



## Burbage Primary School's Physical Education Curriculum

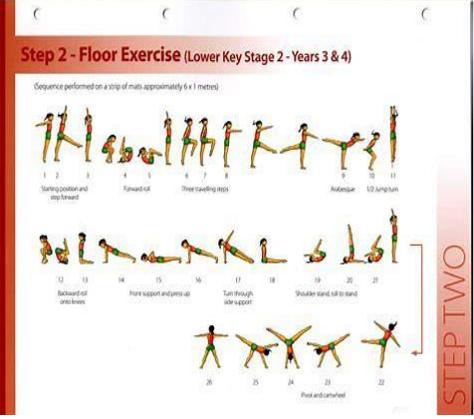
### Intent:

Our vision, 'Inspiring and nurturing together', underpins everything we do at Burbage Primary School. Our focus is to foster life-long learners who are active members of the community, locally and globally with growth mindsets to go beyond limited thinking.

At Burbage we are ambitious for all pupils to achieve their full potential through a carefully sequenced, broad and balanced curriculum. This is knowledge focused but also equips children with the necessary skills to succeed in life.

We provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. We provide high quality teaching in a wide range of physical activities. Through these opportunities, we aim to build the notion of resilience, persistence, concentration, fairness and respect. Our curriculum is devised to promote a physically active lifestyle, it enhances our pupils creative, intellectual, physical, mental, emotional and social development.

### Year 1

Dance	Gymnastics
<p>Know the language associated with movement and the formation of a sequence.</p> 	<p>Know the terms: Balance, Travel, Rolling, Jumping.</p> 
<p><u>Vocabulary:</u> Formation, Sequence, Movement</p>	<p><u>Vocabulary:</u> Travel, Move, Roll, Jump, Balance, Apparatus</p>
<p><u>Skills/ Outcome</u> To respond to stimuli with a range of actions, linking movement phases to make dances with a clear beginning, middle and end. Perform a dance in a controlled way.</p>	<p><u>Skills/Outcome</u> To create a simple gymnastic sequence using balance, roll, travel – linking simple actions effectively.</p>

Athletics	Games
<p>To be able to run at different speeds, jump with accuracy. To Know how to throw under – arm and over - arm.</p> 	<p>To understand the concept of aiming and spacing.</p> 
<p><u>Vocabulary:</u> Throw, Under- Arm, Over – Arm, Speed, Jump.</p>	<p><u>Vocabulary:</u> Aim, Target, Space.</p>
<p><u>Skills/Outcome:</u> To be able to throw under arm and over arm. To run at different speeds and jump with accuracy.</p>	<p><u>Skills/Outcomes:</u> To be able to throw, catch, kick a ball with increasing accuracy. To be able to change speed, movement and demonstrate special awareness.</p>

## Year 2

Dance	Gymnastics
<p>To understand the terminology associated with actions, dynamics, direction, moods, ideas and feelings.</p> 	<p>As Yr 1 plus To know the terms- Balance, Travel, Rolling, Jumping, Apparatus.</p> 
<p><u>Vocabulary:</u> Formation, Action, Dynamics, Direction Sequence, Movement, Moods, Ideas, Feelings.</p>	<p><u>Vocabulary:</u> Travel, Move, Roll, Jump, Balance, Apparatus</p>
<p><u>Skills/Outcomes- Yr 1 plus:</u> To create a simple dance using a number of simple dance steps / moves. To express actions, dynamics and direction. To be able to express moods, ideas, feelings through dance.</p>	<p><u>Skills/Outcomes – Yr 1 plus:</u> To repeat simple skills with control and co-ordination. To devise, repeat and perform a short sequence in which there is a clear beginning, middle and end. To adapt the sequence to include apparatus or a partner.</p>

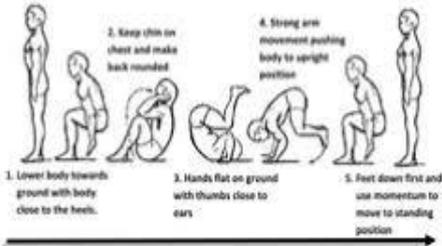
Athletics	Games
<p>To understand when to run and when to jump. To start linking these 2 skills together.</p> 	<p>To understand the concept of aiming and spacing. To understand the terminology associated with skills.</p> 
<p><u>Vocabulary:</u> Jump, Run, Combination, Throwing.</p>	<p><u>Vocabulary:</u> Aim, Rules, Space, Strike, Dribble, Catch, Rules</p>
<p><u>Skills/Outcomes - Yr 1 plus</u> To be able to link running and jumping movements. To throw a variety of objects with increased accuracy.</p>	<p><u>Skills/Outcomes – Yr 1 plus</u> To be able to throw and catch with increasing accuracy. To stop, strike a ball with a bat or stick. To dribble and receive a ball. To follow the rules of a game and participate as a team player.</p>

