



**Fir Tree Junior School
PE**

The programme of study in PE as set out in the National Curriculum for year 3-6 covers learning the skills and improving techniques for the different sports played and to experience outdoor adventure activities along with learning team skills

There are some overlaps where objectives are taught over two years, for example in year 3 and 4 and in year 5 and 6. This is to allow teachers to teach and consolidate learning

Physical Education in Year 3 and 4

Sport & Games

Our children will learn to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], modified where appropriate, 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.

Physical Education in Year 5 and 6

Sport & Games

Our children will learn to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], modified where appropriate, 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

Our children will learn to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes [for example, front crawl, backstroke and breaststroke] effectively
- perform safe self-rescue in different water-based situations.