



Taken from the National Curriculum (KS1 + KS2):

Purpose of study
A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.
Aims
The national curriculum for physical education aims to ensure that all pupils: <ul style="list-style-type: none">• develop competence to excel in a broad range of physical activities• are physically active for sustained periods of time• engage in competitive sports and activities• lead healthy, active lives.
Attainment targets
By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Pupils should arrive in Year 3 being able to:
<ul style="list-style-type: none">• 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.
Pupils should leave Year 6 being able to:
<ul style="list-style-type: none">• 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.

Throughout their time at Bure Valley, within PE, 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.

Each year group should provide opportunities for all pupils to take part in two lessons of Physical Education each week of the academic year. It is then the responsibility of the school to encourage pupils to make links with local sports clubs to continue their development outside of school.

The focus of each sport has been broken down into each year group, as a guide. These are just coaching points, please adapt depending on the group of pupils you are working with. One sessions should ideally be taught by the class teacher, the other by a member of PE staff.

In the event of bad weather preventing a usual PE lesson taking place, a study can be undertaken about one of our country's most popular sports. Each year group has been given a sport.



Half termly coverage 2016-17

Autumn 1		
(Each class to carry out cross country race at start of term)		
Year 3	PPA – RA – Gymnastics (weds)	Teacher - Football
Year 4	PPA – GP – Tag rugby (tues)	Italy - Hockey Australia - Swimming
Year 5	PPA – GP – Tag rugby (mon)	Teacher - Netball
Year 6	PPA – GP – Tag rugby (fri)	Teacher – Tennis
Autumn 2		
Year 3	PPA – RA – Gymnastics (weds)	Teacher - Netball
Year 4	PPA – GP – Gymnastics (tues)	Italy – Swimming Australia - Hockey
Year 5	PPA – GP – Gymnastics (mon)	Teacher - Football
Year 6	PPA – GP – S/H athletics (fri)	Teacher – Netball
Spring 1		
Year 3	PPA – RA – Swimming (weds)	Teacher - Hockey
Year 4	PPA – GP – Gym/Dance (tues)	Teacher - Netball
Year 5	PPA – GP – Gym/ Dance (mon)	Teacher - Tennis
Year 6	PPA – GP – Gymnastics (fri)	Teacher – Hockey
Spring 2		
Year 3	PPA – RA - Swimming (weds)	Teacher - Tennis
Year 4	PPA – GP – Dance (tues)	Teacher - Football
Year 5	PPA – GP – Dance (mon)	Teacher - Hockey
Year 6	PPA – GP – Gymnastics (fri)	Teacher – Football
Summer 1		
Year 3	PPA – RA – Dance (weds)	Teacher - Athletics
Year 4	PPA – GP – Athletics (tues)	Teacher - Cricket
Year 5	PPA – GP – Cricket (mon)	Teacher - Athletics
Year 6	PPA – GP – Athletics (fri)	Teacher – Dance
Summer 2		
Year 3	PPA – RA – S/H athletics (weds)	Teacher - Cricket
Year 4	PPA – GP – Athletics (tues)	Teacher - Tennis
Year 5	PPA – GP – Athletics (mon)	Teacher - Rounders
Year 6	PPA – GP – Cricket (fri)	Teacher – Rounders

Breakdown
Year Group

Sport

Number of lessons

Year 3

Football	7
Tag rugby	0
Hockey	5
Netball	7
Cricket	7
Tennis	6
Gymnastics	13
Dance	6
Cross country	1
S/H athletics	7
Athletics	6
Rounders	0
Swimming	7

Year 4

Football	6
Tag rugby	6
Hockey	7
Netball	5
Cricket	6
Tennis	7
Gymnastics	9
Dance	9
Cross country	1
S/H athletics	0
Athletics	13
Rounders	0
Swimming	0

Year 5

Football	7
Tag rugby	6
Hockey	6
Netball	7
Cricket	6
Tennis	5
Gymnastics	9
Dance	9
Cross country	1
S/H athletics	0
Athletics	13
Rounders	7
Swimming	0

Year 6

Football	6
Tag rugby	6
Hockey	5
Netball	7
Cricket	7
Tennis	7
Gymnastics	11
Dance	6
Cross country	1
S/H athletics	7
Athletics	6
Rounders	7
Swimming	0



Core knowledge



The core knowledge for physical education at BVS varies for each year group. The idea is for Years 3-6 to each study a different sport, so as pupils progress through the school, they will have the opportunity to look at 4 of the most iconic and most participated British sports. Questions could be asked either at school or at home, and pupils should then be given the chance to go away and discuss them or carry out research. All answers provided in this document are to be used as a guide, as in some cases, there are many potential variations.

