

## Bishop Wood PE Curriculum

### All children at Bishop Wood should:

- Take part in PE for 2 hours per week
- Enjoy collaboration, communication and competition with each other
- Develop an understanding of how to evaluate and recognise their own success and work towards improving their own performance
- Understand what they need to do to improve their own performance
- Play competitive games and apply the principles of attacking / defending

The key skills can be taught across a range of sports/activities; they are not just applicable to one sport. In a half term, more than one sport may be played to help the children develop core skills over a range of different sports.

Year Group	Key Skills	End points	Sports/Games for this year group
3	<ul style="list-style-type: none"> <li>• Develop throwing and catching skills and learn basic passing skills of chest, bounce and overarm. (Netball)</li> <li>• Develop skills to defend and attack</li> <li>• Develop spatial awareness skills and know where your teammates are or where you need to be to move the game forward</li> <li>• Leant how to pass and catch in Pop Lacrosse</li> <li>• Develop teamwork skills and an demonstrate positive sportsmanship and fair play</li> <li>• Develop awareness for using the playing area safely and with control</li> <li>• Develop hitting, catching, throwing and bowling skills, (Rounders)</li> <li>• Develop flexibility, control, strength and balance, (Gym)</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch a ball with increasing control and accuracy</li> <li>• Demonstrate the ability to pass to a teammate in small game situations</li> <li>• Demonstrate the ability to defend in small game situations</li> <li>• Play as part of a team in small game situations</li> <li>• Show good sportsmanship qualities and demonstrate winning/losing with grace and respect</li> <li>• Play within the playing area, demonstrating safety and control</li> <li>• Hit a small ball with increasing skill and accuracy</li> <li>• Throw a range of field athletics equipment with increasing control and accuracy</li> <li>• Jump with increasing strength and control</li> </ul>	<ul style="list-style-type: none"> <li>• Netball</li> <li>• Pop Lacrosse</li> <li>• TAG Rugby</li> <li>• Rounders</li> <li>• Gymnastics</li> <li>• Field Athletics</li> <li>• Bench ball/ Dodgeball</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop basic gymnastic shapes, (tuck, straddle, pike) in floor shapes and jumps, (Gym)</li> <li>• Develop a range of floor and apparatus balances, (Gym)</li> <li>• Develop stamina and speed running over sprint and longer distances, individually or as part of a relay</li> <li>• Learn how to run efficiently and effectively</li> <li>• Develop a sprint start technique</li> </ul>	<ul style="list-style-type: none"> <li>• Perform jumps, balances and rolls demonstrating simple gymnastic shapes</li> </ul>	
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Year Group	Key Skills	End points	Sports/Games for this year group
4	<ul style="list-style-type: none"> <li>• Develop skills for dribbling and passing, (Hockey, Football)</li> <li>• Develop control skills to stop the ball, (Hockey, Football)</li> <li>• Learn how to safely tackle and intercept when defending, (Hockey, Football)</li> <li>• Develop skills for changing direction and keeping control of the ball, (Hockey, Football)</li> <li>• Continue to develop throwing and catching skills and learn basic passing skills, (Netball)</li> <li>• Begin to apply the footwork and distance when defending rules, (Netball)</li> <li>• Continue to develop skills to defend and attack</li> <li>• Continue to develop spatial awareness skills and know where your teammates are or where you need to be to move the game forward</li> </ul>	<ul style="list-style-type: none"> <li>• Control a ball with a hockey stick</li> <li>• Pass a hockey ball with accuracy and control in a small game situation</li> <li>• Throw and catch a ball with increasing control and accuracy</li> <li>• Demonstrate the ability to pass to a teammate in small game situations</li> <li>• Demonstrate the ability to defend in small game situations</li> <li>• Play as part of a team in small game situations</li> <li>• Show good sportsmanship qualities and demonstrate winning/losing with grace and respect</li> <li>• Play within the playing area, demonstrating safety and control</li> <li>• Hit a small ball with increasing skill and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Football</li> <li>• Netball</li> <li>• Tennis</li> <li>• Cricket</li> <li>• Field athletics</li> <li>• Gymnastics</li> <li>• Dance</li> <li>• Orienteering/Problem solving</li> </ul>

