

Queensbridge Primary School PE Curriculum 2019-2020

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fitness <i>Yogabugs</i>	Gymnastics/dance <i>Yoga</i>	Physical development and coordination  Yoga bugs	Physical development and coordination  <i>Yoga bugs</i>	Physical development and coordination  <i>Yoga bugs</i>	Physical development and coordination (sports day games)  <i>Yoga bugs</i>
Reception	Fitness <i>Yoga bugs</i>	Gymnastics/dance <i>Yogabugs</i>	Team games and sportsmanship (Kwik cricket and Hockey)  <i>Yoga bugs</i>	Team games and sportsmanship (Basketball and Tag Rugby)  <i>Yoga bugs</i>	Team games and sportsmanship (Athletics and rounders)  <i>Yoga bugs</i>	Team games and sportsmanship (Sports day games and football)  <i>Yoga bugs</i>
Year 1	Fitness <i>Ballroom Dancing</i>	Gymnastics/dance <i>Ballroom Dancing</i>	Team games and sportsmanship (Kwik cricket and Hockey)  <i>Ballroom Dancing</i>	Team games and sportsmanship (Basketball and Tag Rugby)	Team games and sportsmanship (Athletics and rounders)	Team games and sportsmanship (Sports day games and football)
Year 2	Fitness  Tennis Coaching with Hackney Coach	Gymnastics/dance  Tennis Coaching with Hackney Coach	Team games and sportsmanship (Kwik cricket and Hockey)  Tennis Coaching with Hackney Coach	Team games and sportsmanship (Basketball and Tag Rugby)	Team games and sportsmanship (Athletics and rounders)	Team games and sportsmanship (Sports day games and football)
Year 3	<i>Swimming</i> <i>Ballroom Dancing</i> <i>UBS Games</i>	<i>Swimming</i> <i>Ballroom Dancing</i>	<i>Swimming</i> <i>Ballroom Dancing</i>	<i>Swimming</i> Team games and sportsmanship	<i>Swimming</i> Team games and sportsmanship	<i>Swimming</i> Team games and sportsmanship

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				(Basketball and Tag Rugby)	(Athletics and rounders)	(Sports day games and football)
Year 4	Fitness UBS Games	Gymnastics/Dance	Team games and sportsmanship (Kwik cricket and Hockey)	Team games and sportsmanship (Basketball and Tag Rugby)	Team games and sportsmanship (Athletics and rounders)	Team games and sportsmanship (Sports day games and football)
Year 5	Fitness Ballroom Dancing Cycling	Gymnastics/Dance Ballroom Dancing Cycling	Team games and sportsmanship (Kwik cricket and Hockey)  UBS Games  Ballroom Dancing	Team games and sportsmanship (Basketball and Tag Rugby)  Ballroom Dancing	Team games and sportsmanship (Athletics and rounders)  <i>Ballroom dancing</i>	Team games and sportsmanship (Sports day games and football)  <i>Ballroom dancing</i>
Year 6	Fitness PGL	Gymnastics/Dance	Team games and sportsmanship (Kwik cricket and Hockey)	Team games and sportsmanship (Basketball and Tag Rugby)	Team games and sportsmanship (Athletics and rounders)  <i>Kayaking</i>	Team games and sportsmanship (Sports day games and football)

Every class at Queensbridge has a 1 hour PE slot and various extra-curricular activities in addition to this with the exception of Year 3 in autumn term and Spring 1. In the above grid, children will do each activity as stated for the whole term. Where there is more than one activity stated, children are doing this in separate sessions within the school week meaning some week children will reach 2 hours of physical education. This demonstrates the breadth of Physical education at Queensbridge. Below is a description of each subject taught and links to NC:

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- Fitness and Yoga: Early years and KS1 -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. Children will 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.
- Fitness: KS2 – Building on skills learnt at KS1 children will develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] At Queensbridge fitness for Early years, KS1 and KS2 is also revisited at the beginning of each term.
- Gymnastics/dance at KS1 and KS2 - perform dances using simple movement patterns and KS2 perform dances using a range of movement patterns
- Team Games and sportsmanship KS1 – 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 can participate in team games, developing simple tactics for attacking and defending. At Queensbridge we do this through activities based on Kwik Cricket, Hockey, Tennis, Basketball, Tag rugby, rounders and football.
- Team Games and sportsmanship KS2 –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. At Queensbridge we do this through activities based on Kwik Cricket, Hockey, Tennis, Basketball, Tag rugby, rounders and football.
- Athletics KS1 and KS2- use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. At Queensbridge this ties to PSHE and Queensbridge values – perseverance and trying your hardest.
- Sports day – KS2: At Queensbridge, we take part in outdoor and adventurous activity challenges both individually and within a team. Children will compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Swimming and water safety – Year 3
- Children are 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.