

The journey in P.E. at Oakmeadow



The **Children's Health Project**



The Journey Starts

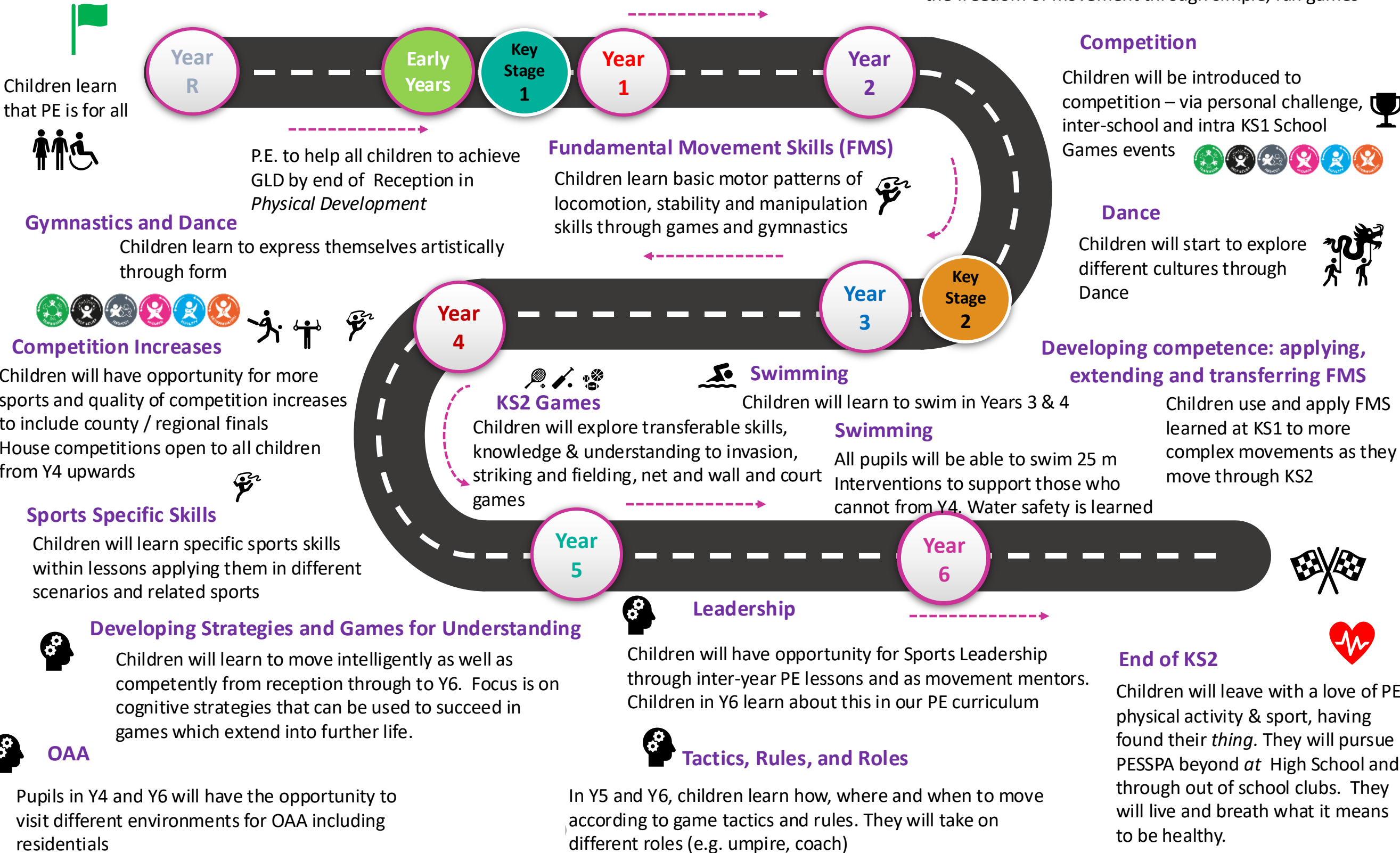
Children identified for additional support with gross & fine motor skills following *Day at the Seaside* DEMS programme in Nursery

Interventions to support in KS1

Children identified for additional support with gross & fine motor skills following *Jungle Journey* DEMS programme IN EYFS

The Body

Children will start to learn about their physical and mental wellbeing through the four pillars of health. Children enjoy the freedom of movement through simple, fun games



The Y1 journey in P.E. at Oakmeadow



The Journey Starts



Children learn that PE is for all, and moving is good for us as well as fun!