	<ul style="list-style-type: none"> <li>• Continue to develop teamwork skills and an demonstrate positive sportsmanship and fair play</li> <li>• Continue to develop awareness for using the playing area safely and with control</li> <li>• Continue to develop hitting, catching, throwing and bowling skills, (Cricket)</li> <li>• Develop field athletic skills – <ul style="list-style-type: none"> <li>○ Throwing – javelin, shot put, discus</li> <li>○ Jumping – long jump, standing jump</li> </ul> </li> <li>• Develop a range of movement patterns in dance</li> <li>• Perform a sequence of movements</li> <li>• Evaluate own and other’s performance</li> </ul>	<ul style="list-style-type: none"> <li>• Catch a small ball from a range of distances</li> <li>• Throw a small ball with accuracy over a range of distances</li> <li>• Throw a range of field athletics equipment with increasing control and accuracy</li> <li>• Jump with increasing strength and control</li> <li>• Sequence together jumps, balances and rolls</li> <li>• Perform a sequence of movements to a piece of music</li> </ul>	
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Year Group	Key Skills	End points	Sports/Games for this year group
5	<ul style="list-style-type: none"> <li>• Learn how to safely tackle and intercept when defending (Rugby)</li> <li>• Develop skills for changing direction and keeping control of the ball (Rugby)</li> <li>• Develop ball shooting skills with control and accuracy (Netball)</li> <li>• Continue to develop throwing and catching skills and learn basic passing skills, (chest, bounce and overarm)</li> <li>• Develop an awareness of positions on the court (Netball, Bench ball)</li> <li>• Continue to develop skills to defend and attack (Rugby/Netball)</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch a ball with increasing control and accuracy</li> <li>• Demonstrate the ability to communicate and pass to a teammate in game situations</li> <li>• Demonstrate the ability to defend in small game situations</li> <li>• Play as part of a team in game situations</li> <li>• Show good sportsmanship qualities and demonstrate winning/losing with grace and respect</li> <li>• Play within the playing area, demonstrating safety and control</li> <li>• Hit a small ball with increasing skill and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Netball</li> <li>• Pop Lacrosse</li> <li>• TAG Rugby</li> <li>• Rounders</li> <li>• Track Athletics</li> <li>• Fitness</li> <li>• Bench ball</li> <li>• Badminton</li> </ul>

	<ul style="list-style-type: none"> <li>• Continue to develop spatial awareness skills and know where your teammates are or where you need to be to move the game forward</li> <li>• Continue to develop teamwork skills and an demonstrate positive sportsmanship and fair play</li> <li>• Continue to develop awareness for using the playing area safely and with control</li> <li>• Continue to develop hitting, catching, throwing and bowling skills (rounders)</li> <li>• Develop fitness and stamina through different activities</li> <li>• Develop field athletic skills – <ul style="list-style-type: none"> <li>○ Throwing – javelin, shot put, discus</li> <li>○ Jumping – long jump, standing jump</li> </ul> </li> <li>• Practice different Badminton shots</li> </ul>	<ul style="list-style-type: none"> <li>• Throw a range of field athletics equipment with increasing control and accuracy</li> <li>• Jump with increasing strength and control</li> <li>• Perform jumps, balances and rolls demonstrating simple gymnastic shapes</li> <li>• Hit a shuttlecock with an underarm and over arm shot</li> </ul>	
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Year Group	Key Skills	End points	Sports/Games for this year group
6	<ul style="list-style-type: none"> <li>• Develop skills for dribbling and passing moving over further distances, changing direction and speed</li> <li>• Learn how to safely tackle and intercept when defending</li> <li>• Develop ball shooting skills with control and accuracy</li> <li>• Continue to develop throwing and catching skills and learn basic passing skills, (chest, bounce and overarm)</li> <li>• Continue to develop skills to defend and attack</li> </ul>	<ul style="list-style-type: none"> <li>• Throw and catch a ball with increasing control and accuracy</li> <li>• Demonstrate the ability to pass to a teammate in small game situations</li> <li>• Demonstrate the ability to defend in small game situations</li> <li>• Play as part of a team in small game situations</li> <li>• Show good sportsmanship qualities and demonstrate winning/losing with grace and respect</li> <li>• Play within the playing area, demonstrating safety and control</li> </ul>	<ul style="list-style-type: none"> <li>• Hockey</li> <li>• Basketball</li> <li>• Netball</li> <li>• Tennis</li> <li>• Dance</li> <li>• Fitness</li> <li>• Cricket</li> <li>• Field athletics</li> <li>• Orienteering/Problem solving</li> </ul>

	<ul style="list-style-type: none"> <li>• Continue to develop spatial awareness skills and know where your teammates are or where you need to be to move the game forward</li> <li>• Continue to develop teamwork skills and an demonstrate positive sportsmanship and fair play</li> <li>• Continue to develop awareness for using the playing area safely and with control</li> <li>• Develop basic racquet control skills</li> <li>• Continue to develop hitting, catching, throwing and bowling skills</li> <li>• Develop field athletic skills – <ul style="list-style-type: none"> <li>○ Throwing – javelin, shot put, discus</li> <li>○ Jumping – long jump, standing jump</li> </ul> </li> <li>• Develop a range of movement patterns</li> <li>• Perform a sequence of movements</li> <li>• Evaluate own and other’s performance</li> </ul>	<ul style="list-style-type: none"> <li>• Hit a small ball with increasing skill and accuracy</li> <li>• Throw a range of field athletics equipment with increasing control and accuracy</li> <li>• Jump with increasing strength and control</li> <li>• Perform jumps, balances and rolls demonstrating simple gymnastic shapes</li> </ul>	
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### Swimming

All year groups will take part in one term of swimming each academic year at Tring School pool.

Year Group	Key Skills	End points	Sport
All		<ul style="list-style-type: none"> <li>• Continue working towards being able to leave KS2 able to swim at least 25m competently, confidently and proficiently</li> <li>• Continue working towards being able to use a range of strokes effectively</li> <li>• Continue working towards performing safe self-rescue in different water-based situations</li> </ul>	<ul style="list-style-type: none"> <li>• Swimming</li> </ul>