PE at Hadrian Park

Year 1

Autumn Term

Unit 1 Personal- Coordination/static balance: Footwork & one leg balance

Unit 1 - Real Dance Foundation

Unit 2 Social - Dynamic balance to agility/static balance

Unit 1 - Real Gym Y1

Spring Term

Unit 3 Cognitive - Dynamic balance/static balance: On a line & stance

Dance (Val Sabin Year 1 Unit 3/4)

Unit 4 Creative - Coordination/counter balance: Ball skills & With a partner

Unit 2 - Real Gym Y1

Summer Term

Unit 5 Applying physical - Coordination/agility: Sending and receiving

Athletics (Val Sabin Year 1 Unit 1 + 2)

Unit 6 Health and Fitness - Agililty/Static balance: Ball chasing & Floor work

Year 2

Autumn Term

Unit 1 Personal - Coordination/Static balance: Footwork & One leg balance

Unit 1 - Real Gym Y2

Unit 2 Social - Dynamic balance to agility/static balance: Jumping and landing & seated.

Unit 1 - Real Dance Y2

Spring Term

Unit 3 Cognitive - Dynamic balance/static balance: On a line & stance

Unit 2 - Real Gym Y2

Unit 4 Creative - Coordination/counter balance: Ball skills & With a partner.

Cycling - Balance bikes

Summer Term

Unit 5 Applying physical - Coordination/agility: Sending and receiving & Reaction/Response.

Athletics (Val Sabin Year 2 Unit 1+ 2)

Unit 6 Health and Fitness - Agililty/Static balance: Ball chasing & Floor work

History at Hadrian Park

Year 3

Autumn Term

Real PE Y3 (Unit 1 Personal - Coordination/Static balance: Footwork & One leg balance)

Unit 1 - Real Gym Y3

Invasion games - Hockey focus (Val Sabin Year 3 Unit 2)

Unit 1 - Real Dance Y3

Spring Term

Real PE Y3 (Unit 2 Social - Dynamic balance to agility/static balance: Jumping and landing & seated)

Unit 2 - Real Gym Y3

Net and wall games - Tennis focus (Val Sabin Year 3 Unit 3)

Real PE Y3 (Unit 3 Cognitive - Dynamic balance/Coordination: On a line & Ball skills.

Summer Term

Real PE Y3 (Unit 4 Creative - Coordination/Counter balance: Sending and receiving & With a partner

Cycling

Striking and fielding - Rounders focus (Val Sabin Year 3 Unit 4)

Athletics (Val Sabin Year 3 Unit 1/2)

Year 4

Autumn Term

Invasion games - Hockey focus (Val Sabin Year 4 Unit 2)

Unit 1 - Real Gym Y4

Real PE Y4 (Unit 1 Personal - Coordination/Static balance: Footwork & One leg balance)

Unit 1 - Real Dance Y4

Spring Term

Real PE Y4 (Unit 2 - Dynamic balance to agility/static balance: Jumping and landing)

Unit 2 - Real Gym Y4

Real PE Y4 (Unit 6 Health and Fitness - Agility/Static balance: Ball Chasing & Stance)

Real PE Y4 (Unit 5 Applying Physical - Agility/Static balance: Reaction and response & Floor work)

Summer Term

Striking and fielding - Cricket focus (Val Sabin Year 4 Unit 4)

Athletics (Val Sabin Year 4 Unit 2)

Swimming

Cycling

History at Hadrian Park

Year 5

Autumn Term

Invasion games - Football focus (Val Sabin Year 5 Unit 3)

Unit 1 - Real Dance Y5/6 Creative

Invasion games - Basketball/netball focus (Val Sabin Year 5 Unit 1/2)

Real PE Y5/6 (Unit 2 Social - Dynamic Balance/Counter Balance: On a line & With a partner)

Spring Term

Real PE Y5/6 (Unit 1 Personal - Coordination/Agility: Ball skills & Reaction/Response)

Unit 1 - Real Gym Y5/6 Social

Net and wall - Tennis focus (Val Sabin Year 5 Unit 1)

Cycling

Summer Term

Real PE Y5/6 (Unit 3 Cognitive - Static Balance/Coordination: Stance & Footwork)

Real PE Y5/6 (Unit 4 Creative - Static Balance/Static Balance: Seated & Floor Work)

Striking and Fielding Rounders (Val Sabin Year 5 Unit 4)

Athletics (Val Sabin Year 5 Unit 1/2)

Year 6

Autumn Term

Real PE Y6 (Unit 2 Social - Dynamic balance and counter balance)

Cycling

Invasion games - Football focus (Val Sabin Year 6 Unit 1)

Real Gym Y5/6 Social (Unit 2)

Spring Term

Invasion games - Hockey (Val Sabin Year 6 Unit 1)

Real PE Fitness - Sending and Receiving (coordination)/ball chasing (agility).

Real PE Y5/6 (Unit 5 Applying Physical - Dynamic balance to agility/Static balance: Jumping and landing & One leg)

Unit 1 - Real Dance Y5/6 Social

Summer Term

Athletics (Val Sabin Year 6 Unit 1/2)

Real PE Y5/6 (Unit 6 Health and Fitness - Coordination/Agility: Sending and receiving & Ball chasing)

Striking and fielding Rounders / Cricket (Val Sabin Year 6 Unit 3)

Cognitive - Stance (balance) and footwork (coordination)

History at Hadrian Park

Disiplinary Knowlegde



Motor Competence



Rules, strategies & tactics



Healthy participation



Evaluating performance

Aims

- Provide children with the opportunity to engage in competitive sports and activities.To deliver a progressive curriculum that builds year on year.
- To provide pupils with opportunities to experience a broad range of physical activities.
- To ensure all pupils are physically active for sustained periods.
- To equip children with the life skills needed for healthy, active lives.
- To offer children opportunities to engage in competitive sports and activities.

Adaptations

STEP Approach:

S - Space (Modify the space by increasing/decreasing the area a task is performed).

T - Task (Modify the task by changing the demands, teacher cues, or length of time an activity is performed for).

E - Equipment (Modify the equipment by changing the size of equipment, amount of equipment, or size of target).

P - People (Modify the people by changing group sizes, children working alone, or as leaders/followers).

Assessment

Assessment methods:

- Teacher observation (Teacher judgement)
- Self and peer assessment
- Pupil voice