In this document, there are also examples of some assessment questions to check for pupils understanding based on what they should have been introduced to within PE lessons.

PE and School Sport plays a vital role in the physical, social and mental well-being of young people. These benefits include:

Physical	Social	Mental
Contribute to good physical health	Mix with others	Relieve and / or prevent stress and tension
Physical challenge	Make new friends	Mental challenge
Increase fitness	Meet current friends	Increase self-esteem and confidence
Improve performance	Develop teamwork / co-operation	Help the individual feel good
Improve any of the health related exercise factors: - Cardiovascular fitness - Muscular strength - Muscular endurance - Flexibility - Body composition	Work with others	Contribute to enjoyment of life

Year 3

Study – Football



Key facts/ knowledge:

- What is our national sport? Football is our national sport.
- What is the name of our national stadium? Wembley Stadium is the football.
- Who is the captain of the England men's team? Wayne Rooney. He is also the most capped outfield player (played more games than anyone else).
- Who is the captain of the England ladies team? Steph Houghton. She plays her club football for Manchester City FC.
- Who are the current English Premier League Champions? Leicester City are the current Premier League Champions (2015-16 season).
- Have English ever won the World Cup? Yes. England's only World Cup success was in 1966, beating West Germany 4-2 after extra time. England were also the hosts.
- Who is the most successful Premier League Club? Manchester United are the most successful club in the Premier League era.
- What is the biggest football club in Norfolk? Norwich City is our nearest professional club. They play at Carrow Road.
- Have Norwich City won a major trophy? Yes. Norwich City's last major trophy success was in 1985 in the League Cup (Milk Cup), when they beat Sunderland 1-0 at Wembley Stadium.

Examples of assessment questions linked to PE lessons:

- What are the 3 ways we can pass a netball? Bounce pass, chest pass, over-head pass.
- What can't you do with your feet in netball? You can't travel with the ball. You must pivot around one foot.
- What are the positions in football? Goalkeeper, defender, midfielder, striker (there are slight variations to these).
- What are the key rules in tag rugby? You must pass the ball backwards in order to move forwards. To tackle an opponent you must remove their tag. Once your tag is removed, you must pass the ball. To score a try you must put pressure on the ball when touching it over the try line.

- What athletics events can you name? 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 110m hurdles, 400m hurdles, 3000m steeplechase, marathon, 20k race walk, 50k race walk, 4x100m relay, 4x400m relay, pole vault, high jump, long jump, triple jump, shot put, discuss throw, hammer throw, javelin throw, pentathlon, heptathlon, decathlon.
- What are the names for the passes in hockey? Push pass, slap pass, hit.
- What are the important safety rules about hockey? Wear a gum shield, keep back lift and follow through below waist height.
- Name as many swimming strokes as you can. Freestyle (front crawl), backstroke, breaststroke, butterfly.
- Name a type of gymnastics roll. Forward roll, backward roll, sideways roll, tucked/ sideways roll, tin soldier/ teddy bear roll, dive roll.

Year 4

Study – Cricket



Key facts/ knowledge:

- What is cricket? Cricket is a bat and ball sport played between two teams.
- When was cricket invented? The earliest recordings of cricket being played date back to the mid 15th century within England. As the British Empire expanded across the globe, the game of cricket was taken to many countries and so the popularity of the sport grew.
- Who is the current England captain? Alastair Cook is the current test captain and is the highest run scorer in English test history.
- What is The Ashes? The Ashes is a 5 match Test series played between England and Australia, dating back to 1882.
- What happens if you win The Ashes? The winners of The Ashes are presented with an urn; which is said to hold the ashes of a wooden bail. This is to symbolise the death of the losing country.
- What are the different ways cricket is played in this country? Cricket is played in a variety of formats: Tests (5 days), One Day International (ODI – 50 overs a side) and T20 (20 overs a side). Juniors will play a soft ball game in the format of Kwik-Cricket.
- Have England ever won a World Cup trophy? England's only major world trophy win was in the T20 World Cup in 2010, where they beat Australia in the final. England were runners-up in this tournament in 2016 losing to the West Indies.
- What cricket ground is well known as 'The Home of Cricket'? The home of cricket is said to be Lord's Cricket Ground in London.

