



## St. Stephen's Junior School

### Curriculum Overview: PE

#### Curriculum Intent:

At St. Stephen's Junior, we are committed to a high-quality PE curriculum which will engage, inspire and challenge our pupils whilst equipping them with the knowledge and skills to discover their own preferences within sport.

To ensure that pupils develop a secure knowledge that they can build on, our PE curriculum is organised into a progression model that teaches the children basic and advanced skills that can be transferred throughout many different sports. It gives all children the opportunity to learn functional skills (catching, bowling, throwing, defending, attacking) and motor skills (appropriate movement).

All of these skills will be taught using a sports-based curriculum, in which children will learn and play a variety of different sports throughout the year. These sports will be broken into specific lessons, where the children will learn a focussed skill, based around their termly sport. An example of this is as follow:

#### Year 3 - Athletics

Lesson 1 – The Basics

Lesson 2 – Sprinting

Lesson 3 – Hurdling

Lesson 4 – Jumping

Lesson 5 – Throwing

Lesson 6 – Mini Olympics



## Progression in learning:

To ensure a progression in development of knowledge and the important skills associated with PE, each child will spend an afternoon each week being taught PE; focussing on functional and motor skills as well as teamwork and many other skills linked to our school values. They will then build on their understanding of sport to develop specific transferable traits used in sport but also in many other areas of life. The PE curriculum will focus on progressing each and every pupil at a similar level and lessons will be differentiated and adapted to the needs of all pupils, to ensure that each child makes progress. This curriculum does not focus on sporting ability, instead it enhances important skills to assist every child to be able to play and master any sport.

An example of this progression is shown on the right:

Year 3	Year 4	Year 5	Year 6
<b>Rolls</b>			
Crouched forward roll Forward roll from standing Tucked backward roll	Forward roll from standing Straddle forward roll Tucked backward roll Backward roll to straddle	Forward roll from standing Straddle forward roll Pike forward roll Tucked backward roll Backward roll to straddle	Forward roll from standing Straddle forward roll Pike forward roll Dive forward roll Tucked backward roll Backward roll to straddle Backward roll to standing pike Pike backward roll
<b>Jumps</b>			
Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Cat leap	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Split leap	Straight jump Tuck jump Jumping jack Star jump Straddle jump Pike jump Stag jump Straight jump half-turn Straight jump full-turn Cat leap Cat leap half-turn Cat leap full-turn Split leap Stag leap