a ball in different ways with control and increased accuracy. (tennis, badminton)</p>	<p>technique on fielding a ball using under and over arm throwing. Able to play simple games in small groups, applying rules and skills that have been taught.</p>	<p>Jump for distance Leap hurdles Overarm throw Underarm throw t a target Run for longer distance to build stamina Participate in Sports day</p>	<p>Practice skills to make them warmer and cooler before and after exercises. (H&F) Discuss how the body changes during exercise</p>
Year 2	Invasion games	Gymnastics	Dance	Net and wall	Striking and fielding	Athletics	Health and fitness
In all areas children will be taught to give feedback to their peers and how to	Develop control and accuracy when moving with a ball in a variety	Develop short sequences on their own.	Use a range of vocabulary to describe	Use their skills to play end to end games,	Choose, use and vary simple tactics.	Take part in multiskills festivals. (competitions:	Talk about what our bodies do during

<p>receive it. (what they liked and didn't like, what can be improved) (E&I)</p> <p>Take part in multiskills/competitive festivals. X2 during the school year, at least one to be against another school (s).</p>	<p>of different games. Pass and receive a ball with more control and accuracy. Understand how to score points. Improve attacking and defending methods. Recognise how they work best with their partner. Use different rules and tactics for invasion games. (S&A) Watch others accurately. Describe what they see and ask to copy others' ideas, skills and tactics. Participate in team games. Understand and develop tactics for attacking and defending. (rugby, netball, football, basketball)</p>	<p>Use imagination to find different ways of using apparatus. Form simple sequences of different actions using floor and apparatus. Have a clear start, middle and end. (S&A) Have a clear focus when watching others perform. (E&I) Say when a movement or skill is performed well (aesthetic appreciation). (E&I) Describe what they have done and what they have seen. (Make easier or harder. Use</p>	<p>moods and how dances make them feel. Perform dances using simple movement patterns with a clear start middle and end. On their own can remember and perform short dance routines to other children (1-8 steps) Evaluate and improve a dance performance by recording and viewing their rehearsals. (E&I)</p>	<p>games over a barrier and fielding games. Use their ability to solve problems and make decisions. (S&A) Watch others and describe what is happening. Talk about what they have done and how they did it. Participate in team games. Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and coordination</p>	<p>(S&A) Recognise good quality in performance . Participate in team games. Pass and receive a ball in different ways with control and increased accuracy. Perform fielding techniques with increased control and co-ordination (cricket, rounders)</p>	<p>Year group, whole school, against other schools) Designed to develop the fundamental movement skills of balance, coordination and agility. Children will be taught how to use their bodies to: Sprint Jump for height Jump for distance Leap hurdles Overarm and underarm throw Chest pass Run for longer distance Participate in Sports day</p>	<p>exercise e.g breathing heart rate, start to find their pulse (H&F) Practice skills to make them warmer and cooler before and after exercises. (H&F) Discuss how the body changes during exercise</p>
---	---	---	---	--	---	--	---

		advice to improve.) (E&I) Develop balance, agility and coordination of travelling, stillness, jumping, timing, changing shape, size, direction		. (tennis, badminton)			
Year 3	Invasion games	Gymnastics	Dance	Net and wall	Striking and fielding	Athletics	Health and fitness
Take part in multiskills/competitive festivals. X3 during the school year, at least one to be against another school (s). In all areas children will be taught to give feedback to their peers and how to receive it. (what they liked and didn't like, what can be improved) (E&I)	Show good control using a number of sending and receiving techniques with a partner and in small groups. Improve accuracy of passes and use space to keep possession. Remain in control of ball while travelling. Be aware of where other players are. Look when travelling and be aware of what happens after they have passed	Develop and perform actions. Practice and concentrate on quality of movement. Link different balances moving in and out of positions of stillness. Transfer weight smoothly from one part of body to another. Use actions on floor and over,	Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement. (A&D) Learn a short sequence with a clear, middle and end that they can perform on their own and in a group, with between 4-12 steps.	Practise throwing and catching with a variety of different balls and using different types of throw. Hit the ball with a racket. Use different shots.(A&D) Play games using throwing and catching	Consolidate and develop the range and consistency of their skills in striking and fielding games. Further development of passing and receiving in larger groups, learn how to strike a ball in a range of different ways and to understand	Choose skills and equipment to meet the challenges they are set. E.g by increasing the distance thrown. Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing. (S&A) Children will be taught how	Keep up an activity over a period of time and know what they need to warm up and cool down for dance. (H&F) Recognise and describe what their bodies feel like during different types of activity. Describe

