

PE Framework - Milestone 1

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"> • Copy and remember moves and positions. • Move with careful control and coordination.

<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"> ● Link two or more actions to perform a sequence. ● Choose movements to communicate a mood, feeling or idea.
	<p>Gymnastics</p>	<ul style="list-style-type: none"> ● Copy and remember actions. ● Move with some control and awareness of space. ● Link two or more actions to make a sequence. ● Show contrasts (such as small/tall, straight/curved and wide/narrow). ● Travel by rolling forwards, backwards and sideways. ● Hold a position whilst balancing on different points of the body. ● Climb safely on equipment. ● Stretch and curl to develop flexibility. ● Jump in a variety of ways and land with increasing control and balance.
	<p>Athletics</p>	<ul style="list-style-type: none"> ● Athletic activities are combined with games in Years 1 and 2.
	<p>Swimming</p>	<ul style="list-style-type: none"> ● Swim unaided up to 25 metres. ● Use one basic stroke, breathing correctly. ● Control leg movements.
	<p>Outdoor Adventurous</p>	<ul style="list-style-type: none"> ● Know some specific equipment for outdoor and adventurous activity. ● Understand the need to manage risks. ● Show an ability to be part of a team. ● Show resilience when plans do not work and initiative to try new ways of working.
	<p>Games</p>	<ul style="list-style-type: none"> ● Use the terms 'opponent' and 'team-mate'. ● Use rolling, hitting, running, jumping, catching and kicking skills in combination. ● Develop tactics ● Lead others when appropriate.

	Football	<ul style="list-style-type: none"> ● Catch a ball ● Move into space ● Shoot towards the net
	Cricket	<ul style="list-style-type: none"> ● Hit a large ball using a variety of rackets and bats ● Throw a range of size balls overarm and underarm ● Catch a large ball from 1m away
	Tennis	<ul style="list-style-type: none"> ● Hit a ball using forearm stroke ● Continuously bounce ball on racket ● Be ready to receive a ball
	Hockey	<ul style="list-style-type: none"> ● Pass a ball towards team mate ● Shoot towards a goal ● Recieve a ball ● Run with ball