Interventions to support in Y1

Children identified for additional support with gross & fine motor skills following *Jungle Journey* DEMS programme IN EYFS. Plan-do-review approach



Gymnastics: body parts



The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances on big and small body parts in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they link movements together developing simple sequences.



The Body

Children will start to learn about their physical and mental wellbeing through the four pillars of health. They understand that movement is good for them

Dance: the Zoo



The unit of work will challenge pupils to respond to the stimulus (different zoo animals) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence.

Ball Skills: Hands 1



The unit of work will develop pupils' sending and receiving skills, applying and developing understanding of where we send a ball and why. Pupils will combine their sending and receiving skills to keep possession. Pupils will explore stopping the ball..

Ball skills: rackets, bats and balls



The focus of the learning is for pupils to develop their ability to keep a ball controlled using a racket. Pupils will also explore and develop their hitting (pushing) skills using a ball and a racket accurately. Pupils will apply their understanding of accuracy and space in a variety of games

Gymnastics: body parts



The unit of work will develop pupils' ability to apply 'champion gymnastics' as they explore movements and balances in wide, narrow and curled ways on the floor and on apparatus. Pupils will transition between the theme words as they move and develop simple sequences, linking movements together.

Games for understanding



The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity

Locomotion: jumping



The unit of work will develop pupils' understanding of how and why we jump, using our head, arms and feet, applying the correct jumping technique. Pupils will begin to understand the different reasons when, where and why we jump in differe

Health and Wellbeing



The unit of work will introduce pupils to agility, balance and co-ordination, understanding what they mean and why they are important. Pupils will perform circuits to develop their application and understanding.

Locomotion: running



The unit of work will develop pupils' ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why

Ball Skills: feet



The unit of work will develop pupils' ability to apply effective dribbling skills. Pupils will develop their understanding of why we need to be accurate when kicking (passing) a ball. Pupils will be able to collaborate and work together in a team

