



PE at Hobletts Manor Junior School:

In PE, we take part in a variety of activities, which help us to succeed and progress through a wide range of skills. We are inspired and encouraged to join in with competitive sport and personal challenges, building on our confidence. We learn to lead healthy and active lives, while embedding the key sports values: determination, passion, respect, honesty, self-belief and teamwork.

Aims:

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

KS2 pupils should already be able 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.

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.

Curriculum Overview: 2022-2023

Year Group	Autumn Term Unit of learning	Spring Term Unit of learning	Summer Term Unit of learning
Three	Hockey Cross Country Basketball	Dance Speed Stacking Parkour (Gymnastics) Hockey	Cricket Athletics Orienteering
Four	Cross Country Tag Rugby Hockey	Dance Swimming Basketball	Mini Tennis Rounders Swimming Athletics
Five	Basketball Cross Country Netball	Indoor Athletics Dance Swimming	Mini Tennis Rounders Orienteering Athletics
Six	Basketball Cross Country Swimming Netball	Netball Indoor Athletics Dance Hockey	Ultimate Frisbee Cricket Orienteering Athletics

Year 3 – Autumn 2022

Autumn	
Through the Ages	
Autumn term	
Basketball/ Hockey	Cross Country
<p><i>Children will learn to develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i></p> <ul style="list-style-type: none"> • To learn to keep control of the ball whilst dribbling. • To learn to pass a ball with accuracy. • To learn to receive the ball. • To learn to pass over a distance, weight of pass. • To learn to keep possession in an overload. • To learn to use correct body position when defending. • To learn to shoot unopposed. 	<p><i>Children will learn to use throwing, running and catching in isolation and in combination, develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i></p> <ul style="list-style-type: none"> • To be able to read your pulse and the effects of exercise physically and mentally. • To be able to strategically run/managing pace • To be able to complete the Cooper run (12 minutes consistent) • To be able to identify aerobic and anaerobic exercise • To be able to run to London (1 lap = 1 mile) • To be able to complete long distance races
<p style="text-align: center;"><u>Subject specific vocabulary</u></p> <p><i>Awareness, speed, direction, confidence, challenge, Weight of pass, communication, strike, decision making, receive, passing lane, space, angles</i></p> <p style="text-align: center;"><u>Word list- Year 3/ 4 spellings:</u></p> <p><i>Breath, breathe, centre, certain, complete, decide, different, exercise, forward(s), group, heart, increase, length, minute, position, regular, straight</i></p>	<p style="text-align: center;"><u>Subject specific vocabulary</u></p> <p><i>Pulse, effect, exercise, physically, mentally, pace, strategically, run, Aerobic, Anaerobic, long distance race</i></p> <p style="text-align: center;"><u>Word list- Year 3/ 4 spellings:</u></p> <p><i>Breath, breathe, centre, certain, complete, decide, different, exercise, forward(s), group, heart, increase, length, minute, position, regular, straight</i></p>

Year 4 – Autumn 2022

Autumn	
Where we all live!	
Autumn term	
Cross Country	Tag Rugby/Hockey
<p><i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate improvements to achieve their personal best</i></p> <ul style="list-style-type: none"> • To be able to measure pulse and the effects of exercise physically and mentally • To understand agility and SAQ • To be able to complete the Cooper run (12 minutes consistent) • To identify energy systems for aerobic and anaerobic exercise • To be able to run to London (1 lap = 1 mile) • To be able to strategically manage a run and pace 	<p><i>Children will learn to develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i></p> <ul style="list-style-type: none"> • To learn the concept of space and to learn how to move to create space • To learn to keep the ball whilst moving using both feet. • To know how to launch an attacking move whilst using different communication to pass the ball. • To know when to defend a player or the space around you. • To understand how to pass the ball to a player on the move. • To understand how to use other players to help create a better position to attack. • To know how to use a range of techniques to shoot/score
<p style="text-align: center;"><u>Subject specific vocabulary</u></p> <p><i>Pulse, effect, exercise, physically, mentally, agility, run, aerobic, anaerobic, strategically, pace</i></p> <p style="text-align: center;"><u>Word list- Year 3/ 4 spellings:</u></p> <p><i>Breath, breathe, centre, certain, complete, decide, different, exercise, forward(s), group, heart, increase, length, minute, position, regular, straight</i></p>	<p style="text-align: center;"><u>Subject specific vocabulary</u></p> <p><i>Concept, space, move, ball, attacking, communication, different, defend, player, space, position, attack, techniques, shoot</i></p> <p style="text-align: center;"><u>Word list- Year 3/ 4 spellings:</u></p> <p><i>Breath, breathe, centre, certain, complete, decide, different, exercise, forward(s), group, heart, increase, length, minute, position, regular, straight</i></p>

