#### **Perryfields Primary PRU Curriculum Overview**

#### **Physical Education**

Due to us having mixed age classes we operate a two year cycle with our curriculum. This ensures that over time all the pupils get a full entitlement. We use specialist coaches to deliver parts of our scheme of work as well as enriching it with visitors and educational visits. The swimming scheme is based on Swim England's 7 Stages to Learn to Swim and the football uses the FA Premier League Programme of Work. As per the national curriculum we aim for pupils to:

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

The curriculum is split into Classes 1 and 2 and Classes 3 and 4. Based on the pupil's attainment there are occasions when a pupil will be placed in a different group in order to meet their needs. For example, a pupil from Class 1 has engaged with the older group and the Llanrug residential visit as he has demonstrated a talent within PE. Due to the unique nature of our pupils we focus on sports that enhance fitness, teamwork, movement techniques as well as the life skill of swimming. Enrichment opportunities seek to provide pupils with access to other sports both in an intra and inter school context.

The following key drivers underpin our learning and are developed through the school. Our three key drivers for our school curriculum are:

- 1. **Aspirations** we want our pupils to **aspire** to be the best version of themselves. We have incredibly **high expectations** and are passionate about ensuring that every pupil is exposed to a range of possibilities to broaden their **aspirations**, **build their confidence** and deepen their **knowledge** of the world around them.
- 2. **Communication** to help our pupils to develop the knowledge and skills necessary to communicate their thoughts, ideas and feelings successfully across the curriculum through a variety of outlets this includes through the Arts, Sports and Science, Technology, Engineering and Mechanics (STEM).
- 3. Learning Powers we aim to develop our pupils' learning habits in order to prepare them for a lifetime of learning. Developing our pupils' learning powers is central to everything we do; it is not an addition to our curriculum but underpins the whole learning process.











### Classes 1 and 2:

# Cycles 1 and 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Theme	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Basic	Basic	Basic	Basic	Basic	Basic
	Movements	Movements	Movements	Movements	Movements	Movements
	(Rugby)	(Basketball)	(Tennis)	(Cricket)	(Tennis)	(Cricket)
	Team Games	Team Games	Team Games	Team Games	Team Games	Team Games
	(Football)	(Football)	(Football)	(Football)	(Football)	(Football)
Objectives	Swimming:	Swimming:	Swimming:	Swimming:	Swimming:	Swimming:
	Move forward for a distance of 5 metres, feet may be on or off the floor.  Move backwards for a distance of 5 metres, feet may be on or off the	Move from a flat floating position on the back and return to standing.  Push and glide in a flat position on the back from a wall.	Sink, push away from wall and maintain a streamlined position.  Push and glide on the front and back with arms extended and log	Sink, push away from wall and maintain a streamlined position.  Push and glide on the front with arms extended and log roll onto	Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.	Perform a flat stationary scull on the back.  Perform a feet first sculling action for 5 metres in a flat position on the back.
	floor.  Move sideways for a distance of 5 metres, feet may be on or off the floor.  Move from a flat floating position	Move from a flat floating position on the back and front and return to standing without support.  Travel using a recognised leg action with feet off	roll onto the back and front.  Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.	the back.  Push and glide on the back with arms extended and log roll onto the front.  Travel 5 metres on the front,	Push and glide from the wall towards the pool floor.  Kick 10 metres backstroke (one item of equipment optional).	Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.  Push and glide and swim 10 metres backstroke

on the front and return to standing. Push and glide in a flat position on the front from a wall.

#### **Redgate Sports:**

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in rugby.

# Jackman Pro Sports:

Practise keeping control of a ball while moving along.

Work in pairs to develop control of a piece of equipment, first while stationary and then while moving. the pool floor on the back and front for 5 metres, without the use of floatation equipment.

Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.

Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.

Perform a log roll from the back to the front and from the front to the back.

### **Redgate Sports:**

Master basic movements including running, jumping, throwing Fully submerge to pick up an object.

Push and glide and travel 10 metres on the front and back.

Perform a tuck float and hold for three seconds.

