

# PE Curriculum at Nightingale

## EYFS

### **The National Curriculum at Key Stage 1**

By the end of key stage 1, all pupils will have learnt:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, 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.

### **The National Curriculum at Key Stage 2**

By the end of key stage 2, all children will have:

- 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

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

At Nightingale our children in year 5 attend weekly swimming lessons at Scott Hall Road Leisure Centre to develop these vital skills.

At Nightingale we use the Rising Stars Champions scheme that ensures we deliver PE to a high standard that covers national curriculum expectations.

The way that Rising Stars Champions works is to ensure that children focus on various aspects of Physical Education and Physical Health with a view to establishing healthy lifestyles for all. Rising Stars is built from 3 key components:

	Sport	Health	Fitness
<b>Year 1</b>			
1.1	Multi-skills	Body parts and their functions	Boot camp
1.2	Story Time Dance	Healthy minds, emotions and goals	Mighty movers (running)
1.3	Groovy gymnastics	Hygiene, medicine and exercise	Skip to the beat!
1.4	Brilliant ball skills	Body protectors and body changes	Gymfit circuits
1.5	Throwing and catching	Relationships with others, and opinions	Cool core (strength)
1.6	Active athletics	Diet and vitamins	Fitness frenzy
<b>Year 2</b>			
2.1	Multi-skills	Body parts and their functions	Boot camp
2.2	Ugly bug ball dance	Healthy minds, emotions and goals	Mighty movers (running)
2.3	Groovy gymnastics	Hygiene, medicine and exercise	Skip to the beat!
2.4	Brilliant ball skills	Body protectors and body changes	Gymfit circuits
2.5	Throwing and catching	Relationships with others, and opinions	Cool core (strength)
2.6	Active athletics	Diet and vitamins	Fitness frenzy
<b>Year 3</b>			
3.1	Multi-skills	Body parts and their functions	Boot camp
3.2	African dance	Healthy minds, emotions and goals	Mighty movers (running)
3.3	Groovy gymnastics	Hygiene, medicine and exercise	Skip to the beat!
3.4	Brilliant ball skills	Body protectors and body changes	Gymfit circuits
3.5	Throwing and catching	Relationships with others, and opinions	Cool core (strength)
3.6	Active athletics	Diet and vitamins	Fitness frenzy
<b>Year 4</b>			
4.1	Invaders	Healthy body: inside out!	Boot camp
4.2	Dynamic dance, Line Dancing	Healthy mind: going for goals	Mighty movers (boxercise)
4.3	Gym sequences	Healthy lifestyles: you are what you eat!	Step to the beat!
4.4	Striking and fielding	Healthy body: blood and guts	Gymfit circuits
4.5	Nimble nets	Healthy mind: healthy body	Cool core (pilates)
4.6	Young Olympians	Germ busters!	Fitness frenzy
<b>Year 5</b>			
5.1	Invaders	Healthy body: inside out!	Boot camp
5.2	Dynamic dance, Bollywood Dancing	Healthy mind: going for goals	Mighty movers (boxercise)
5.3	Gym sequences	Healthy lifestyles: you are what you eat!	Step to the beat!
5.4	Striking and fielding	Healthy body: blood and guts	Gymfit circuits
5.5	Nimble nets	Healthy mind: healthy body	Cool core (pilates)
5.6	Young Olympians	Germ busters!	Fitness frenzy
<b>Year 6</b>			
6.1	Invaders	Healthy body: inside out!	Boot camp
6.2	Dynamic dance, Street Dance	Healthy mind: going for goals	Mighty movers (boxercise)
6.3	Gym sequences	Healthy lifestyles: you are what you eat!	Step to the beat!
6.4	Striking and fielding	Healthy body: blood and guts	Gymfit circuits
6.5	Nimble nets	Healthy mind: healthy body	Cool core (pilates)
6.6	Young Olympians	Germ busters!	Fitness frenzy

Sport	Health	Fitness:
<p>Children practise key skills and movements that are integral in the build up to playing sports for participation and competitions.</p> <p>We build their skills while providing them access to a wide range of sporting activities</p>	<p>Linked to each sports topic there is linked learning to do with promoting health and wellbeing. Children learn how to maintain healthy minds and bodies and why this is important generally and in application to sport.</p>	<p>Children begin to learn about the science of fitness and exercise and how this contributes to health. They learn about how to work different muscle groups and about heart rate and breathing. They make links to athletic ability and improvement.</p>

The way that Rising Stars Champions is structured in that every year each of the six modules for Sports, Health and Fitness are repeated. Within them there is a different focus of content but the skills remain the same which allows children to revisit and build upon the knowledge and skills they already have. This requirement for children to recall previous learning and apply it to something new ensures that they are making progress.

### **Champions Online Resources**

- Teachers have access to online resources to complement their PE teaching. There are electronic versions of all lesson plans and structures as well as pupil resources such as skill cards and scaffolds for lessons.
- Video and Audio resources are also available online which ensure that children will have an excellent standard of modelling and show how each step or skill within a lesson should be applied. Although they can also be used by our staff during lesson planning

### **Assessment**

- To ensure that we can make sure our children are making progress within PE just as any other lesson Rising Stars offer assessment resources. These assessment resources will be used by teachers within each unit.