



Complete P.E.

PE Curriculum



At Sacred Heart, our Physical Education curriculum is designed to inspire every child to develop a love of physical activity, health, and wellbeing, and to acquire the skills necessary to lead a healthy lifestyle. Our intent is to provide high-quality PE lessons that are inclusive, engaging, and progressive, ensuring that all children, regardless of ability, have the opportunity to succeed, build confidence, and develop their physical competence. We teach through the Complete PE scheme, as well as working in partnership with the Birmingham City Foundation Primary Stars programme who support us in delivering the curriculum. We adhere to the requirements of the **National Curriculum for Physical Education** (2014), which outlines the expectation for children to develop competence in a range of physical activities, perform skills with increasing accuracy and control, and engage in a variety of team and individual sports and activities. We will achieve this by fostering key areas of learning in PE, as outlined below:

Implementation:

To achieve our intent using Complete PE, we will ensure:

- **Effective Curriculum Design:** Lessons are planned and sequenced to support a logical progression of skills development. Children will engage in a variety of activities and sports, including games, dance, gymnastics, and outdoor activities, in line with the requirements of the National Curriculum.
- **Trained and Enthusiastic Staff:** PE lessons will be delivered by qualified and passionate teachers who are committed to inspiring all pupils to be physically active and enjoy learning.
- **Assessment and Evaluation:** Regular assessments will be carried out to track pupil progress, identify areas of improvement, and tailor lessons to meet the needs of individual learners.
- **Opportunities Beyond the Classroom:** We will encourage physical activity beyond the school day through sports clubs, festivals, and partnerships with local community sports organisations.

Impact:

- Demonstrate improved physical skills, including agility, coordination, and control in a variety of activities.
- Have a positive attitude towards physical activity and a strong understanding of how it benefits their health and wellbeing.
- Show resilience, teamwork, and leadership through their participation in physical activities.
- Be able to confidently apply their skills in both individual and team sports, with an understanding of the importance of fair play and respect for others.
- Develop the confidence and motivation to continue participating in physical activity throughout their lives.

Through this comprehensive approach to PE, we aim to lay the foundation for a lifetime of physical activity, health, and fitness, ensuring that every pupil has the tools they need to lead an active and healthy lifestyle.

Year group	Autumn	Spring	Summer
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EYFS	<u>Autumn 1</u> Health and Well being Locomotion: Walking <u>Autumn 2</u> Ball Skills: Feet Dance: Dinosaurs	<u>Spring 1</u> Gymnastics: High and low Locomotion: Jumping <u>Spring 2</u> Dance: Nursery rhymes	<u>Summer 1:</u> Gymnastics: Moving <u>Summer 2:</u> Games for Understanding
	<u>EYFS Key Objectives</u> 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. Children will be taught to: • Explore walking in different pathways • Explore jumping and hopping • Explore pushing, rolling and bouncing • Explore moving and making shapes • Explore moving with a ball using our feet • Explore creating our own movement sequences • Explore throwing and catching • Understand taking, turns, keeping the score playing by the rules These objectives aim to promote children's curiosity, fairness and honesty in their EYFS year. EYFS also have daily access to an outdoor area which they use multiple times throughout the day to develop their gross motor skills.		

Year group	Autumn	Spring	Summer
Year 1	<u>Autumn 1</u> Health and Well being Dance: The Zoo <u>Autumn 2</u> Dance: Toys Ball Skills: Feet	<u>Spring 1</u> Gymnastics: Wide, Narrow, Curled Play: Playing games <u>Spring 2</u> Gymnastics: Body parts Locomotion: Running	<u>Summer 1:</u> Ball Skills: Sticks Team Building <u>Summer 2:</u> Ball skills: Hands 1 & Hands 2 Games for understanding
	<u>Year 1 Key Objectives</u> 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. Children will be taught to: • Create ways of transitioning between movements • Develop moving with a ball using their feet • Combine sending and receiving skills • Combining movements together (wide, narrow, curled) • Apply running into a game • Develop Jumping • Introduce teamwork and building trust • Create movements with expression • Understand attacking and defending • Develop throwing and catching		

	Respond to a rhythm These objectives aim to promote children's gratitude, imagination and courage during Year 1.
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Year group	Autumn	Spring	Summer
Year 2	<u>Autumn 1</u> Health and Well being Gymnastics: Linking <u>Autumn 2</u> Gymnastics: Pathways Games for Understanding	<u>Spring 1</u> Ball Skills: Hands 1 and Hands 2 Play: Creating Games <u>Spring 2</u> Dance: Mr Candy's Sweet Factory Team Building	<u>Summer 1:</u> Ball Skills: Sticks Locomotion: Jumping <u>Summer 2:</u> Dance: Great Fire of London Locomotion: Running
	<u>Year 2 Key Objectives</u> 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. Children will be taught to: - Explore dodging - Create contrasting movement sequences		