#### **Redgate Sports:**

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in tennis.

#### Jackman Pro Sports:

Exploring shooting techniques with different parts of the foot.

perform a tuck to rotate onto the back and return on the back.

Fully submerge to pick up an object. Push and glide and travel 10 metres on the back.

Push and glide and travel 10 metres on the front.

Perform a tuck float and hold for three seconds.

Perform dances using simple movement patterns

## **Redgate Sports:**

Master basic movements including running, jumping, throwing and catching, as well as developing Kick 10 metres front crawl (one item of equipment optional).

Perform a head first sculling action for 5 metres in a flat position on the back.

### **Redgate Sports:**

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in tennis.

# Sports:

Jackman Pro

Developing ball control to travel in different directions and speed.

Apply travelling skills when being

Push and glide and swim 10 metres front crawl

Perform a handstand and hold for a minimum of three seconds.

Perform a forward somersault.

#### **Redgate Sports:**

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in cricket.

# Jackman Pro Sports:

Developing shooting technique at identified targets. Challenge object manipulation, ball skills and creativity.

Developing ball control, as well as the ability to move at the right speed to track and stop a ball.

Ball control in pairs and small sided games – focus on being able to track and stop a moving ball.

#### **School Lessons:**

Applying skills in a range of different games such as:

- -Football
- -Cricket
- -Basketball

and catching, as well as developing balance, agility and co-ordination, and begin to apply these in basketball.

# Jackman Pro Sports:

Travel in different ways with control of the body

- travel at different speeds, in different directions and on different levels
- negotiate space to avoid others.

Developing ball control to travel as instructed.

Developing ball control to travel in different directions and speed.

Apply travelling skills when being

Exploring shooting techniques for power.

Exploring shooting techniques with accuracy.

Developing shooting technique at identified targets.

Developing shooting technique using both feet.

Apply shooting skills in small sided games.

#### **School Lessons:**

Applying skills in a range of different games such as:

- -Football
- -Cricket -Basketball

balance, agility and co-ordination, and begin to apply these in cricket.

# Jackman Pro Sports:

Challenge object manipulation, ball skills and creativity.

Introduce a variety of turns: -instep -outer foot -drag back

Developing ball control, as well as the ability to move at the right speed to track and stop a ball.

Ball control in pairs and small sided games – focus on being able to apply turns to deceive opponents. in a space with others.

Apply travelling skills to deceive opponents.

Apply travelling skills in small sided games.

#### School Lessons: Applying skills and fitness in a range

of different athletics including -Running sprints, distance

- -Throwing
- -Jumping

Developing shooting technique using both feet.

Developing shooting technique from angles such as: -straight on -to a side -diagonal angle

Apply shooting skills in small sided games.

#### School Lessons:

Applying skills and fitness in a range of different athletics including -Running sprints, distance

-Throwing
-Jumping

		in a space with		School Lessons:		
		others.		Control Ecosonis.		
		otricis.		Applying skills in		
		Apply travelling		a range of		
		skills in small				
		sided games.		different games such as:		
		sided garries.		-Football		
		School Lessons:		-Football -Cricket		
		School Lessons.		-Basketball		
		Applying skills in a		Backetsan		
		range of different				
		games such as:				
		-Football				
		-Cricket				
		-Basketball				
Ongoing	Enter and exit the	Jump in from	Jump in from	Jump in from	Travel on back	Tread water for 30
Objectives	water safely.	poolside safely.	poolside and	poolside and	and log roll in one	seconds.
			submerge.	submerge.	continuous	
	Scoop the water	Blow bubbles a			movement onto	Perform three
	and wash the	minimum of three	Exit the water	Exit the water	front.	different shaped
	face.	times	without using	without using		jumps into deep
		rhythmically, with	steps.	steps.	Travel on front	water.
	Give examples of	nose and mouth			and log roll in one	
	two pool rules.	submerged.	Know the four key	Know the four key	continuous	Give examples of
			water safety	water safety	movement onto	two pool rules.
	Master basic	Give examples of	messages	messages	back.	
	movements	two pool rules.	including:	including:		Know the four key
	including running,		Always swim in a	Always swim in a	Push and glide	water safety
	jumping, throwing	Master basic	safe place.	safe place.	and swim 10	messages
	and catching, as	movements	Always swim with	Always swim with	metres, choice of	including:
	well as developing	including running,	an adult.	an adult.	stroke is optional.	Always swim in a
	balance, agility	jumping, throwing	If you fall in, float,	If you fall in, float,		safe place.
	and co-ordination,	and catching, as	breathe, relax.	breathe, relax.	Master basic	Always swim with
	and begin to apply	well as developing			movements	an adult.
		balance, agility			including running,	

