

Physical Education

at Norton Community Primary School

P.E. and sport play an important role in the children's education at Norton Primary School and is integrated in the school's ethos. We equip children with the skills and values to become excellent sportspeople through the School's Norton Values: Respect, Determination, Courage and Friendship and the British Values: Liberty & Individuality, Democracy & Sharing, Respect & Tolerance and Following rules.

The school's aim is to encourage children to have a love for being active and playing sport, as well as ensuring children develop essential life skills such as learning how to swim, ride a bike and how to lead healthy, active lifestyles.

Regular inter-house and inter-school tournaments develop strong, resilient and healthy attitudes towards playing competitive sport. Not only do children have the opportunity to take part in these events, but also the chance to become effective Sport Leaders through helping to organise and officiate tournaments.

We offer a wide variety of extra-curricular sports and have worked hard to develop strong links with the local community to encourage ALL children to play sport outside of school, using coaches from local clubs to deliver taster sessions and take after-school clubs.

Norton Community Primary School

Progression of skills in PE – National Curriculum Expectations

KS1 National Curriculum

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

KS2 National Curriculum expectations

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate (e.g. badminton, basketball, rugby, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, techniques, control and balance (e.g. through gymnastics and athletics)
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

National Curriculum Swimming Expectations

All schools must provide swimming instruction in either KS1 or KS2

In particular, pupils should be taught to:

- Swim competently,, confidently and proficiently over a distance of at least 25m
- Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

Norton Community Primary School

Progression in P.E. Athletics

Examples of Good Sportsmanship in Athletics

- **RESPECT:** Keeping off the track when other children are competing
- **EXCELLENCE:** Try and beat your own personal target and not worry about others
- **FRIENDSHIP:** Always encourage people and congratulate them when they have tried their best
- **COURAGE:** To compete against others, when you know you won't win
- **DETERMINATION:** To keep pushing yourself to try and get a bit better every time
- **INSPIRATION:** Inspiring others by always giving 100% effort
- **EQUALITY:** Understanding that everyone has different personal targets they are trying to improve on

KS2 Athletic events

Long Jump, Tennis ball throw, Sprinting, Middle distance, Relay, Hurdles

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Show difference in running at speed and jogging</p> <p>Explore different types of jumping</p> <p>Explore underarm throwing and rolling of different balls and equipment.</p>	<p>Use different techniques to meet challenges Describe different ways of running</p> <p>Explore best jumping technique when jumping for distance</p> <p>Throw into targets with accuracy</p>	<p>Watch and describe specific aspects of running (e.g. what arms and legs are doing)</p> <p>Perform the 5 basic jumps (2-2, 2-1, 1-2, 1-1 same foot, 1-1 landing on other foot)</p> <p>Starting to develop a good overarm throwing action.</p>	<p>Work as a team in relay races</p> <p>Choose different styles of running of different distances</p> <p>Watch and describe specific aspects of jumping e.g. what the arms and legs are doing</p> <p>Can throw accurately and for distance using an overarm action. Can describe specific aspects of throwing e.g. what the arms and legs are doing</p>	<p>Practise relay change-overs</p> <p>Sustain pace over longer distance – 2 minutes</p> <p>Develop technique for the triple and long jump</p> <p>Can peer and self evaluate throwing technique in order to improve their personal best.</p>	<p>Confidently perform relay change-overs</p> <p>Set realistic targets for self, of times to achieve over short and longer distance</p> <p>Set realistic targets for self, when jumping for distance or height</p> <p>Explore different styles of throwing, e.g. pulling, pushing and slinging (to prepare for javelin, shot and discus)</p>

Norton Community Primary School

Progression in P.E. Dance

Examples of Good Sportsmanship in Dance

- **RESPECT:** Respecting other children's performances, when watching them
- **EXCELLENCE:** Always trying your hardest to perform to the best of your ability
- **FRIENDSHIP:** Sharing your feedback to others is a positive way
- **COURAGE:** Being brave to perform in front of others
- **DETERMINATION:** Keep practising your routine so that it is the best it can be
- **INSPIRATION:** Perform to the best of your ability to inspire others
- **EQUALITY:** Work with different children from your class

