

St. Mark's Primary School



Physical Education

LONG TERM OVERVIEW

2023 - 2024

Our Vision:

At St. Mark's, we believe that the essential elements of our curriculum enable our children to grow strong personalities, so that they can find and create their own way in the world – enabling them to live well and comfortably.

It is our intention that, through our High-Quality Physical Curriculum, we will enable and continuously develop key characteristics that will help them be successful in their lives, communities, families and places of work. To reflect that, we have created a vision of characteristics that we believe will serve our children best.

At St. Mark's, it is our intention that all our children have the opportunity to discover and develop:

- a commitment to their wellbeing, self-identity, and that of others,
- a willingness to tackle new challenges,
- a value in physical skilfulness and personal achievement, and
- a desire to be better tomorrow than they are today.



The core of our PE teaching is ensuring that all fundamental movement skills are taught and mastered, to ensure all children gain the confidence and skill to apply these within gamesmanship as they progress into Key Stage 2 and 3. It is important the all children develop through the elementary steps in these movement skills, enabling each child to ascertain the necessary skill and co-ordination to throw/pass, catch/receive, run, jump, roll and balance - to take part and enjoy sport and physical activity.

Key Stage 1 National Curriculum (2014)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught 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.

Key Stage 2 National Curriculum (2014)

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

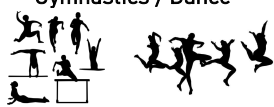
































- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, 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

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.

Physical Education – Long Term Overview 2023–2024

| | Autumn Term | | Spring Term | | Summer Term | |
|----------------------------|---|---|--|---|---|--|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS FS1 and FS2 | Gymnastics / Dance  | | Multiskills  | | Athletics  | |
| Year 1 | Gymnastics  | Dance  | Throwing and Catching  | Games  | Multiskills  | Athletics  |
| Year 2 | Gymnastics  | Dance  | Throwing and Catching  | Games  | Multiskills  | Athletics  |
| Year 3 | Gymnastics  | Dance  | Invasion Games  | Striking and Fielding  | Net and Wall  | Athletics  |
| Year 4 | Gymnastics / Dance  | Net and Wall  | Swimming  | Swimming  | Invasion Games  | Athletics  |
| Year 5 | Gymnastics  | Dance  | Invasion Games  | Net and Wall  | Swimming  | Swimming  |

Year 6

Swimming



Swimming



Gymnastics /
Dance



Striking and
Fielding



Invasion Games



Athletics