these in a range	and co-ordination,	If someone else	If someone else	jumping, throwing	If you fall in, float,
of activities.	and begin to apply	in trouble, call	in trouble, call	and catching, as	breathe, relax.
	these in a range	999.	999.	well as developing	If someone else in
Compare their	of activities.			balance, agility	trouble, call 999
performances with		Master basic	Master basic	and co-ordination,	
previous ones and	Compare their	movements	movements	and begin to apply	Demonstrate an
demonstrate	performances with	including running,	including running,	these in a range	action for getting
improvement to	previous ones and	jumping, throwing	jumping, throwing	of activities.	help.
achieve their	demonstrate	and catching, as	and catching, as		
personal best.	improvement to	well as	well as	Travel in different	Master basic
	achieve their	developing	developing	ways with control	movements
	personal best.	balance, agility	balance, agility	of the body	including running,
		and co-ordination,	and co-ordination,	travel at different	jumping, throwing
		and begin to	and begin to	speeds, in	and catching, as
		apply these in a	apply these in a	different directions	well as
		range of activities.	range of activities.	and on different	developing
		0 "	D : ( ) .	levels	balance, agility
		Compare their	Reinforce keeping	negotiate space	and co-ordination,
		performances	control of a ball	to avoid others.	and begin to apply
		with previous	while moving	Davidania a hall	these in a range
		ones and	along.	Developing ball	of activities
		demonstrate	Mork in naire to	control to travel as	Evoloring chapting
		improvement to achieve their	Work in pairs to	instructed.	Exploring shooting
		personal best.	develop control of a piece of	Compare their	techniques with different parts of
		personal best.	equipment, first	performances with	the foot.
			while stationary	previous ones and	tile ioot.
			and then while	demonstrate	Exploring shooting
			moving.	improvement to	techniques for
			inoving.	achieve their	power.
			Compare their	personal best.	
			performances	F 5. 301101 20011	Exploring shooting
			with previous		techniques with
			ones and		accuracy.
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				demonstrate improvement to achieve their personal best.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Enrichment	Inclusion Games  – Bowling  Bell Boating  Yoga	Inclusion Games: -Volleyball, athletics, basketball, table tennis	Yoga Outdoor and Adventurous Pursuits – Forest School	Yoga Outdoor and Adventurous Pursuits – Forest School	Worcestershire County Cricket Club – Chance to Shine Bell Boating	Himbleton Cricket Club Bell Boating Yoga
	Outdoor and Adventurous Pursuits – Forest School	Yoga Outdoor and Adventurous Pursuits – Forest School Swan Theatre – Dance Show			Yoga Outdoor and Adventurous Pursuits – Forest School	Outdoor and Adventurous Pursuits – Forest School