Ball skills: Hands 2

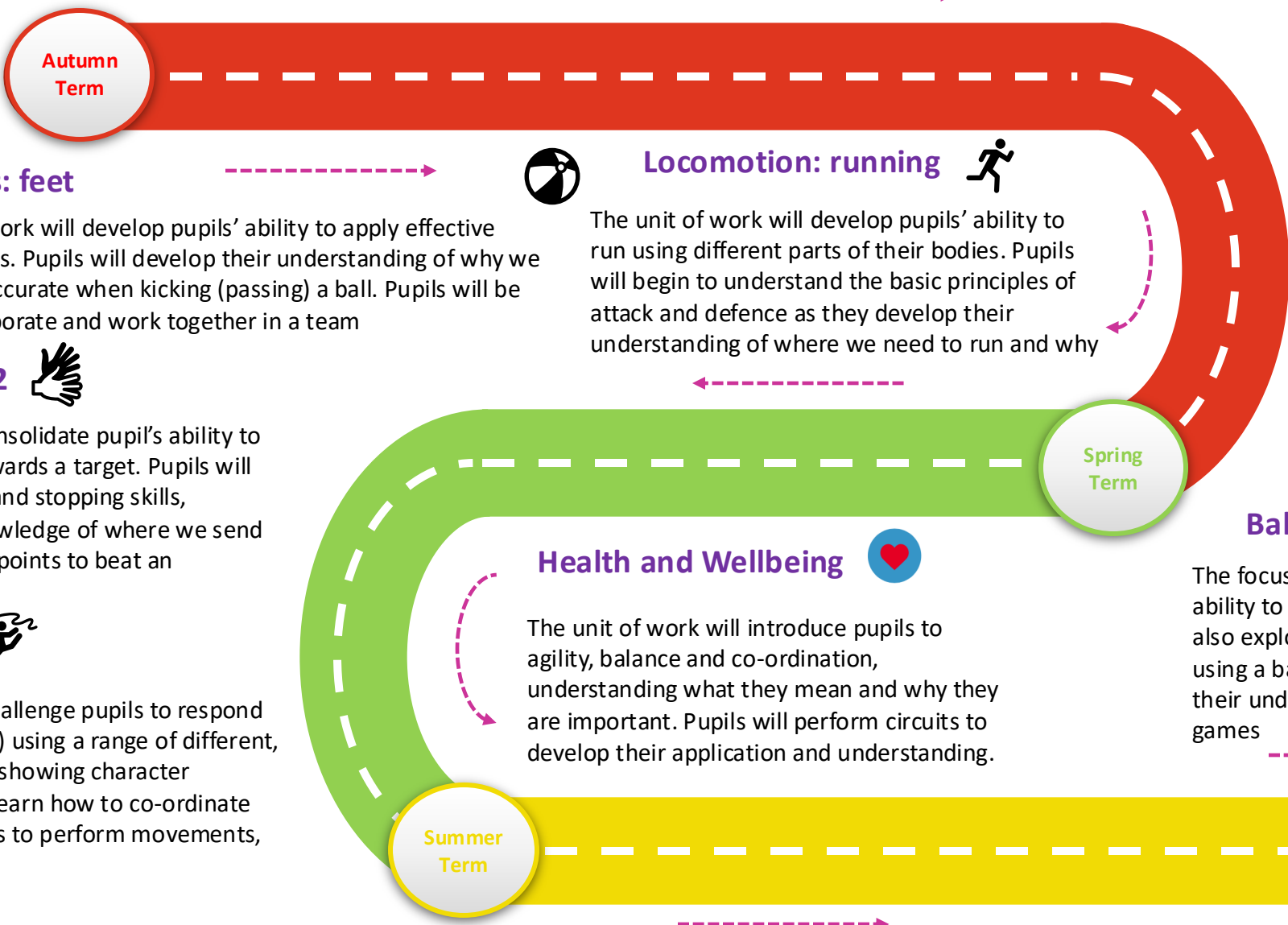


The unit of work will consolidate pupil's ability to accurately roll a ball towards a target. Pupils will combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent..

Dance: Heroes



The unit of work will challenge pupils to respond to the stimulus (heroes) using a range of different, controlled movements showing character expression. Pupils will learn how to co-ordinate and control their bodies to perform movements, creating a sequence



The Y2 journey in P.E. at Oakmeadow



The Journey Starts



Children learn that PE is for all, and moving is good for us as well as fun!



Locomotion: jumping



The unit of work will challenge pupils to apply their prior learning of how to jump and use this to jump in combination and link jumps. Pupils will continue to develop their ability to apply jumping in games.

Team Building



The unit of work will develop pupils' ability to apply effective teamwork, ensuring that everyone is included and understands their role. Pupils will begin to develop and apply simple strategies to solve problems



The Body

Children will further develop learning about physical and mental wellbeing through the four pillars of health, making links to movement and feeling good.

Ball Skills: Hands 1



The unit of work will challenge pupils to combine their developing dribbling, passing and receiving skills in order to keep possession and score a point. Pupils will apply these skills in teams in various games and activities..

Health and Wellbeing



The unit of work will consolidate pupils' understanding of agility, balance and co-ordination, applying these elements of fitness in a variety of activities. Pupils will perform circuits, understanding how motivation can enhance performance.

Ball skills: feet



The unit of work will challenge pupils to apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.

Dance: explorers



The unit of work will develop pupil's ability to create and develop their characters, adding movements, expression and emotion to their performance. Pupils will be able to create a motif and will develop their motifs with a partner to include some different elements of choreography

Ball skills: Hands 2



The unit of work will challenge pupils to apply their understanding of underarm and overarm throwing to beat their opponents. Pupils will further extend their understanding of why we need to be accurate when we throw.

Games for understanding



The unit of work will challenge pupils to create simple defending and attacking tactics, while continuing to develop an understanding of the transition from defence to attack. Pupils will apply these tactics as a team into games.

Locomotion: dodging



The unit of work will challenge pupils to apply their knowledge of how, where and why to dodge. Pupils will learn the roles of attacking and defending and start to understand when we attack and when we defend while using their dodging skills.

Dance: water



The unit of work will challenge pupils to use their whole body when creating sequences of movements. Pupils will explore and respond to music as a stimulus. Using various dynamics and movement qualities, pupils will be able to use descriptive language to discuss these various movement qualities.

Summer Term



Ball skills: rackets, bats and balls

The focus of the learning is for pupils to refine their understanding of how they can use their hitting (striking) skills to send the ball into space in order to win a game. Pupils will refine this understanding of why in certain games, hitting into space is essential in order to score points against the opposing team.

Gymnastics: pathways



The unit of work will challenge pupils to explore different ways that they can link movements and balances together while travelling along a variety of pathways. Pupils will apply 'champion gymnastics' and be able to perform a sequence on apparatus while travelling along a chosen pathway.



The Y3 journey in P.E. at Oakmeadow



The Children's Health Project

The Journey Starts

Children begin to take part in more structured games and activities that include all



Game sense: invasion

The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing, moving and shooting. Pupils will learn how to keep possession and eventually score in order to win a modified game.

Health and wellbeing: mindfulness

The unit of work will explore how we feel in our minds and in our bodies, when we experience various emotions. Pupils will learn how to execute meditative balances and relaxation techniques to help combat feelings of anxiety. Pupils will gain an awareness of how to apply these techniques in day-to-day life.