## Year 3

Dance	Gymnastics
<p>To understand the principles of a good dance and its individual phases – beginning, middle and end.</p> 	<p>To know how to perform a forward roll, rug roll, shoulder roll. To know vocabulary linked to speed, level and direction.</p> 
<p><u>Vocabulary:</u> Formation, Feeling, Dynamics, Direction Sequence, Movement, Moods, Ideas.</p>	<p><u>Vocabulary:</u> Forward Roll, Backward Roll, Shoulder Roll, Speed, Level and Direction.</p>
<p><u>Skills/Outcomes</u> - Yr 2 plus: To perform short dances with expression, showing an awareness of others when moving. To be able to improvise freely with a partner.</p>	<p><u>Skills/Outcomes</u> – Yr 2 plus: To be able to perform a forward roll, rug roll, shoulder roll. To show and understand the contrast of speed, level and direction.</p>

Athletics	Games
<p>To understand the principles of a relay. To practice and improve jumping technique.</p> 	<p>To understand the rules of the game you are playing.</p> 
<p><u>Vocabulary:</u> Relay, Pace, Sprint, Long distance, 100m, 400m, Jump – Take off and landing.</p>	<p><u>Vocabulary:</u> Aim, Target, Space, Strike, Dribble, Catch, Rules, Bounce.</p>
<p><u>Skills /Outcomes</u> – Yr 2 plus: To be able to show a range of jumps with increased power, control and consistency – including take-off and landing. To sustain your pace over longer distances.</p>	<p><u>Skills/Outcome</u> – Yr 2 plus: To be able to travel whilst bouncing, kicking, pushing a ball. To use a range of skills to retain possession of the ball and make progress to either own or other teams' goal.</p>

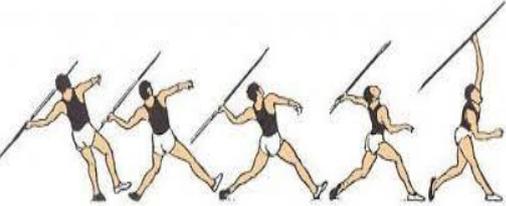
## Year 4

Dance	Gymnastics
<p>To understand the phrases unison and cannon - Cannon in dance means a sequence of dance performed straight after the other with varying lengths of time.</p> 	<p>To understand the terms – Shape and Sequence.</p> <p style="text-align: center;"><b>Backwards Roll</b></p> 
<p><u>Vocabulary:</u> Formation, Action, Dynamics, Direction Sequence, Movement, Moods, Ideas, Feelings. Cannon, Unison</p>	<p><u>Vocabulary:</u> Forward Roll, Backward Roll, Shoulder Roll, Speed, Level and Direction, Balance, Travel.</p>
<p><u>Skills/Outcome - Yr 3 plus:</u> To be able to use a range of movement or dance phrases (sequences) in different ways – unison, cannon with a partner or group.</p>	<p><u>Skills/Outcomes - Yr 3 plus:</u> To create a longer movement phase, combining a variety of shapes / rolls. To explore different combinations of apparatus – shape, balance and travel.</p>

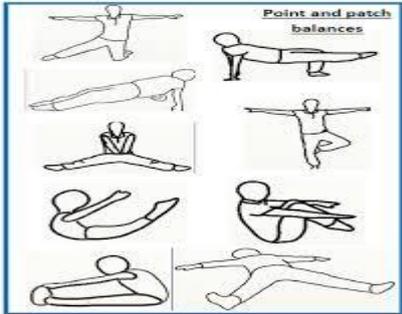
Athletics	Games
<p>To recognise there are different styles of running, jumping and throwing. To decide on the best technique when faced with different athletic challenges.</p> 	<p>To understand the rules of the game you are playing. To understand the basic ideas of tactics and strategies in different sports.</p> 
<p><u>Vocabulary:</u> Relay, Pace, Sprint, Long distance, 100m, 400m, Jumping, Running, Throwing.</p>	<p><u>Vocabulary:</u> Aim, Target, Space, Strike, Dribble, Catch, Rules, Bounce.</p>
<p><u>Skills/Outcomes – Yr 3 plus:</u> To be able to jump with increased power and accuracy specifically at take-off and landing. To throw a range of objects towards a target with increased accuracy.</p>	<p><u>Skills/Outcome – Yr 3 plus:</u> To be able to make things difficult for opponents and the opposing team. To play by the rules without disputes. To be able to maintain a rally (tennis).</p>

