St john Fisher Voluntary Catholic Academy

Characteristics of Greater Depth PE

All pupils follow an extensive PE Curriculum, which covers all areas of learning,

**Reception**

As part of the Early Learning Goals pupils develop skills in FUNdamentals, Co-ordination in small and large movements through the Big Moves program. Become aware of spatial movements and travelling in space safely with the ability to transfer weight from different body parts and introduction of equipment. Children can start to talk about a healthy diet and exercise. Skills filtering in to the classroom, turn taking, co-operation, listening skills of teacher and peers.

**Key Stage One**

Pupils continue to develop FUNdamental movements in co-ordination, agility, reactions, balance, running, jumping and throwing but more consistently with a wider range of activities being introduced. Pupils still developing skills in working independently and with others. Participate in team games incorporating simple tactics for attacking and creating an end result. Small competition within PE lessons and through KS1 Sports Festivals, Goals etc. Can self and peer assess performance – start to talk about knowledge of performance – how to make improvements etc. Can explain the immediate changes in their bodies when taking part in exercise.

**Key Stage Two**

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 successes. Pupils continue to apply and develop wider range of skills, link them to deliver effective warm up activities appropriate to the skill etc. Pupils will build on previous skills to make actions and sequences etc. Develop flexibility, strength, technique, control and balance through athletics and gymnastics. Understand tactical awareness, use technical development through introduction of Invasion games. Competitive games can be modified where appropriate [for example, dodgeball tournament, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Know how to deliver and lead a drill and which skill it is focusing on and why – how to adapt it, improve it etc. Understand the difference between co-operative and competitive play, when to use each. Perform dance and gymnastic movements and routines, evaluate their own and others performances and demonstrate improvement to achieve their best. Explain key changes in their body when exercising, link to cardiovascular, respiratory terms. Different types of exercise. All Key Stage pupils attend half termly swimming lessons with the aim to achieve the National Curriculum target of swimming 25m by the end of Year 6.

Expectations

* Pupils achieve merit certificates and trophies for entering sports competitions. Pupils show great enthusiasm within their sport and competing with their peers.
* Some pupils with confidence are able to lead appropriate PE warm ups/ tasks showing skills of Sports Leaders.
* Pupils who take part in inter school competitions can show an ability to switch between co-operative and competitive play and know when to use the correct one.
* Pupils able to say which part of the body is effected in exercise – name body parts and explain what is happening. muscles, heart, lungs, blood etc. Why we need to cool down – what happens?
* Pupils to know rules and tactics – how to adapt game play if needed
* Children can work effectively as a team – Sportsmanship encouraging of others.

**Swimming and water safety**

As part of the National Curriculum and through the school sports funding we are able to provide swimming instruction to all key stage 2 pupils.

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.