The Body

Children will strengthen learning about physical and mental wellbeing through the four pillars of health. They will demonstrate personal choices in these areas

Inclusion: Boccia

The focus of learning is to explore, develop and consolidate how to send the ball, whilst applying a developing understanding of why we need to be accurate when sending the ball. Pupils will work individually and then as part of a team to apply their learning.

Games: Tag Rugby

The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving to score a try. Pupils will develop their understanding of when, where and why they need to create space when they are attacking

Gymnastics: symmetry and asymmetry

The unit of work will focus on exploring movements and balances in symmetrical and asymmetrical ways. Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow.

Dance: Wild Animals

The unit of work will challenge pupils to respond to different stimuli being able to sustain characters to add drama and emotion to the dance. Pupils will bring together the choreography to create a final performance in groups.

Games: Basketball

The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving, dribbling and shooting. Pupils will learn how to keep possession and eventually score in order to win a modified game.

Games: Hockey

The unit of work will explore how to apply the principles of attack vs defence, with a particular focus on passing and moving and dribbling. Pupils will learn how to keep possession and eventually score in order to win a modified game.

Rounders:

The unit of work will explore the concept of batting and fielding (attack and defence). Pupils will develop an understanding of the purpose of each team. Pupils will learn how to apply a variety of fielding skills such as throwing and stopping the ball to keep the batter's score low.



The Y4 journey in P.E. at Oakmeadow



The Children's Health Project



The Journey Starts

Children begin to take part in more structured games and activities that include all as friendly competition increases



Swimming



In this unit you will further develop water confidence, refining a range of strokes and swimming for longer distances unaided. Water safety knowledge will deepen to include rescue situations

Autumn Term

Game Sense: Invasion



The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a focus on effectively using their passing, moving and dribbling skills to create an attack that results in a shooting opportunity. Pupils will be introduced to defensive principles including marking.



The Body

Children will strengthen learning about physical and mental wellbeing through the four pillars of health. They will demonstrate personal choices in these areas and explain how this could develop further



House competition participation

For the first time, you can take part in intra-year competition for your house in tag rugby, football, hockey, netball, rounders and athletics

OAA: Problem Solving



The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics.

Gymnastics: bridges



The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity.

Health and Wellbeing: mindfulness



The unit of work will focus on exploring positive and negative emotions and managing them through using mindfulness techniques such as visualisation, using music, meditative balances, mime and deep breathing. Pupils will be able to bring these emotions to life and understand how we can manage them.

Dance: Space

The unit of work will challenge pupils to explore movement through improvisation, introducing unison and matching. Pupils will sustain their characters to add drama and emotion to the dance. Pupils will extend their dance skills by using more complex interacting movements, actions and incorporate apparatus.

Spring Term

Games: Tennis



The unit of work will develop pupils' ability to apply the principles of attack vs defence in order to win a game of tennis. Pupils will create space to win points and apply the developing racket skills using forehand and backhand techniques.



Invasion Games: Tag Rugby

The unit of work will develop pupils' ability to apply the principles of attack vs defence. Pupils will combine passing and moving to develop ways of creating space to beat an opponent to score a try. Pupils will also develop tagging and to explore different ways the defending team can prevent the attackers from scoring.



Games: Cricket



The unit of work will develop pupils' ability to apply the principles of attack vs defence in a cricket context. Pupils will develop a range of more advanced fielding skills to keep the batter's score as low as possible. Pupils will also develop their batting skills to outwit the fielders and score as many runs (points) as possible.

Athletics



The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump.

The Y5 journey in P.E. at Oakmeadow



The Journey Starts

Children know that PE is for all and the benefits that come with sustained activity; they can discuss a range of sports and skills needed



House competition participation

Building on last year, you can again take part in house competitions throughout the year. Some of you will be chosen to be House Vice-Captains to help the choosing of teams and to influence the calendar.

Inclusion: Boccia



The focus of learning is to explore, develop and consolidate how to send the ball, whilst applying a developing understanding of why we need to be accurate when sending the ball. Pupils will work individually and then as part of a team to apply their learning.

Games: basketball



The unit of work will challenge pupils to apply their prior learning of passing and moving and dribbling to create attacks that result in a shooting opportunity. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.



Games: Badminton

The unit of work will challenge pupils to apply their understanding of how to create space to win a point. Pupils will refine their understanding of when to apply the forehand and backhand in a game situation to win a point and how to take control of the game from the beginning (serve).

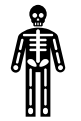
Games: Dodgeball



The unit of work will consolidate pupils' ability to apply the principles of attack vs defence in games. Pupils will consolidate their throwing, catching and dodging skills applying these as they create simple tactics for attacking and defending.