Examples of assessment questions linked to PE lessons:

- What are the 3 ways we can pass a netball? Bounce pass, chest pass, over-head pass.
- What can't you do with your feet in netball? You can't travel with the ball. You must pivot around one foot.
- What positions can you name in a game of netball? Goal keeper, Goal defence, Goal shooter, Goal attack, Wing defence, Wing attack, Centre.
- What are the positions in football? Goalkeeper, defender, midfielder, striker (there are slight variations to these).
- What are the key rules in tag rugby? You must pass the ball backwards in order to move forwards. To tackle an opponent you must remove their tag. Once your tag is

removed, you must pass the ball. To score a try you must put pressure on the ball when touching it over the try line.

- How many players are in a tag-rugby game? 7
- What athletics events can you name? 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 110m hurdles, 400m hurdles, 3000m steeplechase, marathon, 20k race walk, 50k race walk, 4x100m relay, 4x400m relay, pole vault, high jump, long jump, triple jump, shot put, discuss throw, hammer throw, javelin throw, pentathlon, heptathlon, decathlon.
- What categories are these events broken into? Track and field
- What are the names for the passes in hockey? Push pass, slap pass, hit.
- What are the important safety rules about hockey? Wear a gum shield, keep back lift and follow through below waist height.
- Name as many swimming strokes as you can. Freestyle (front crawl), backstroke, breaststroke, butterfly.
- Name a type of gymnastics roll. Forward roll, backward roll, sideways roll, tucked/sideways roll, tin soldier/ teddy bear roll, dive roll.

Year 5

Study – Rugby



Key facts/ knowledge:

- What ground is commonly known as the home of rugby union in England? Twickenham is the home of English Rugby Union.
- What are the two formats of rugby? Rugby Union and Rugby League.
- How many players are on a rugby union team? There are 15 players in a rugby team.
- How must you pass the ball in rugby? You must pass the ball backwards in order to move forward.
- How many countries have won the rugby world cup? 4 countries have won it.
- Have England ever won the world cup? England won it in 2003, beating the hosts Australia in the final.
- Who invented rugby? The game of rugby was invented by William Webb Ellis, a pupil at Rugby School in 1823. During a game of football, he apparently picked up the ball and started running with it.
- What is the world cup trophy called? The World Cup trophy is named after William Webb Ellis.
- How often is there a world cup? The Rugby Union World Cup takes place every 4 years.
- When is the next world cup? The next World Cup will be hosted by Japan in 2019.

Examples of assessment questions linked to PE lessons:

- What are the 3 ways we can pass a netball? Bounce pass, chest pass, over-head pass.
- What can't you do with your feet in netball? You can't travel with the ball. You must pivot around one foot.
- What positions can you name in a game of netball? Goal keeper, Goal defence, Goal shooter, Goal attack, Wing defence, Wing attack, Centre.
- What are the positions in football? Goalkeeper, defender, midfielder, striker (there are slight variations to these).
- What are the key rules in football? Only goalkeepers can use their hands. A game is divided into two 45 minute halves. There are 11 players on each team.

- What are the key rules in tag rugby? You must pass the ball backwards in order to move forwards. To tackle an opponent you must remove their tag. Once your tag is removed, you must pass the ball. To score a try you must put pressure on the ball when touching it over the try line.
- How many players are in a tag-rugby game? 7
- Name an attacking shot in cricket. Pull, hook, cover drive, slog sweep.
- Name a defensive shot in cricket. Forward defence, back foot defence.
- What athletics events can you name? 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 110m hurdles, 400m hurdles, 3000m steeplechase, marathon, 20k race walk, 50k race walk, 4x100m relay, 4x400m relay, pole vault, high jump, long jump, triple jump, shot put, discus throw, hammer throw, javelin throw, pentathlon, heptathlon, decathlon.
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Study – Athletics



Key facts/ knowledge:

- What is the world's biggest athletics event? The Olympics is the major athletic competition held every 4 years (Olympiad).
- When did the Olympics begin? The Greek Olympics, thought to have begun in 776 BC, inspired the modern Olympic Games (begun in 1896). The Games were held in honour of Zeus, king of the gods, and were staged every four years at Olympia, a valley near a city called Elis.
- When did England last host the games? London hosted the Olympics and Paralympics in 2012.
- How many athletes compete in the Olympics? 10,768 athletes from 204 countries competed in 26 different sports at the 2012 Olympic Games. This increased to more than 11,000 athletes from 207 countries in the 2016 Rio games.
- Who hosted the last Olympics? Rio De Janeiro (Brazil) was the host city for the 2016 Olympic Games. There were 28 sports in this Olympics, with golf and rugby-7s being added to the list.
- How many Olympic events are there and what are they? There are 28 events, they are: aquatics, archery, athletics, badminton, basketball, boxing, canoeing, cycling, equestrian, fencing, field hockey, football, golf, gymnastics, handball, judo, modern pentathlon, rowing, rugby sevens, sailing, shooting, table tennis, taekwondo, tennis, triathlon, volleyball, weightlifting and wrestling.
- Is there a version of the Olympics for disabled people? Yes. Today the Paralympic Games is the biggest multi-sport event for disabled athletes in the world.
- How big is the Paralympics? Participation spans 160 countries and covers six classification groups from those with spinal cord injuries to athletes with a visual impairment. At the London 2012 Games more than 4,200 athletes competed in 20 sports watched by television audiences around the world.

Examples of assessment questions linked to PE lessons:

- What are the 3 ways we can pass a netball? Bounce pass, chest pass, over-head pass.
- What can't you do with your feet in netball? You can't travel with the ball. You must pivot around one foot.

- What positions can you name in a game of netball? Goal keeper, Goal defence, Goal shooter, Goal attack, Wing defence, Wing attack, Centre.
- What are the positions in football? Goalkeeper, defender, midfielder, striker (there are slight variations to these).
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- What are the important safety rules about hockey? Wear a gum shield, keep back lift and follow through below waist height.
- Name as many swimming strokes as you can. Freestyle (front crawl), backstroke, breaststroke, butterfly.
- Name a type of gymnastics roll. Forward roll, backward roll, sideways roll, tucked/ sideways roll, tin soldier/ teddy bear roll, dive roll.
- What are principles of movement? Speed, power, agility, balance, coordination and reaction time.

Glossary of key terms

Ace: A serve that the returner doesn't touch with their racquet. An ace wins the point immediately for the server.

Advantage: A call made by the referee to continue a game after a foul has been committed if the fouled team gains an advantage.

Aerobic: 'With oxygen'. If exercise is not too fast and is steady, the heart can supply all the oxygen muscles need.

Agility: The ability to change the position of the body quickly and to control the movement of the whole body.

Anaerobic: 'Without oxygen'. If exercise is done in short, fast bursts, the heart cannot supply blood and oxygen to muscles as fast as the cells use them.

Attacking Team: Team in possession of the ball.

Balance: The ability to retain the body's centre of mass (gravity) above the base of support with reference to static (stationary), or dynamic (changing), conditions of movement, shape and orientation.

Balanced diet: A diet which contains an optimal ratio of nutrients.

Blood pressure: The force exerted by circulating blood on the walls of the blood vessels.

Body composition: The percentage of body weight which is fat, muscle and bone.

Cardiac output: The amount of blood ejected from the heart in one minute.

Cardiovascular fitness: The ability to exercise the entire body for long periods of time.

Choreography: The art of creating a dance.

Cholesterol: Blood fat which the body needs in moderate amounts.

Competence: The relationship between: skill, the selection and application of skills, tactics, strategies and compositional ideas; and the readiness of the body and mind to cope with the activity. It requires an understanding of how these combine to produce effective performances in different activities and contexts.

Contact: Any action that results in players touching or bumping into each other.

Cool Down: Gradually returning the body to its pre-exercise state.

Cooperation: Supporting and encouraging others.

Coordination: The ability to use two or more body parts together.

Cross: A pass played across the face of a goal.

Defender: A player whose job is to stop the opposition attacking players from scoring.

Defending Team: Team not in possession of the ball.

Direct Free Kick: A free kick in which a goal may be scored by the player taking the free kick.

Dribble: Keeping control of the ball while running.

Dodging: The art of moving from side to side to confuse the opponent before sprinting off to catch/pass the ball.

Drop Shot: A very soft shot hit just barely over the net. You hit drop shots to get your opponent up to the net.

Dynamic Stretching: Moving stretches (Walking lunge).

Exercise: A form of physical activity done to maintain or improve health and/or physical fitness, it is not competitive sport.

Fair Play: Learning the importance of adhering to the rules and being fair.

False Start: Failed start of a race, usually caused by a runner moving forward before the starting gun is fired.