	<p>ball. (A&D) Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games. Know which passes are best, and tactics to keep possession. Find space to receive and support.</p> <p>Know what to think about when team has and hasn't got the ball. How to organise themselves differently to play each of the games successfully. Understand patterns of play- if ball is in a certain position where should players be. (S&A) (football, basketball, hockey, netball, rugby)</p>	<p>through, across and along apparatus. (A&D) Vary and apply actions on floor and apparatus. Copy a partner's sequence on floor and apparatus.</p> <p>Perform easy combinations of contrasting actions. Choose combinations that work in their sequences.</p>	<p>Learn how to develop actions and movements within short dances by changing the dynamics, space and relationships . Learn a variety of travels, gestures, turns, jumps and balances with good control</p>	<p>skills. Vary strength, length and direction of throw. Know how they can make it difficult for opponent to receive ball.</p> <p>Understand attack and defence tactics. Understand basic rules about the games. (tennis, badminton)</p>	<p>how to hit in to space. (A&D) (rounders, cricket)</p>	<p>to use their bodies to:</p> <ul style="list-style-type: none"> Sprint 50m Jump for height 20cm Jump for distance 90 - cm Leap hurdles 60m Overarm throw 20m Chest pass 4m Run for longer distance 400m <p>Participate in Sports day</p>	<p>what happens to their heart, breathing and temperature during different types of athletic activity.</p>
--	---	---	---	--	--	---	--

Year 4	Invasion games	Gymnastics	Dance	Net and wall	Striking and fielding	Athletics	Health and fitness
<p>Take part in multiskills/competitive festivals. X3 during the school year, and at least 2 others to be against another school (s).</p> <p>In all areas children will be taught to give feedback to their peers and how to receive it. (what they liked and didn't like, what can be improved) (E&I)</p>	<p>Play 3vs1 and 4vs1 and how to use the space and help each other. Score more regularly without making mistakes. Choose and adapt their techniques to keep possession and give their team chance to shoot. Plan ideas and tactics across different invasion games. Know what rules are needed to make games fair. Understand simple patterns of play. (S&A) Evaluate how successful their tactics have been, use appropriate language to describe performance and identify what they do that makes things difficult for their opponents. (football,</p>	<p>Devise, perform and repeat sequences that include travel, body shapes and balances. Help them change sequences. Include changes of dynamics. Work with a partner and small groups to create sequences. Adapt their sequences to include apparatus and to suit partner or small group. (S&A) Compare and contrast similar performances .</p>	<p>Explore and create characters and narratives in response to a range of stimuli. Compose short dances with clear start, middle and end on their own, partners and in groups. Developing basic actions and skills using: dynamics, space and relationships , travels, gestures, turns, jumps and balances with good composure and control. Can remember and perform a longer</p>	<p>Play games using throwing and catching skills. Vary strength, length and direction of throw. Understand how they can make it difficult for opponent to receive ball. Understand where to stand when receiving. Understand attack and defence tactics. Understand rules about the games. (S&A) (tennis, badminton)</p>	<p>Throw and catch balls at different speeds, directions and heights. Choose and use a range of simple tactics and strategies. Keep, adapt and make rules for striking and fielding games. (rounders, golf and cricket)</p>	<p>Children to develop their technique for running at shorter and longer distances, throwing for distance, jumping and leaping for height and distance. Children will be taught how to use their bodies to:</p> <ul style="list-style-type: none"> Sprint 60m Jump for height 25cm Jump for distance 120cm Leap hurdles 80m Overarm throw 30m Chest pass 6m Run for longer distance 500m <p>Participate in Sports day</p>	<p>Learn some of the main muscles groups during warm up and cool down. Start to take their pulse before, during and after exercise and explain the effect. Know a warm routine involving dynamic stretches , led by an adult or child. (H&F)</p>

