

Curriculum PE Plan—2016 / 17

At St. Bernadette's, we have invested a lot of our PE and Sports premium into staff development. It is important that we have a highly skilled team who can deliver high quality, progressive PE lessons across school. Our curriculum design for PE supports this vision. Each term, we take a new sport; a specialist coach / team spend a day in school delivering lessons to all classes while teachers participate too. This is followed up with staff training the same evening to support planning and delivery over the term. This whole school approach alongside 'expert' input and time for staff to plan together has improved confidence and quality of PE and sports provision across school. Our yearly plan indicates the range of sports and skills we will be focussing on this academic year.

	Term	Sport	Skills Taught
Key Stage 1	Autumn	Cheerleading	developing balance, agility and co-ordination perform dances using simple movement patterns
	Spring	Hockey	participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, as well as developing balance, agility and co-ordination
	Summer 1	Athletics	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
	Summer 2	Cricket	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

	Term	Sport	Skills Taught
Key Stage 2	Autumn	Cheerleading	<p>develop flexibility, strength, technique, control and balance</p> <p>perform dances using a range of movement patterns</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
	Spring	Hockey	<p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
	Summer 1	Athletics	<p>develop flexibility, strength, technique, control and balance</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
	Summer 2	Cricket	<p>use running, jumping, throwing and catching in isolation and in combination</p> <p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>