### Classes 3 and 4:

# Cycles 1 and 2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic Theme	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	Basic	Basic	Basic	Basic	Basic	Basic
	Movements	Movements	Movements	Movements	Movements	Movements
	(Rugby)	(Basketball)	(Tennis)	(Cricket)	(Tennis)	(Cricket)
	Team Games					
01.1	(Football)	(Football)	(Football)	(Football)	(Football)	(Football)
Objectives	Use a range of					
	strokes effectively:	strokes	strokes	strokes	strokes effectively:	strokes effectively:
	Front crawl,	effectively: Front	effectively: Front	effectively: Front	Front crawl,	Front crawl,
	backstroke	crawl, backstroke	crawl, backstroke,	crawl, backstroke,	backstroke, breast	backstroke, breast
	Swim	Swim	breast stroke	breast stroke	stroke, butterfly	stroke, butterfly
			Swim	Swim	Swim	Curing a small standly
	competently,	competently,				Swim competently,
	confidently and	confidently and	competently,	competently,	competently,	confidently and
	proficiently over a distance of at	proficiently over a distance of at	confidently and	confidently and	confidently and	proficiently over a distance of at least
		least 25 metres –	proficiently over a distance of at	proficiently over a distance of at	proficiently over a distance of at	
	least 25 metres –		least 25 metres –	least 25 metres –	least 25 metres –	25 metres – Front
	Front crawl, backstroke	Front crawl, backstroke				crawl, backstroke
	Dackstroke	Dackstroke	Front crawl, backstroke	Front crawl, backstroke	Front crawl, backstroke	Swim 10 metres
	Perform a	Perform a	DackStruke	DackStruke	Dackstroke	wearing clothes.
	movement	movement	Redgate Sports:	Redgate Sports:	Swim 10 metres	wearing clothes.
	sequence (linking	sequence (linking	Reagate oports.	Reugale Sports.	wearing clothes.	Perform safe self-
	skills with strokes	skills with strokes	Practising	Master basic	wearing clothes.	rescue in different
	and sculls) of one	and sculls) of one	movements in	movements	Perform safe self-	water-based
	minute duration,	minute duration,	tennis by	including running,	rescue in different	situations.
	incorporating a	incorporating a	combining skills	jumping, throwing	water-based	Situations.
	number of the	number of the	such as:	and catching, as	situations.	Redgate Sports:
	following skills:	following skills:	Judii as.	well as	Situations.	itoagate opoits.
	TOHOWING SKIIIS.	TOHOWING SKIIIS.		well as		

		-forehand, volley,	developing	Redgate Sports:	Develop overarm
Sculling: head	Sculling: head	overhead in a	balance, agility		bowling
first, feet first	first, feet first	static position.	and co-ordination,	Practising	techniques with
			and begin to	movements in	increasing
Rotation: forwar	d Rotation: forward	Introduce	apply these in	tennis by	accuracy and ball
or backward	or backward	forehand, volley,	cricket.	combining skills	manipulation/grips.
somersault, log	somersault, log	overhead in a		such as:	
roll	roll	moving context.	Develop	-forehand, volley,	Master a forward
			underarm and	overhead in a	and backward
Floating: star on	Floating: star on	Introduce and	overarm bowling	static position.	defensive shot
the front or on the	ne the front or on the	practise	techniques with		with appropriate
back, tuck float,	back, tuck float,	movement and	increasing	Introduce	technique.
create own	create own	deception of an	accuracy.	forehand, volley,	
		opponent –		overhead in a	Practise striking
Eggbeater:	Eggbeater:	baseline and net	Master gripping a	moving context.	the ball with an
Moving, lifting or	ne Moving, lifting one		bat appropriately		appropriate
or both arms out		Jackman Pro	and standing in a	Introduce and	technique using a
of the water.	of the water.	Sports:	position ready to	practise	variety of attacking
			receive the ball.	movement and	shots – drive, cut,
Redgate Sports	s: Redgate Sports:	Developing		deception of an	pull.
		shooting	Develop a	opponent –	
Practising	Practising	technique at	forward and	baseline and net	Jackman Pro
movements in	movements in	identified targets.	backward		Sports:
rugby by	basketball by		defensive shot	Apply tennis rules	
combining skills	combining skills	Developing	with appropriate	to a game	Developing
such as:	such as:	shooting	technique.	situation.	shooting
-Passing, movin		technique using		_	technique at
in straight lines,	dribbling and	both feet.	Practise striking	Jackman Pro	identified targets.
moving at differi			the ball using a	Sports:	
angles.	lines, moving at	Developing and	variety of		Developing
	differing angles,	practising	attacking shots.	Travel in different	shooting
Introduce and	shooting lay-up	deception when		ways with control	technique using
practice deception		shooting –	Jackman Pro	of the body	both feet.
of an opponent	-	dummy, changing	Sports:	travel at different	
dummy moves,				speeds, in	