	basketball, hockey, netball, rugby)		dance routine to others (6-14steps)				
Year 5	Invasion games	Gymnastics	Dance	Net and wall	Striking and fielding	Athletics	Health and fitness
<p>Take part in competitive competitions. X4 during the school year, and at least 2 others to be against another school (s).</p> <p>All children will have a minimum of 6 weeks swimming lessons to cover the following:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in 	<p>Show ways to keep ball away from defenders.</p> <p>How to shield the ball.</p> <p>Change speed, direction with ball to get away from defender.</p> <p>Shoot accurately in a variety of ways.</p> <p>Mark an opponent. (A&D)</p> <p>Watch and evaluate the success of the games they play in. Identify parts of the game that are going well and parts that need improving.</p>	<p>Explore range of symmetric and asymmetric actions, shapes and balances.</p> <p>Control actions and combine them fluently.</p> <p>Be aware of extension, body tension and control.</p> <p>Move from floor to apparatus, change levels and move safely.</p> <p>Combine movements with other in a group (matching and mirroring). (A&D) Watch a performance</p>	<p>Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. (A&D)</p> <p>Explore and experiment imaginatively with a stimulus for a given audience.</p> <p>Composing more complex routines with clear sections, starting to use unison,</p>	<p>Hold and swing racket know where to stand on the court when hitting, catching and receiving.</p> <p>Hit the ball on both sides of the body and above head. Use different types of shots during a game.</p> <p>Improve accuracy. (A&D)</p> <p>Explain why they or others are playing well</p>	<p>Develop the range and consistency of their skills, especially in specific striking and fielding games. E.g throwing, catching and striking a ball accurately to a static and moving partner at different distances (A&D) (rounders, golf and cricket)</p>	<p>Choose their favourite ways of running, jumping and throwing.</p> <p>Choose the best equipment for different activities.</p> <p>Know how to plan a run so they pace themselves evenly or unevenly.</p> <p>Plan to cover distances as a team to get the best results possible. Mark a run up for jumping and throwing. Set themselves and others targets in different events. (S&A)</p> <p>Watch a partners</p>	<p>Can take pulse, and name some muscles correctly, and they can explain the effects of exercise on their body.</p> <p>Can start to lead their own warm up using dynamic stretches in small groups, know what muscles to warm up effectively for different exercises.</p>

<p>different water-based situations.</p> <p>In all areas children will be taught to give feedback to their peers and how to receive it. (what they liked and didn't like, what can be improved) (E&I)</p>	<p>Explain how confident they feel in different positions.</p> <p>Suggest what they need to practice to enjoy game more.</p> <p>Change pitch size to make games better. (E&I)</p> <p>(football, basketball, hockey, netball, rugby)</p>	<p>and evaluate its success. Identify what was performed well and what needs improving. Choose a focus for improvement. Identify one or two aspects of their performance to practice and improve. (E&I)</p>	<p>canon, repetition. Changing the dynamics, space and relationships . Can remember and perform a dance routine to any audience with 10-20 steps.</p>	<p>in the games. Know what they need to get better at and what to practice. Know how to change court to make easier. Understand practices to help with precision and consistency and speed about the court. (E&I) (tennis, badminton)</p>		<p>athletic performance and identify the main strengths. Identify parts of the performance that need to be practised and refined, and suggest improvements . Children will be taught how to use their bodies to:</p> <ul style="list-style-type: none"> Sprint 75m Jump for height 30cm Jump for distance 130 - 150cm Leap hurdles 90m Overarm throw 35 Chest pass 6 - 8 m Run for longer distance 600m Participate in Sports day 	<p>Understand why exercise is good for their fitness, health and wellbeing (H&F)</p>
Year 6	Invasion games	Gymnastics	Dance	Net and wall	Striking and fielding	Athletics	Health and fitness

