



Physical Education Statement of Intent

At Whinstone Primary School, we aim to develop children who will be physically active and can flourish in broad and balanced PE curriculum. We believe physical education develops skills and capabilities necessary for mental, emotional, social and physical well-being in our children now and for their future. PE at Whinstone delivered by a qualified PE specialist encourages pupils to enjoy being physically active whilst developing their skills in a range of activities. All pupils have the opportunity to participate in numerous sporting festivals where they are encouraged to work with others and develop their sense of sportsmanship and fair play.

In KS2 children will continue to apply and develop a broader range of skills in activities already covered at KS1 along with additional sports such as fitness, tag rugby, swimming and cricket. They will develop their flexibility, strength, technique, control and balance within these activities. Children enjoy communicating and competing with each other as well as finding different ways to link actions and sequences of movement. Children develop an understanding of how they can improve in physical activities as well as be able to evaluate their own performance. Children participate in modified competitive games and apply basic tactics and strategies in various situations.

All pupils leaving primary school (to be) physically literate and with the knowledge and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.





Physical Education KS2 National Curriculum

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 should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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 different water-based situations.



Whinstone Primary School Year 5 Physical Education



Physical Education Implementation

Physical Education is taught as an area of learning in its own right as well as integrated with other curriculum areas where appropriate and especially where we can promote healthy lifestyles. It is timetabled to be taught for two sessions per week.

Year 5 Physical education Implementation – Key Concepts	
<p>The Key Concepts of Physical Education at Whinstone are:</p> <ul style="list-style-type: none"> • Outwitting Opponent • Accurate Replication of Actions • Performing at Maximum Levels • Exercise Safely and Effectively 	

In Year 5 Physical Education is taught in the following sequence:						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Indoor PE	Gymnastics	Dance	Basketball	Fitness	Indoor Tennis	Badminton
PE	Tag Rugby	Football	Hockey	Netball	Cricket/Rounders	Athletics

Topic Specific Vocabulary					
Gymnastics	Tag Rugby	Dance	Football	Basketball	Hockey
Jump	Dodge	Timing	Dribble	Dribble	Dribble
Roll	Pass	Choreograph	Pass	Pass	Push Pass
Routine	Try	Unison	Control	Teamwork	Control
Hands and feet	Attack	Cannon	Positions	Marking	Marking
Apparatus	Defence	Complex patterns	Spatial awareness	Rules	Attack
Counter balance	Anticipation	Exaggeration	Skill	Decision making	Defence
Link	Interception	Control	Referee	Strategies	Tactics
Fitness	Netball	Indoor Tennis	Cricket/Rounders	Badminton	Athletics
Warm-up	Marking	Tennis Racket	Positions	Badminton racket	Pace
Cool-down	Rules	Control	Under arm	Shuttlecock	Relay
Fitness training	Positions	Hitting	Over arm	Hitting	Teamwork
Sustained running	Court		Organisation		Technique
Circuit training	Attack		Pace		Field Events
Boxercise	Defence		Distance		Distance
Components of fitness	Performance		Speed		Strategies
SAQ training	Umpire		Tactics		



Whinstone Primary School Year 5 Physical Education



These key concepts and knowledge will be taught and reinforced through the development of these specific skills listed. These Key Concepts and vocabulary will be revisited and repeated throughout a child’s journey of Physical Education at Whinstone.

Outwitting Opponent			Accurate Replication of Actions		Performing at Maximum Levels	Exercise Safely and Effectively
Invasion games	Striking and Fielding games	Net games	Dance	Gymnastics	Athletics	Fitness
Performance of skills in moving situations.	Different bowling techniques – under and over arm with pace and direction.		Complex step patterns.	Basic jumps, rolls, hands and feet and balances.	Short, middle and long distance running events.	Leading of warm ups and cool downs.
Anticipation and interception.	Different throwing techniques, distances, heights and paces – under and overarm.		Pair and group work.	Counter balances.	Take part in running events using the correct pace and technique.	Participate in fitness training methods – sustained running, circuit training, boxercise and SAQ training.
Tactics, strategies and advanced rules.	Advanced catching skills – catches at different speeds and long barrier.		Levels and directions.	Equipment work.	Take part in different running events using different tactics and strategies.	Participate in all methods and be able to describe the benefits and what performers it is suited to.
Range of positions and their roles.	Batting skills with different directions and pace.		Step patterns, gestures, turns and jumps.	Link all movements together as an individual, in pairs and in a small group.	Take part in field events using the correct technique.	Participate in all methods and be able to describe the benefits and what performers it is suited to.
Focus on score line and how to improve performance.	Awareness of rules and tactics.		Timing, exaggeration and control.	Unison and cannon.	Throwing events- javelin, shot putt and discuss.	Name components of fitness.
Introduction of other roles such as referee / umpire.	Set up of team related to strength and weaknesses of players.		Different styles of dance.	Evaluation and suggestions.	Jumping events - standing long jump and standing triple jump.	
			Unison and cannon.	Own led routines.	Work with others in relay events.	
			Evaluation and suggestions.			
			Choreograph own dance in pairs and groups.			



Whinstone Primary School Year 5 Physical Education



Physical Education Impact

At the end of each topic teachers will evaluate what knowledge and skills pupils have gained within the Key Concepts.

Key Concept	Meeting expectations
Outwitting Opponent	I can work as a team
	I can send a ball to the correct place in a game situation
	I can throw a ball with skill to prevent interception
	I can vary my pass according to the receiver (to suit position, height and skill level)
	I can catch a ball with balance, whilst moving in any direction
	I can make an interception in a game situation
	I can mark an opponent during game play
	I can use my body to block the ball
	I can use a range of foot patterns when attacking and defending (side step, swerve and dodging)
	I can avoid the goalkeeper to score a penalty kick
	I can use a one handed shooting technique and score in a netball or basketball net most of the time
	I can show how to restart a game after a goal or a stoppage in play
	I can tell you the importance of positions in a team
	I can follow the rules and compete in a competitive game
I can explain how to win the game in a range of sports	
Accurate Replication of Actions	I can perform a handstand safely
	I can use counter balances with a partner or in a group
	I can perform a sequence which includes transferring weight from different body parts
	I can jump, roll and balance on, over, under and along available apparatus
	I can show clear and controlled starting and finishing positions in gym routines
	I can perform a cartwheel from a standing position
	I can perform a range of jumps on the floor and from a height (e.g. tuck, straddle, pike, pencil)
	I can refine my gymnastic routines with practise
Performing at Maximum Levels	



Whinstone Primary School Year 5 Physical Education



Key Concept	Meeting expectations
Exercise Safely and Effectively	I can explain to others how to lead a healthy, active lifestyle
	I can lead a warm up and cool down