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Explore and engage in music making and dance, performing solo or in groups</p> <p>Use large-muscle movements to wave flags</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Watch and talk about dance and performance art, expressing their feelings and responses.</p>	<p>Copy a teacher's movement (balances, positions etc)</p> <p>Co-ordinate arm and leg actions (e.g. march and clap)</p> <p>Respond to watching others work</p>	<p>Copy a teacher's movement, with control and accuracy (balances, positions etc)</p> <p>Move with confidence when walking, hopping, jumping, landing</p> <p>Respond to own work and that of others when exploring ideas, feelings and preferences</p>	<p>To copy and practise simple sequences using a range of movement patterns: forwards, backwards, sideways, high, low,</p> <p>Perform dance to an audience</p> <p>Compare and comment on their own and other's work – strengths and areas for improvement</p>	<p>To copy and practise simple sequences using a range of movement patterns: travel, turn, gesture, jump, stillness</p> <p>Perform dance to an audience</p> <p>Modifies parts of sequence as a result of self-evaluation.</p>	<p>Begin to perform longer dance sequences in small groups.</p> <p>Beginning to create longer dance sequences in a larger group, keeping in time with the music</p> <p>Start to use dance vocabulary to compare and improve work.</p>	<p>Perform longer dance routines reflecting on performance and demonstrating improvement to achieve personal best</p> <p>Perform dance to an audience showing confidence and clarity of actions and keeping in time with the music</p> <p>Confidently uses dance vocabulary to compare and improve work.</p>

Norton Community Primary School

Progression in P.E. Gymnastics

Examples of Good Sportsmanship in Gymnastics

- **RESPECT:** Respect others, by taking turns at activities
- **EXCELLENCE:** Making sure you extend from the tips of your toes to finger ends
- **FRIENDSHIP:** Being kind and helping others when they are struggle with an activity
- **COURAGE:** Being brave to go on some apparatus or perform a new roll
- **DETERMINATION:** Not giving up when you struggle with a skill but persevering
- **INSPIRATION:** Challenge yourself to do something out of your comfort zone to inspire others
- **EQUALITY:** Make sure you share the apparatus or mat time fairly with people

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Match their developing physical skills to tasks and activities in the setting.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Revise and refine the fundamental movement skills they have already acquired.</p>	<p>Explore Balancing on large body parts: back, front, side, bottom</p> <p>Explore different ways to travel: jumping, hopping etc</p> <p>Practise jumping and landing safely</p> <p>Copy a teachers' simple sequence</p>	<p>Explore balances in the 5 basic shapes: straight/tucked/star/st raddle/pike</p> <p>Begin to travel on hands and feet (hands flat on floor and fully extend arms) ie. Monkey and Caterpillar walk, Bunny hops</p> <p>Explore shape in the air when jumping and landing with control (e.g. star shape)</p> <p>Develop control in different rolls ie. Pencil, Egg and Dish</p> <p>Create a simple sequence</p>	<p>Balance on floor and apparatus exploring which body parts are safest to use</p> <p>Travel at different speeds e.g. move slowly into a balance, travel quickly before jumping</p> <p>Continue to develop control in rolling actions on the floor,</p> <p>Start to develop forward roll and backwards roll</p> <p>Practise a gymnastic sequence with a balance, a travelling action and a roll</p>	<p>Explore balancing on combinations of 1/2/3/4 "points" e.g. 2 hands and 1 foot,</p> <p>Travel with a partner; move away from and together on the floor</p> <p>Select appropriate balances to start and finish a roll with.</p> <p>Continue to develop forward and backwards roll.</p> <p>Perform a gymnastic sequence with a balance, a travelling action and a roll</p>	<p>Explore balancing with a partner: facing, beside, behind and on different levels</p> <p>Taking some/all of a partner's weight using counter balance</p> <p>Travel in different pathways on the floor explore different entry and exit points other than travelling in a straight line</p> <p>Add a quarter or half turn into a jump before landing</p> <p>Make a twisted shape in the air and control landing</p> <p>Work with a partner to create a short sequence.</p>	<p>Perform balances with control, showing good body tension, extension and stillness</p> <p>Travel sideways in a bunny hop and develop into a cartwheeling action keeping knees tucked in and by placing one hand and then the other on the floor</p> <p>Jump along, over and off apparatus of varying height with control in the air and on landing</p> <p>Confidently perform a longer sequence</p>