<p>Take part in competitive competitions. X4 during the school year, and at least 3 others to be against another school (s).</p> <p>In all areas children will be taught to give feedback to their peers and how to receive it. (what they liked and didn't like, what can be improved) (E&I)</p>	<p>Understand that when other team has ball they are attacking and when they haven't they are defending. Understand different ways of attacking and encourage them to use positions for their team carefully. Understand different ways to attack and defend. Choose right formations and tactics for attack and defence. Know how they support other players in attack and defence. (S&A) Understand how to get ready for games. (football, basketball, hockey, netball, rugby)</p>	<p>Make up a sequence and adapt it to different apparatus layouts. Use combinations of dynamics (pathways) to use space effectively. Make up own rule for longer, more complex sequences. Plan a sequence and adapt it to limited equipment. Work as a group and share roles fairly. Investigate different ways of working with a partner or small group. Use compositional ideas (contrasts and variation in shape, speed, level,</p>	<p>Explore, improvise and combine movement ideas fluently and effectively. (S&A) Understand how a dance is formed and performed. To evaluate, refine and develop their own and others' work. (E&I) Composing more complex routines with clear sections, using unison, canon, repetition. Changing the dynamics, space and relationships Can remember and perform</p>	<p>Devise a scoring system. Hit the ball in the court away from opponent, how to outwit them using speed height and direction of ball. Know where to stand when attacking and defending. (S&A) Explain why they or others are playing well in the games. Know what they need to get better at and what to practice. Understand how to change court to make easier. Understand practices to</p>	<p>Use and adapt rules, strategies and tactics, using their knowledge of basic principles of batting and fielding. (S&A) Develop and adapt their striking, fielding, throwing and catching skills to different heights, distances in small and large games. Thinking about when to use an over and under arm throw. (rounders, golf and cricket)</p>	<p>Develop the consistency of their actions in a number of events. Increase the number of techniques they use. Sustain pace over longer distances, e.g. sprint for seven seconds, run for one or two minutes. Throw with greater control, accuracy and efficiency. Perform a range of jumps showing power, control and consistency at both take off and landing. (A&D) Say why some athletic activities can improve strength, power or</p>	<p>Know some ideas for warm up exercises and routines. Know what makes a good warm up. Know what clothing and footwear is best to wear. Know how to check playing area. Know how playing invasion games helps your fitness and benefits of playing outside of school. Can take pulse, and name some muscles correctly, and they</p>
---	--	--	--	--	--	--	---

		<p>timing and actions) (S&A) Know how gymnastics promotes strength, power and suppleness. Set out and do risk assessments on apparatus.</p>	<p>a dance routine to any audience with 20+ steps.</p>	<p>help with precision and consistency and speed about the court. (E&I) (tennis, badminton)</p>		<p>stamina and explain how these can help their performance in other types of activity. Outdoor and adventurous activity during year 6 residential trip Children will be taught how to use their bodies to: Sprint 90m Jump for height 35+cm Jump for distance 150+cm Leap hurdles 100m Overarm throw 35+m Chest push 8+ m Run for longer distance 600m – 800m Participate in Sports day</p>	<p>can explain the effects of exercise on their body. Value of exercise outside of school day. Understand why exercise is good for fitness, health and wellbeing. (H&F)</p>
--	--	---	--	---	--	--	---