	• Explore pathways • Develop keeping possession (hands and feet) • Consolidate jumping • Create motifs with expression • Understand the transition between attack and defence • Develop linking movements together • Develop passing and receiving (hands and feet) • Consolidate throwing and catching • Explore strategies These objectives aim to promote children's concentration, empathy and self-belief during Year 2.
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Year group	Autumn	Spring	Summer
Year 3	<u>Autumn 1</u> Health and Wellbeing: Mindfulness Game Sense: Invasion <u>Autumn 2</u> Games: Netball Games: Football	<u>Spring 1</u> Gymnastics: Canon and Unison Swimming <u>Spring 2</u> Dance: Witches and Wizards Games: Basketball	<u>Summer 1:</u> Games: Rounders Gymnastics: Symmetry & Asymmetry <u>Summer 2:</u> OAA: Communication & Tactics Athletics
	<u>Year 3 Key Objectives</u> 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 will be taught to:

- Introduce passing and receiving
- Introduce symmetry and asymmetry
- Explore effective teamwork
- Introduce passing creating space
- Introduce outwitting an opponent
- Explore running for speed
- Understand the concept of batting and fielding
- Apply throwing into a game
- Apply learning onto apparatus
- Develop dance character
- Introduce dribbling and keeping control

These objectives aim to promote children's cooperation, resilience, problem solving and encouragement during Year 3.

Year group	Autumn	Spring 2	Spring
Year 4	<u>Autumn 1</u> Health and Wellbeing: Mindfulness Game Sense: Invasion <u>Autumn 2</u> Games: Netball Gymnastics: Bridges	<u>Spring 1</u> Games: Football Swimming <u>Spring 2</u> Dance: Space Games: Tennis	<u>Summer 1:</u> Gymnastics: Levels and Direction Games: Basketball <u>Summer 2:</u> OAA: Communication & Tactics Athletics
	<u>Year 4 Key Objectives</u> 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 will be taught to: • Develop passing and receiving • Develop sequences with bridges • Develop collaboration and communication • Introduce shooting • Explore contrasting relationships • Creating space to win a point • Develop dribbling creating shooting opportunities • Introduce bowling and striking the ball • Apply learning into 3v3 games		

	• Explore running for distance • Introduce backhand and forehand These objectives aim to promote children's decision making, trust, responsibility and communication skills during Year 4.
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Year group	Autumn	Spring	Summer
Year 5	<u>Autumn 1</u> Health Related Exercise Game Sense: Invasion <u>Autumn 2</u> Dance: The Greeks Games: Netball	<u>Spring 1</u> Games: Basketball Swimming <u>Spring 2</u> Games: Football Games: Tennis	<u>Summer 1:</u> Gymnastics: Flight Games: Cricket <u>Summer 2:</u> OAA: Orienteering Athletics

Year 5 Key Objectives

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 will be taught to:

- Introduce counter tension and counter balances
- Explore different passes
- Understand the cardio - vascular system
- Refine dribbling
- Introduce leadership
- Develop sequences with interlinking moves
- Explore running as a team
- Refine attacking and defending skills
- Refine racket skills
- Refine passing and receiving
- Refine batting, bowling and fielding
- Develop fielding tactics
- Create movements using improvisation
- Explore running as a team

These objectives aim to promote children's integrity, reflection, self-discipline and resourcefulness during Year 5.

Year group	Autumn	Spring	Summer
Year 6	<u>Autumn 1</u> Health Related Exercise Games: Badminton <u>Autumn 2</u> Dance: Carnival Games: Netball	<u>Spring 1</u> OAA: Leadership Swimming <u>Spring 2</u> Games: Football	<u>Summer 1:</u> Gymnastics: Flight Games: Cricket <u>Summer 2:</u> Gymnastics: Matching and Mirroring Athletics
	<u>Year 6 Key Objectives</u> 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 will be taught to: ● Refine shooting ● Introduce matching and mirroring ● Understand the components of fitness ● Create and apply attacking and defending tactics ● Consolidate batting, bowling and fielding ● Consolidate passing and receiving ● Organise and manage team formations ● Develop officiating ● Perform with technical control		

- Apply tactics to win a point
- Apply tactics in scenarios
- Refine leadership

These objectives aim to promote children's self-motivation, respect and evaluation skills during Year 6.