sidestep, hitch	Introduce and	direction, flighted	Practise a variety	different directions	Developing and
kick, swerve.	practise deception	and low strikes.	of turns:	and on different	practising
	of an opponent –		-instep	levels	deception when
Jackman Pro	dummy moves,	Apply shooting	-outer foot	<ul> <li>negotiate space</li> </ul>	shooting –
Sports:	sidestep, swerve.	skills in small sided games.	-drag back	to avoid others.	dummy, changing direction, flighted
Challenge object	Introduce and		Introduce the	Develop travelling	and low strikes.
manipulation, ball	practise passing	Apply tactics and	Cruyff turn and	using both feet,	
skills and	around	team	step over.	instep, outer foot	Apply shooting
creativity.	opponents.	collaboration in		and laces	skills in small
		small sided	Developing ball	competently.	sided games.
Developing ball	Jackman Pro	games.	control, as well as	Apply deception of	
control, as well as	Sports:		the ability to move	an opponent,-	Apply tactics and
the ability to move		Introduce body	at the right speed	dummy, shoulder	team collaboration
at the right speed	Travel in different	position	to track and stop	drop, eyes.	in small sided
to track and stop a	ways with control	(shielding),	a ball, whilst		games.
ball.	of the body	defending and	performing a trick	Apply lifting the	
	<ul> <li>travel at different</li> </ul>	attacking tactics	or skill.	head to travel with	Introduce body
Ball control in	speeds, in	within small sided		mastery and be	position
pairs and small	different directions	games.	Ball control in	able to adapt and	(shielding),
sided games –	and on different		pairs and small	use the ball, such	defending and
focus on being	levels	School Lessons:	sided games -	as passing to a	attacking tactics
able to track and	<ul> <li>negotiate space</li> </ul>		focus on being	teammate or lining	within small sided
stop a moving	to avoid others.	Applying skills in	able to apply	up a shooting	games.
ball.		a range of	turns and skills to	opportunity.	
	Apply travelling	different games	deceive		
Apply tactics and	skills when being	such as:	opponents.	Apply travelling	School Lessons:
team collaboration	in a space with	-Football		skills in small	Applying skills and
in small sided	others.	-Cricket	Introduce body	sided games.	fitness in a range
games.		-Basketball	position		of different
0.1	Develop travelling	-Tennis	(shielding),	Apply tactics and	athletics including
School Lessons:	using both feet,		defending and	team collaboration	-Running sprints,
Applying skills in a	instep, outer foot		attacking tactics	in small sided	distance
range of different	and laces		within small sided	games.	-Throwing
games such as:	competently.		games.		-Jumping

