PE Framework - Milestone 3

Intent
• The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE. • The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance. • High levels of physical fitness. • A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly. • The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being. • The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others. • Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support. • A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport. • The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water. • The purpose of physical education at Stepney Park Primary School is to teach the whole pupil, not just their body and movement. Physical education provides the opportunity to teach pupils about movement, strategies, teamwork, problem solving and health related fitness. Exposing pupils to various sports can better provide enjoyment of physical activity, as well as build social and cognitive skills. Stepney Park Primary School strives to safely provide the means for pupils to enjoy physical activity, become more confident with their abilities, increase their knowledge of health related fitness, and help them find ways to continue to be physically active. • At Stepney Park Primary School, we focus on: dance, athletics, football, netball, hockey, tennis, gymnastics, cricket and outdoor adventure activities. For years 3, 4 and 5, we will also provide swimming lessons.

Threshold Concepts	Skills	
Develop practical skills in	Dance	• Compose creative and imaginative dance sequences.

order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques		• Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).
	Gymnastics	• Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, • springing, flight, vaults, inversions, rotations, bending, stretching, twisting, gestures and linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright).
	Athletics	• Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement.

	Swimming	• Swim over 100 metres unaided.
		• Use breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming.
		• Swim fluently with controlled strokes.
		• Turn efficiently at the end of a length.
	Outdoor Adventurous	• Select appropriate equipment for outdoor and adventurous activity.
		• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.
		• Embrace both leadership and team roles and gain the commitment and respect of a team.
		• Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.
		• Remain positive even in the most challenging circumstances, rallying others if need be.
		• Use a range of devices in order to orientate themselves.
		• Quickly assess changing conditions and adapt plans to ensure safety comes first.
	Games	• Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.
		• Work alone, or with team mates in order to gain points or possession.
		• Strike a bowled or volleyed ball with accuracy.
		• Use forehand and backhand when playing racket games.
		• Field, defend and attack tactically by anticipating the direction of play.
		• Choose the most appropriate tactics for a game.
		• Uphold the spirit of fair play and respect in all competitive situations.
		• Lead others when called upon and act as a good role model within a team.
	Football	• Intercept an opponent's pass
		• Shoot using the correct technique

		• Observe the 1m rule • Observe the correct positional play (GS, GA, GD, GK and C) • Shoot or pass within 4 seconds • Observe footwork rule
	Cricket	• Hold cricket bat correct and demonstrate correct stance and position by the wickets. • Bowl a ball overarm towards a wicket • Catch a cricket ball using correct technique • Throw overarm towards bowler or wicket keeper. • Hit a cricket ball in a chosen direction. • Play a game using correct rules. Consider appropriate positioning of fielders.
	Tennis	• Hit a ball using forearm and backhand stroke over a tennis net. • Serve a ball overarm • Return a ball over a net as part of a rally • Play a game using correct lawn tennis rules
	Hockey	• Pass a ball accurately then move into space. • Shoot accurately at a goal from all positions of the pitch. • Receive a ball and control it with correct side of hockey stick • Run with the ball keeping possession • Gain possession by intercepting a pass and control the ball • Move into position to receive a ball and call for it