OAA: Communication & Tactics

The unit of work will refine pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils refining effective communication skills, essential to working within a team to complete the challenges.



The Body

Children will strengthen links between and demonstrate the 4 pillars of health contributing to overall health and wellbeing. They will make conscious choices to show awareness of health.

Game sense: Invasion



The unit of work will challenge pupils to refine their attacking skills. Pupils will have a clear understanding of when, where and why they apply these skills during a game. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team

Orienteering



The unit of work will consolidate pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will consolidate their ability to collaborate with others and work as a team to complete the challenges.

Invasion games: hockey

The unit of work will challenge pupils to develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games. Pupils will be able to develop tactics for both attacking and defending and apply these successfully within their team.

Athletics



The unit of work will challenge pupils to consolidate their knowledge, understanding and ability to sprint effectively, individually and within a team. Pupils will be able to develop their technique for throwing a shot putt and explore and develop an understanding of how to hurdle safely



Games: Rounders

The unit of work will challenge pupils to apply fielding tactics, exploring how we can maximise our fielding set up and get the most from our players, making it harder for the batting team. Pupils will be able to explore the skill set of each team and tactically select players to play in positions that utilise their skills.

Summer Term



Gymnastics: Counterbalance and tension

The unit of work will focus on exploring Counterbalance and Counter Tension balances on the floor and on apparatus. Pupils will create sequences by consistently applying flow and challenging their creativity. Pupils will focus on the various ways they can construct the sequence and link the balances with movements.



Dance: Street Art:

The unit of work will challenge pupils to bring different types of street art to life through movement and expression. Pupils will be able to understand and depict the emotion behind certain street art and use different types of choreographical skills to tell a story/deliver a message.



The Y6 journey in P.E. at Oakmeadow



Leadership:

The Children's Health Project

The Journey Starts

Children know that PE is for all and the benefits that come with sustained activity; they can explain their preferences and pursue these



Invasion games: netball



Pupils will consolidate their understanding of the principles of attack and defence. They will consistently apply a range of effective passes, in order to keep possession and score. Pupils will in turn apply pressure when defending to regain possession quickly

The focus of the learning is for pupils to understand what makes an effective leader. By unpicking the 'STEP' principles, pupils will be able to apply their developing understanding as they lead others. Pupils will be able to identify the different attributes that make an effective leader.



The Body

Children will strengthen links between, and demonstrate, the 4 pillars of health contributing to overall health and wellbeing. They will talk, live and breathe being healthy.



House competition participation



Building on last year, you can again take part in house competitions throughout the year. Some of you will be chosen to be House Captains to lead on sport, help the choosing of teams and to influence the calendar.



Invasion games: Tag Rugby

Pupils will consolidate their understanding of attacking and defending. Pupils will create tactics for both attack and defence and apply them into game situations, adapting them when necessary.

OAA: Orienteering



The unit of work will refine pupils' ability to orientate a map, locate points in a set order. They must follow the route they have been given to reach as many points as possible in an allocated time. Pupils will refine their ability to collaborate with others and work as a team to complete the challenges.



Dance: prejudice and discrimination

The unit of work will challenge pupils to explore the concepts of Prejudice and Discrimination through movement. By exploring this challenging topic, pupils will work together to demonstrate the emotions that surround prejudices and the impact of acting on this prejudice. Pupils will explore the power of being united when tackling prejudices.

Games: Dodgeball



Pupils will refine their understanding of attacking and defending, applying skills and creating tactics during a game. Pupils will take responsibility for officiating and managing their own games.

Athletics



The unit of work will challenge pupils to apply their knowledge, understanding and skills into a series of competitions. Pupils will experience competition across all of the different areas of athletics that they have explored. Pupils will have to work hard individually to apply the correct technique as well as collaborating in teams.



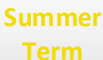
Games: rounders

Pupils will learn to consistently apply effective tactics for both batting and fielding. Pupils will utilise their prior knowledge of batting and fielding tactics and consider when, where and why they will apply these during a game



Gymnastics: matching and mirroring

The unit of work will focus on applying "excellent gymnastics" through matching and mirroring movements. Pupils will create a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence



Games: Tennis



Pupils will learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. Pupils will create, apply and evaluate tactics in singles and doubles games.

Swimming: water safety



In this unit you will learn different water safety scenarios, learning how to stay safe around water, knowing the steps to effective rescue and when to enter the water to aid rescue if required as a last resort



Games: cricket

Pupils will consolidate their knowledge, understanding and ability to effectively apply a range of fielding skills, batting skills and tactics into mini games.

