

Sir John Barrow Primary School Physical Education Core Principles

The following document should be considered alongside the 2014 Physical Education National Curriculum document (Appendix 1) when planning the PE curriculum for each class.

Core Principles of Fundamental Movement Skills Development and Sport Specific Skills Development

Early Years Foundation Stage

The key aim throughout the EYFS is to create environments through the provision of structured and free play which develop coordination in large and small movements, agility and safe special awareness. The pupils should be made aware and develop a greater understanding of factors that contribute to healthy living. Pupils should be encouraged to develop the language skills so that they can express how they can keep themselves healthy and safe.

Key Stage 1

The key curriculum aim during this period is to create a secure movement foundation which will underpin lifelong participation in physical activity. The aim of any extra curricular sport is to build upon the development of their core movement skills. Clubs should focus on providing play opportunities which encourage physical fitness, introduce early leadership skills and encourage social interaction.

Lower Key Stage 2

Curriculum PE should provide the opportunity to develop a broad range of skills in different contexts. Pupils should be provided with opportunities to develop their creative, social and thinking skills. Extra curricular activities should provide fun and exciting physical development opportunities primarily through non traditional activities. Multi sports clubs should be provided by accredited multi sports coaches (UKCC Level 2 coach award).

Upper Key Stage 2

Curriculum PE should begin to include more sport specific activities which are designed to develop physical, social and thinking skills. Leadership skills should continue to be encouraged and developed. Extra curricular activities should continue to be engaging but provide

clear pathways for transfer into KS3 and local/national sports clubs. Multi sports and sport specific clubs should be provided by accredited multi sports and sport specific coaches (UKCC Level 2 coach award).

Inclusive Physical Education

The responsibility of Sir John Barrow School is to support teachers to deliver PE and to ensure that all children who have Special Educational Needs or disabilities can fully access to PE sessions. Barriers should be identified and addressed in consultation with pupils and their carers. Modification and adaptation of activities should be carried out to enable pupils with SEN or disabilities to achieve personal challenges and achieve their personal best. We will adapt activities according to the 'STEP framework' as detailed below:-

Space

Modifications to space (increasing or decreasing area/distance in which the task is to be performed)

Task

Modifications to task by changing rules, repetitions, teaching prompts, length of time to complete task

Equipment

Modifications to size/distance/height of targets or arrangement of equipment

People

Who is involved, working alone, partners, leader, follower, group, TA

Fundamental Movement Skills Entitlement

While each year group should experience and explore a large number of FMS, it is important that each year focuses on specifically teaching and assessing a small number of skills. This progression of learning, teaching and assessing the range of skills should be mapped throughout Foundation Stage and Key Stages 1 and Lower Key Stage 2 and used as a guide for teachers' planning. By Upper Key Stage 2 pupils should be encouraged to use and apply their Fundamental Movement Skills alongside more Sport Specific Skills.

The following map outlines the focus for each year group.
At Sir John Barrow we will focus on 6 FMS.

- Balance;
- Catch;
- Hop;
- Jump for Distance;
- Jump for Height;
- Sprint Run.

Progression Within Fundamental Movement Skills

	NURSERY	YEAR 1	YEAR 2	YEAR 3	YEAR 4
BODY MANAGEMENT SKILLS	Balance on 1 foot Climb Line Walk	Balance on 1 foot Side Roll Climb Line Walk	Balance on 1 foot Side Roll Climb Bench Walk	Balance on 1 foot Side Roll Climb Bench Walk	Balance on 1 foot Forward Roll Climb Bench Walk
OBJECT CONTROL SKILLS	Underarm Throw Overarm Throw Catch Large Ball	Underarm Throw Overarm Throw Catch Large Ball 2 Handed Strike Foot Dribble Kick	Underarm Throw Overarm Throw Catch Medium Ball 2 Handed Strike Foot Dribble Kick	Underarm Throw Overarm Throw Catch Small Ball 2 Handed Strike Foot Dribble Kick	Underarm Throw Overarm Throw Catch Small Ball 1 Handed Strike Foot Dribble Kick Hand Dribble Chest Pass Punt
LOCOMOTOR SKILLS	Sprint Run Skip Hop Gallop Side Gallop Jump for Height	Sprint Run Skip Hop Gallop Side Gallop Jump for Height	Sprint Run Skip Hop Gallop Side Gallop Jump for Height Jump for Distance	Sprint Run Skip Hop Gallop Side Gallop Jump for Height Jump for Distance Dodge	Sprint Run Skip Hop Gallop Side Gallop Jump for Height Jump for Distance Dodge Continuous Leap

Blue – Experience

Red – Teach

Green – Consolidate and apply