

PE Framework - Milestone 2

Intent		
<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner.

<p>order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques</p>		<ul style="list-style-type: none"> • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching.
	<p>Gymnastics</p>	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely (using hands).
	<p>Athletics</p>	<ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.
	<p>Swimming</p>	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.

	Outdoor Adventurous	<ul style="list-style-type: none"> • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary.
	Games	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.
	Football	<ul style="list-style-type: none"> • Intercept an opponent's pass • Shoot using the correct technique • Observe the 1m rule • Observe the correct position play (GS, GA, GD, GK and C)
	Cricket	<ul style="list-style-type: none"> • Hold a cricket bat correctly • Bowl a ball underarm towards a wicket • Catch a small ball from over 1m away • Hit a cricket ball
	Tennis	<ul style="list-style-type: none"> • Hit a ball using forearm and backhand stroke • Serve a ball underarm • Return a ball over the net • play a game on an adapted court (lower net, no serve area)
	Hockey	<ul style="list-style-type: none"> • Pass a ball accurately • Shoot accurately at a goal

		<ul style="list-style-type: none">• Receive a ball and control it• Run with the ball keeping possession• Gain possession by intercepting a pass• Move into position to receive a ball
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