Year 5 – Autumn 2022

Autumn	
Anglo Saxons and Scots	
Autumn term	
Basketball/Netball	Cross Country
<p><i>Children will learn to develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i></p> <ul style="list-style-type: none"> • To learn to develop control of the football in a variety of situations e.g. attacking and defending • To learn to receive the ball over increasing distances and using a variety of techniques. • To learn to pass a football with weight and accuracy over increasing distances. • To learn to keep possession in an overload using a variety of defensive techniques. • To learn to develop the effective use of body position when defending and attacking • To learn to shoot unopposed at a target 	<p><i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate improvements to achieve their personal best.</i></p> <ul style="list-style-type: none"> • To understand how exercise effects your heart rate and how we can control it. • To learn to set reachable targets and plan for greater challenges by recording them • To understand how different techniques can have an impact on our results. • To learn to introduce speed runs to our runs and understand how to increase stamina by using this. • To learn to develop different types of running to add greater challenge – speed run/pyramid/stop-start. • To learn to test your stamina against previous scores and review your results. • To know how to organise, set up and run your own cross country course for people of all abilities to use.
<p style="text-align: center;"><u>Subject specific vocabulary</u></p> <p><i>Awareness, speed, direction, confidence, challenge, Weight of pass, communication, strike, decision making, receive, passing lane, space, angles</i></p> <p style="text-align: center;"><u>Word list- Year 5/6 spellings:</u></p> <p><i>Achieve, amateur, communicate, competition, develop, environment, muscle, physical, shoulder</i></p>	<p style="text-align: center;"><u>Subject specific vocabulary</u></p> <p><i>Exercise, heart rate, targets, challenges, techniques, impact, results, speed, run, stamina, increase, develop, organise, course, abilities</i></p> <p style="text-align: center;"><u>Word list- Year 5/6 spellings:</u></p> <p><i>Achieve, amateur, communicate, competition, develop, environment, muscle, physical, shoulder</i></p>

Year 6 – Autumn 2022

Autumn		
History of London		
Autumn Term		
Football	Cross Country	Swimming
<p><i>Children will learn to develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i></p> <ul style="list-style-type: none"> • To learn to develop control of the football in a variety of situations e.g. attacking and defending • To learn to receive the ball over increasing distances and using a variety of techniques. • To learn to pass a football with weight and accuracy over increasing distances. • To learn to keep possession in an overload using a variety of defensive techniques. • To learn to develop the effective use of body position when defending and attacking. • To learn to shoot unopposed at a target. 	<p><i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate improvements to achieve their personal best.</i></p> <ul style="list-style-type: none"> • To understand how exercise effects your heart rate and how we can control it. • To learn to set reachable targets and plan for greater challenges by recording them • To understand how different techniques can have an impact on our results. • To learn to introduce speed runs to our runs and understand how to increase stamina by using this. • To learn to develop different types of running to add greater challenge – speed run/pyramid/stop-start. • To learn to test your stamina against previous scores and review your results. • To know how to organise, set up and run your own cross country course for people of all abilities to use. 	<p><i>Children will 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 and perform safe self- rescue in different water based situations.</i></p> <p>Delivered by Everyone Active Swimming School</p>
<p><u>Subject specific vocabulary</u> <i>Awareness, speed, direction, confidence, challenge, Weight of pass, communication, strike, decision making, receive, passing lane, space, angles</i></p> <p><u>Word list- Year 5/6 spellings:</u> <i>Achieve, amateur, communicate, competition, develop, environment, muscle, physical, shoulder</i></p>	<p><u>Subject specific vocabulary</u> <i>Exercise, heart rate, targets, challenges, techniques, impact, results, speed, run, stamina, increase, develop, organise, course, abilities</i></p> <p><u>Word list- Year 5/6 spellings:</u> <i>Achieve, amateur, communicate, competition,</i></p>	<p><u>Subject specific vocabulary</u> <i>Swim, competently, confidently, distance, metres, strokes, front crawl, backstroke, breaststroke, self-rescue</i></p> <p><u>Word list- Year 5/6 spellings:</u> <i>Achieve, amateur, communicate, competition, develop, environment, muscle, physical, shoulder</i></p>