Football	Apply descrition	 School Lessons:	School Lessons:	
-Football	Apply deception	School Lessons:		
-Cricket	of an opponent,-	A manda dan sa adalilar d	Applying skills and	
-Basketball	dummy, shoulder	Applying skills in	fitness in a range	
	drop, eyes.	a range of	of different	
		different games	athletics including	
	Apply lifting the	such as:	-Running sprints,	
	head to travel with	-Football	distance	
	mastery and be	-Cricket	-Throwing	
	able to adapt and	-Basketball	-Jumping	
	use the ball, such	-Tennis		
	as passing to a			
	teammate or			
	lining up a			
	shooting			
	opportunity.			
	Apply travelling			
	skills in small			
	sided games.			
	orarea games.			
	Apply tactics and			
	team collaboration			
	in small sided			
	games.			
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	School Lessons:			
	2000. 20000110.			
	Applying skills in a			
	range of different			
	games such as:			
	-Football			
	-Cricket			
	-Basketball			
	-Dasketball			
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Ongoing	Perform a sitting	Perform a sitting	Perform three	Perform three	Perform three	Tread water using
Objectives	dive or dive.	dive or dive.	different shaped	different shaped	different shaped	eggbeater action
			jumps into deep	jumps into deep	jumps into deep	for 30 seconds.
	Give two	Give two	water.	water.	water.	
	examples of how	examples of how				Complete an
	to prepare for	to prepare for	Perform a surface	Perform a surface	Perform a	obstacle course
	exercise and	exercise and	dive.	dive.	handstand and	(using minimum of
	understand why it	understand why it			hold for a	four objects) with
	is important.	is important.	Know the four key	Know the four key	minimum of three	feet off the pool
	·		water safety	water safety	seconds.	floor throughout.
	Demonstrate an	Demonstrate an	messages	messages		
	action for getting	action for getting	including:	including:	Perform a forward	Give two
	help.	help.	Always swim in a	Always swim in a	somersault.	examples of how
	•		safe place.	safe place.		to prepare for
	Give examples of	Give examples of	Always swim with	Always swim with	Consolidate and	exercise and
	four pool rules.	four pool rules.	an adult.	an adult.	master basic	understand why it
	·		If you fall in, float,	If you fall in, float,	movements	is important.
	Consolidate and	Perform a	breathe, relax.	breathe, relax.	including running,	
	master basic	handstand and	If someone else	If someone else	jumping, throwing,	Give examples of
	movements	hold for a	in trouble, call	in trouble, call	catching, balance,	four pool rules.
	including running,	minimum of three	999	999	agility and co-	
	jumping, throwing,	seconds.			ordination.	Perform a
	catching, balance,		Demonstrate an	Demonstrate an		handstand and
	agility and co-	Perform a forward	action for getting	action for getting	Apply travelling	hold for a
	ordination.	somersault.	help.	help.	skills when being	minimum of three
					in a space with	seconds.
	Practise keeping	Consolidate and	Consolidate and	Perform a	others.	
	control of a ball	master basic	master basic	handstand and		Perform a forward
	while moving	movements	movements	hold for a		somersault.
	along.	including running,	including running,	minimum of three		
		jumping, throwing,	jumping,	seconds.		Consolidate and
	Work in pairs to	catching, balance,	throwing,			master basic
	develop control of	agility and co-	catching,	Perform a forward		movements
	a piece of	ordination.	balance, agility	somersault.		including running,
	equipment, first		and co-ordination.			jumping, throwing,

	while stationary and then while moving.	Developing ball control to travel as instructed.  Developing ball control to travel in different directions and speed.	Exploring shooting techniques with different parts of the foot.  Exploring shooting techniques for power.  Exploring shooting techniques with accuracy.	Consolidate and master basic movements including running, jumping, throwing, catching, balance, agility and coordination.  Challenge object manipulation, ball skills and creativity.  Introduce a variety of turns: -instep -outer foot -drag back  Developing ball control, as well as the ability to move at the right speed to track and stop a ball.		catching, balance, agility and coordination.  Develop underarm and overarm bowling techniques with increasing accuracy.  Master griping a bat appropriately and standing in a position ready to receive the ball.  Develop a forward and backward defensive shot with appropriate technique.  Practise striking the ball using a variety of attacking shots.
Enrichment	Inclusion Games	Inclusion Games:	Yoga	Yoga	Worcestershire	Himbleton Cricket
	– Bowling	-Volleyball, athletics,	Outdoor and	Football fixtures –	County Cricket Club – Chance to	Club
	Bell Boating	basketball, table tennis	Adventurous Pursuits – Forest	inter school	Shine	Bell Boating
	Yoga	Yoga	School	Football venue Visit	Bell Boating	Yoga

Athletics venue			Yoga	Outdoor and
Visit – Nunnery	Outdoor and	Outdoor and		Adventurous
Wood/Birmingham	Adventurous	Adventurous	Llanrug	Pursuits – Forest
	Pursuits – Forest	Pursuits – Forest	Residential -	School
Outdoor and	School	School	Outdoor and	
Adventurous			Adventurous	
Pursuits – Forest	Swan Theatre -		Pursuits	
School	Dance Show			
			Outdoor and	
			Adventurous	
			Pursuits – Forest	
			School	