Norton Community Primary School

Progression in P.E. Games

<p>KS1 Games</p> <p>Rob the nest, Foxes and Rabbits, Sharks and Fishes, Relay races, Target throw, Over & Under</p> <p>KS2 Games</p> <p>Football, Tag Rugby, Netball, Dodgeball, Hockey, Rounders, Cricket, Tennis</p>	<p>Examples of Good Sportsmanship in Games</p> <ul style="list-style-type: none"> • RESPECT: When celebrating a goal, celebrate with your team and not directly in front of the opposition • EXCELLENCE: How you could work better as a team to improve performance • FRIENDSHIP: Always be inclusive when choosing others to work with and don't leave anyone in your class out • COURAGE: Being brave and speaking out against your team, if you think they are cheating • DETERMINATION: Keep going, when your team is losing and not give up • INSPIRATION: Lead by example, following the rules, not complaining, and enjoy playing • EQUALITY: Rotate positions so that everyone gets a turn to play in different positions
--	--

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Further develop and refine a range of ball skills</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Participate in basic team games.</p> <p>Practise running, throwing, jumping and catching</p> <p>Understand the importance of taking turns, when playing a game</p>	<p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Developing running, throwing, jumping and catching techniques with a range of equipment</p> <p>Can follow the basic rules of the game after clear instructions</p>	<p>To play adapted versions of the KS2 games in lessons</p> <p>To begin to run, throw and catch with sports specific equipment in isolation (tennis balls, netballs, rugby balls)</p> <p>Starting to change direction and speed to outwit an opponent</p> <p>Understanding simplified rules of modified games</p>	<p>With support play in competitive Interhouse competitions once a half term</p> <p>To throw, catch, run and jump in competitive team games.</p> <p>Able to change direction and speed to outwit an opponent</p> <p>To begin to understand and apply the rules of age appropriate sports</p>	<p>To confidently play in competitive Interhouse competitions once a half term</p> <p>Throw, catch, kick or hit and move with control to keep possession and score goals</p> <p>Starting to develop different skills to outwit an opponent</p> <p>Play matches with their peers and are able to officiate the game amongst themselves.</p>	<p>To play and help officiate competitive inter-school and inter-house tournaments</p> <p>Can select and apply the right type of action when defending or attacking.</p> <p>Can outwit an opponent using a range of skills.</p> <p>Can explain the rules of different sports to their peers confidently.</p>