	<i>develop, environment, muscle, physical, shoulder</i>	
--	---	--

Year 3 – Year 2022 -23

<i>Autumn</i>		<i>Spring</i>		<i>Summer</i>	
<i>Through the Ages</i>		<i>Romans</i>		<i>Our World!</i>	
<i>Autumn 1</i>		<i>Spring 1</i>		<i>Summer 1</i>	
<i>Hockey</i>	<i>Cross Country</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Athletics</i>	<i>Swimming</i>
<i>Children will learn to develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i>	<i>Children will learn to use throwing, running and catching in isolation and in combination, develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i>	<i>Children will perform the Haka (Dance) using a range of movement patterns whilst developing their flexibility, strength, technique, control and balance.</i>	<i>Children will be taught to use running and jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance whilst comparing their performances with previous ones and demonstrate improvements to achieve their best and perform dances using a range of movement patterns.</i>	<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping, throwing and catching. Children will compare their performances with previous ones and demonstrate improvements to achieve their personal best.</i>	<i>Children will 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 and perform safe self-rescue in different water based situations.</i>
<i>Autumn 2</i>		<i>Spring 2</i>		<i>Summer 2</i>	
<i>Dodgeball</i>	<i>Basketball</i>	<i>Gymnastics</i>	<i>Health & Fitness</i>	<i>Orienteering</i>	<i>Swimming</i>
<i>Children will learn to use throwing, running and catching in isolation and in combination, develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply</i>	<i>Children will learn to use throwing and catching in isolation and in combination. Develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles</i>	<i>Children will be taught to use running and jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance whilst comparing their performances with previous ones and</i>	<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate</i>	<i>Children will take part in outdoor and adventurous activity challenges both individually and within a team. Learning to develop basic map reading and orienteering.</i>	<i>Children will 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 and perform safe self-</i>

<i>basic principles suitable for attacking and defending.</i>	<i>suitable for attacking and defending.</i>	<i>demonstrate improvements to achieve their best and perform dances using a range of movement patterns.</i>	<i>improvements to achieve their personal best.</i>		<i>rescue in different water based situations.</i>
---	--	--	---	--	--

Year 4 – Year 2022-2023

<i>Autumn</i>		<i>Spring</i>		<i>Summer</i>	
<i>Where we all live!</i>		<i>Ancient Egyptians</i>		<i>Ancient Greeks and the Olympics</i>	
Autumn 1		Spring 1		Summer 1	
Cross Country	Tag Rugby	Gymnastics		Swimming	Cricket
<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate improvements to achieve their personal best</i>	<i>Children will learn to use throwing, running and catching in isolation and in combination, develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i>	<i>Children will be taught to use running and jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance whilst comparing their performances with previous ones and demonstrate improvements to achieve their best and perform dances using a range of movement patterns</i>		<i>Children will 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 and perform safe self-rescue in different water based situations.</i>	<i>Children will learn to use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. develop flexibility, strength, technique, control and balance</i>
Autumn 2		Spring 2		Summer 2	
Dance	Hockey	Target Games	Health & Fitness	Orienteering	Athletics
<i>Children will perform a themed dance (James Bond) using a range of movement patterns whilst developing their flexibility, strength, technique, control and balance</i>	<i>Children will learn to develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i>	<i>Children will learn to use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. develop flexibility, strength, technique, control and balance</i>	<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate</i>	<i>Children will take part in outdoor and adventurous activity challenges both individually and within a team. Learning to develop basic map reading and orienteering</i>	<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping, throwing and catching. Children will compare their performances with previous ones and demonstrate</i>