Field Events: Throwing and jumping events E.g. Javelin and High Jump.

Fitness: The ability to meet the demands of the environment.

Flexibility: The range of movement possible at a joint.

Tackle: To take the ball away from the opponent.

Forehand: The side of your body that you perform most tasks on. For example, if you're right-handed, the right side of your body is your forehand side.

Formation: The setup and positioning of players on one team.

Foul: Any illegal play.

Gamesmanship: Gaining an advantage by bending the rules and not playing within the spirit of the game.

Goal Kick: A goal kick is awarded to the defending team when the ball is played over the goal line by the attacking team. It can be taken by any player though it is normally taken by the goalkeeper.

Groundstrokes: Basic forehand and backhand strokes.

Health: A state of complete mental, physical and social wellbeing, and not merely the absence of disease and infirmity.

Healthy, active lifestyle: A lifestyle that contributes positively to physical, mental and social wellbeing, and which includes regular exercise and physical activity.

Heart rate: The number of times the heart beats each minute.

Indirect Free Kick: A free kick awarded to a player from which a goal may not be scored directly.

Interception: When a player takes possession of the ball away from the other team.

Joint: A place where two or more bones meet.

Ligaments: A tissue that joins bone to bone.

Man-on: Player lingo describing the warning of a teammate with the ball that a player from the opposing team is coming to attack them.

Marking: The art of staying close to an opponent to prevent her from catching the ball.

Maul: Occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier's team mates bind on the ball-carrier. All the players involved are on their feet and moving toward a goal line.

Maximum Heart Rate: $220 - \text{age} = \text{maximum heart rate}$.

Muscular endurance: The ability to use voluntary muscles many times without getting tired.

Muscular strength: The amount of force a muscle can exert against a resistance.

Obese: A term used to describe people who are very overfat.

Olympic Creed: "The most important thing is not to win but to take part."

Overfat: A way of saying you have more body fat than you should have.

Overload: Fitness can only be improved through training more than you normally do.

Overweight: Having weight in excess of normal (not harmful unless accompanied by overfatness).

Performance: How well a task is completed.

Physical activity: Any form of exercise or movement; physical activity may be planned and structured or unplanned and unstructured (in PE we are concerned with planned and structured physical activity, such as a fitness class).

Pivot: When the landing foot stays grounded and the player turns on the spot in order to face and pass in another direction.

Power: The ability to do strength performances quickly (power = strength x speed).

Reaction time: The time between the presentation of a stimulus and the onset of a movement.

Recovery: The time required for the repair of damage to the body caused by training or competition.

Recovery Rate: How long it takes for a person's heart rate to return to its resting level after a training session.

Referee/Umpire: The official who is in charge of the game.

Rest: The period of time allotted to recovery.

Resting Heart Rate: The heart rate at rest.

RICE: Rest, Ice, Compression, Elevation (a method of treating soft tissue injuries).

Ruck: One or more players from each team, who are on their feet and in contact, close around the ball on the ground. Once a ruck has been formed, players can't use their hands to get the ball, only their feet.

Scrum: A contest for the ball involving eight players who bind together and push against the other team's assembled eight for possession of the ball. Scrums restart play after certain minor fouls.

Seed: A player's rank in a tournament.

Self-esteem: Respect for, or a favourable opinion of, oneself.

Serve: A stroke made from over your head, which you use to start each point.

SMART: Specific, Measurable, Achievable, Realistic, Time-bound.

Speed: The differential rate at which an individual is able to perform a movement or cover a distance in a period of time.

Sportsmanship: Showing respect and ensuring fairness

Sporting Etiquette: The unwritten rules of sport

Static Stretching: Easy stretches which are held still for about 10 – 15 seconds.

Stimulants: Drugs that have an effect on the central nervous system, such as increased mental and/or physical alertness.

Substitution: When one player comes off the court and is replaced by another player.

Tendons: A tissue that joins muscle to bone.

Track Events: Running events E.g. 800m.

Training: A well-planned programme which uses scientific principles to improve performance, skill, game ability and motor and physical fitness.

Underweight: Weighing less than is normal, healthy or required.

Unison: All together (everyone moves together, at the same time during a dance).

Volley: A shot that you hit before the ball bounces, usually at the net.

Warm Up: Includes a pulse raiser, stretches and a specific skill practice.

Working Heart Rate: The measurement of heart rate during or immediately after exercise.