Norton Community Primary School

Progression in P.E. Healthy Lifestyles

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Learning what healthy food choices are and Understanding the importance of healthy food choices</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian</p>	<p>Can identify some healthy and unhealthy foods</p> <p>Start to explain the importance of exercise and a healthy lifestyle.</p>	<p>Can explain what happens to our breathing and heart rate during exercise during exercise.</p> <p>Are aware that they often feel happy after doing exercise</p>	<p>Explain why it is important to keep active throughout the day including outside of school</p> <p>Understand how a balanced diet can effect your health and fitness</p> <p>Know that too much screen time, lying down and sitting down is not healthy for your body</p> <p>Know that completing a warm up and a ool down is important</p>	<p>Can suggest exercise they could be doing outside of school to keep healthy</p> <p>Can describe a healthy and an unhealthy diet</p> <p>Understand that playing sport is a good way of making friends</p> <p>Can lead a warm up session to a group</p>	<p>Give a rough guide to how much exercise they should be doing everyday (1 hour in total)</p> <p>Understand that their breathing rate, HR and temp needs to increase to achieve moderate level of intensity.</p> <p>Understands that exercise can help improve our mood</p> <p>Can explain why warming up helps prevent injury and cooling down can help prevent muscle soreness</p>	<p>Identify some of the health issues associated with being inactive.</p> <p>Start to explain why our breathing rate, HR and temp increase during exercise.</p> <p>Plan times in their day when they could be active and why this is important</p> <p>The importance of hygiene after-exercise and why it is important to change our clothes and wash.</p>

Norton Community Primary School

Progression in P.E. Outdoor & Adventurous Activities

Examples of OAA activities:		Examples of Good Sportsmanship in OAA				
Cross the river Alphabet bench Orienteering Wide games Y5 Camp Y6 East Barnby		<ul style="list-style-type: none"> • RESPECT: Other children's ideas and opinions, when trying to solve a problem • EXCELLENCE: Working together as group to solve a problem • FRIENDSHIP: Listening and encouraging others to have a go • COURAGE: Suggesting ideas to your group, even if they turn out to be wrong • DETERMINATION: To keep on thinking of different ways to solve a problem and not stopping at the first hurdle • INSPIRATION: Showing others how you have overcome a challenge • EQUALITY: Sharing out roles within a group so everyone has a role 				
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
N/A	N/A	N/A	Work in small groups to find solutions to physical problems (ie crossing the lava) Orientate simple maps and plans Find way back to a base point Listen to each other's ideas when planning a task and adapt Follow rules to keep safe Select appropriate equipment/route/people to solve a problem successfully	Co-operate and share roles within groups With support, use a map effectively to locate points around school site Take responsibility for a role within the group Recognise that some outdoor adventurous activities can be dangerous Choose effective strategies and change ideas if not working	Work in teams to develop strategies for wide games Use a map effectively to locate points around school site Understand individuals' roles and responsibilities Recognise and talk about dangers of tasks Y5 Camp – Camping, shelter building, fire lighting, geo-caching etc	Plan and share roles within the group based on each other's strengths Draw maps and plan and set trails for others to follow Adapt roles or ideas if they are not working Recognise how to keep themselves and others safe Y6 East Barnby – Climbing, Canoeing, Sailing, Surfing, Gorge Walking, Orienteering

Norton Community Primary School

Progression in P.E. Swimming

Examples of Good Sportsmanship in Swimming

- **RESPECT:** The water and the rules around the swimming pool
- **EXCELLENCE:** To improve on your technique and not always your speed
- **FRIENDSHIP:** Make others feel safe and comfortable around you in the pool
- **COURAGE:** To put your head underneath the water or to float on your back
- **DETERMINATION:** To keep going and not giving up when swimming a set distance
- **INSPIRATION:** Pushing yourself out of your comfort zone to jump into the pool
- **EQUALITY:** Treating everyone with respect and dignity when getting changed

Examples of swimming strokes

Front crawl
Breaststroke
Backstroke
Self- Rescue

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
N/A	N/A	N/A	N/A	<p>Place face under water and blow bubbles.</p> <p>Can float on their front and back unaided</p> <p>Swim one width of the pool unaided on their front and back.</p> <p>Can enter and exit the water safely</p>	<p>Can hold their breath underwater for 3 seconds</p> <p>Can perform an effective push and glide from the side of the pool.</p> <p>Can swim 2 widths, unaided, on their front and back</p> <p>Can jump into deep water safely</p>	<p>Can swim under-water to retrieve objects</p> <p>Can tread water for 1minute</p> <p>Can swim at least a full length of the pool on their front and back unaided with recognised strokes</p> <p>Can perform safe self-rescue</p>