		<i>rescue in different water based situations.</i>	<i>improvements to achieve their personal best</i>		<i>improvements t achieve their personal best</i>
--	--	--	--	--	---

Year 5 – Year 2022-2023

<i>Autumn</i>		<i>Spring</i>		<i>Summer</i>	
<i>Anglo Saxons and Scots</i>		<i>Vicious Vikings</i>		<i>Enchanting Earth!</i>	
Autumn 1		Spring 1		Summer 1	
Swimming	Cross Country	Gymnastics	Swimming	Mini Tennis	Rounders/Cricket
<i>Children will 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 and perform safe self-rescue in different water based situations.</i>	<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping through obstacles. Children will compare their performances with previous ones and demonstrate improvements to achieve their personal best.</i>	<i>Children will be taught to use running and jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance whilst comparing their performances with previous ones and demonstrate improvements to achieve their best and perform dances using a range of movement patterns.</i>	<i>Children will 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 and perform safe self rescue in different water based situations.</i>	<i>Children will learn to use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance.</i>	<i>Children will learn to use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance.</i>
Autumn 2		Spring 2		Summer 2	
Basketball/Netball	Netball	Dance	Hockey	Orienteering	Athletics
<i>Children will learn to use throwing and catching in isolation and in combination. Develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</i>	<i>Children will learn to use throwing and catching in isolation and in combination. Develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles</i>	<i>Children will perform 'STOMP' (Dance) using a range of movement patterns whilst developing their flexibility, strength, technique, control and balance.</i>	<i>Children will learn to use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, develop flexibility, strength,</i>	<i>Children will take part in outdoor and adventurous activity challenges both individually and within a team. Learning to develop team building games and solo obstacles.</i>	<i>Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping, throwing and catching. Children will compare their performances with previous ones and demonstrate</i>

	<i>suitable for attacking and defending.</i>		<i>technique, control and balance.</i>		<i>improvements to achieve their personal best.</i>
--	--	--	--	--	---

Year 6 – Year 2022-2023

<i>Autumn</i>		<i>Spring</i>		<i>Summer</i>	
<i>History of London – WW2</i>		<i>Rainforests</i>		<i>Aztecs</i>	
Autumn 1		Spring 1		Summer 1	
Basketball/Netball	Swimming	Indoor Athletics	Dance	Cricket	Rounders
Children will learn to use throwing and catching in isolation and in combination. Develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Children will 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 and perform safe self rescue in different water based situations.	Children will be taught to use running and jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance whilst comparing their performances with previous ones and demonstrate improvements to achieve their best and perform dances using a range of movement patterns	Children will perform Robots (Dance) using a range of movement patterns whilst developing their flexibility, strength, technique, control and balance	Children will learn to use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. develop flexibility, strength, technique, control and balance	Children will learn to use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. develop flexibility, strength, technique, control and balance
Autumn 2		Spring 2		Summer 2	
Hockey	Netball	Gymnastics	Lacrosse	Orienteering	Athletics
Children will learn to use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, develop flexibility, strength,	Children will learn to use throwing and catching in isolation and in combination. Develop their technique, control and balance whilst playing competitive games, modified where appropriate and apply basic principles	Children will be taught to use running and jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance whilst comparing their performances with previous ones and	Children will learn to use throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, develop flexibility, strength,	Children will take part in outdoor and adventurous activity challenges both individually and within a team. Learning to develop team building games and solo obstacles.	Children will learn to develop flexibility, strength, technique, control and balance whilst running and jumping, throwing and catching. Children will compare their performances with previous ones and demonstrate

<i>technique, control and balance.</i>	<i>suitable for attacking and defending.</i>	<i>demonstrate improvements to achieve their best and perform dances using a range of movement patterns.</i>	<i>technique, control and balance.</i>		<i>improvements to achieve their personal best.</i>
--	--	--	--	--	---