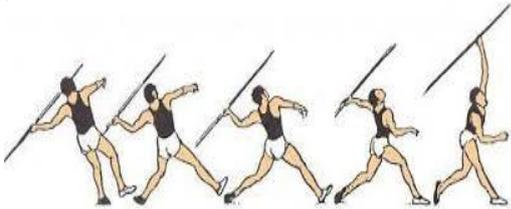
## Year 5

Dance	Gymnastics
<p>To understand the terms – cannon, action and reaction, question and answer, character and narrative.</p>  <p style="text-align: center; font-size: small;">shutterstock.com • 302757734</p>	<p>To understand the terminology associated with synchronising.</p> 
<p><u>Vocabulary:</u> Formation, Action, Dynamics, Direction Sequence, Movement, Moods, Ideas, Feelings. Cannon, Unison</p>	<p><u>Vocabulary:</u> Forward Roll, Backward Roll, Shoulder Roll, Speed, Level and Direction and Travel.</p>
<p><u>Skills/Outcomes</u> – Yr 4 plus: To be able to create dance that reflects character and narrative. To be able to combine spatial patterns, speed, tension when working with a partner. To use action, reaction, question / answer, unison / cannon with a partner or group.</p>	<p><u>Skills/Outcome</u> – Yr 4 plus: To be able to perform a forward roll, rug roll, shoulder roll, backward roll and link in a sequence. To explore different combinations of apparatus – shape, balance, travel and synchronise with a partner.</p>

Athletics	Games
<p>To understand the importance of an efficient warm up and cool down. To recognise when different athletic activities can improve strength, power and stamina – know how these help own performance.</p> 	<p>To understand the rules of the game you are playing. To understand the basic ideas of tactics and strategies in different game situations.</p> 
<p><u>Vocabulary:</u> Relay, Pace, Sprint, Long distance, 100m, 400m, Jump, Take and Landing, Stamina.</p>	<p><u>Vocabulary:</u> Aim, Target, Space, Strike, Dribble, Catch, Rules, Bounce.</p>
<p><u>Skills/Outcomes</u> – Yr 4 plus: To be able to organise group work, taking turns and managing different roles. To be able to self- reflect and practise and improve own performance.</p>	<p><u>Skills /Outcomes</u> – YR 4 plus: To be able to keep possession of an object and progress towards a goal. To be able to maintain a rally (tennis). To follow the rules of a game without causing a dispute. To consider the idea of strategy.</p>

## Year 6

Dance	Gymnastics
<p>To understand a range of dance styles.</p>  <p>shutterstock.com • 302757734</p>	<p>To understand the terms tension and extension and demonstrate within a gymnastic routine.</p> 
<p><u>Vocabulary:</u> Formation, Action, Dynamics, Direction Sequence, Movement, Moods, Ideas, Feelings. Cannon, Unison</p>	<p><u>Vocabulary:</u> Forward Roll, Backward Roll, Shoulder Roll, Speed, Level and Direction and Travel.</p>
<p><u>Skills/Outcomes</u> – Yr 5 plus: To be able to vary movements to different dance styles.</p>	<p><u>Skills/Outcome</u> – Yr 5plus: To be able to demonstrate good body tension and extension. To adapt different sequences to different situations eg partner / group work. To be able to incorporate rolls into sequences showing different entrances and exits.</p>

Athletics	Games
<p>To have a knowledge of an efficient warm up and cool down. To recognise when different athletic activities can improve strength, power and stamina – know how these help own performance.</p> 	<p>To understand the rules of the game you are playing. To understand the basic ideas of tactics and strategies in different game situations.</p> 
<p><u>Vocabulary:</u> Relay, Pace, Sprint, Long distance, 100m, 400m, Jump, Take and Landing, Stamina.</p>	<p><u>Vocabulary:</u> Aim, Target, Space, Strike, Dribble, Catch, Rules, Bounce.</p>
<p><u>Skills/Outcomes</u> – Yr 5 plus: To be able to use confidently and competently all the skills from Yr 1 - 6. To practice, refine and secure high levels of athleticism across a range of disciplines.</p>	<p><u>Outcome</u> – Yr 5 plus: To be able to keep possession of an object and progress towards a goal. To be able to vary speed, height, and direction To play a variety of games independently.</p>

