

Physical Education at The Vineyard

‘Become a Better Mover’

Children explore fundamental movement skills to develop their overall physical literacy.
PE at the Vineyard; excites; develops 21 Century skills; and supports the Vineyard Values.
Lessons take place twice weekly.

EYFS PE follows a multi skill approach covering fundamentals of movement: balancing, romping, running, jumping, leaping and landing, rolling, tumbling and turning, swinging, moving to music, throwing, catching, hitting, kicking and aiming, climbing and scrambling. Children develop an understanding of safe practices when moving and the relationship to them and space.

YEAR GROUP		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
R	Indoor/ Outdoor		<u>LOCOMOTOR SKILLS</u> Walking, jogging, running Positioning In relation to space Control Stop and Start. Balance Jumping, Leaping and Landing	<u>MULTISKILLS</u> Moving to Music Tumbling and Turning Rolling Swinging	<u>MULTISKILLS</u> Throwing Catching Ball Skills	<u>MULTISKILLS</u> Kicking and aiming Hitting	<u>MULTISKILLS</u> Romping Climbing and Scrambling

KS1 continues to develop fundamentals of moving within specific discipline areas, applying their physical literacy to a range of activities.

1	Indoor	<u>MULTISKILLS</u> Coordination Control Positioning In relation to space. Sequencing	<u>GYMNASTICS</u> Key Steps Body Management Rebound jumps, tucked dish, back & front support, straddle sit, arch, box splits, shoulder flexibility, broad jump. Wall apparatus Metal hoops, ladder and pole	<u>GYMNASTICS</u> Floor exercise Rolling, jumping, swinging and landing. Rotation Romping	<u>DANCE</u> Stimulus: Ballet/Opera Seasons Space in physical environment Timing of movement Unison	<u>MULTISKILLS</u> Refinement When to move Balance (static and dynamic)	<u>NET GAMES</u> Racquet skills Tennis and Badminton Striking up
	Outdoor	<u>ATHLETICS</u> Locomotor skills: Run (robot arms), jump (for distance), skip, hop, gallop. Throwing (underarm and sling for distance)	<u>BALL SKILLS</u> Loco + ball skills Moving with ball (bouncing, rolling, kicking, dribble with an implement) Stop and start (in control of the ball) Catching Fingers down	<u>TARGET GAMES</u> Aiming Placement Control Using football goals, net/basketball hoops, Bullseye targets, parachute, tennis net, cricket stumps	<u>INVASION GAMES</u> Tag based games Attack/Defence Spatial Awareness Playing area/boundaries	<u>ATHLETICS</u> Locomotor skills: Run (fast feet) Jump (height) Throwing overarm for distance	<u>FESTIVAL OF SPORTS</u> PRACTISE Throwing, Catching, Jumping Strength, Stamina, Daily Mile Sprint, Coordination, Agility
	Indoor	<u>MULTISKILLS</u>	<u>GYMNASTICS</u>	<u>MULTISKILLS</u>	<u>DANCE</u>	<u>NET</u>	<u>TARGET</u>

2		Coordination and Control (festival) Positioning In relation to space and direction	British Gymnastics Proficiency Award 8&7 Vault – Approach and hurdle step to squat onto bench, take off, flight, landing, finish. Wall Apparatus Rope Ladders	Refinement When and where to move Dynamic balance Landing	Stimulus: Pop music Skill: Levels (low, medium, high to the ground) Switching Lines	Racquet skills Tennis and Badminton Rally	Velocity Trajectory Aiming Using football goals, net/basketball hoops, Bullseye targets, parachute, tennis net, cricket stumps
	Outdoor	ATHLETICS Locomotor skills: Run (gears, high knee), jump (hurdling) Throwing (push and pull for target)	BALL SKILLS Loco + ball skills Moving with ball using sport specific equipment (bouncing, rolling, kicking) for distance and target. Striking the ball Catching - Fingers up Throwing (pull/push)	GAME READY Non sport specific games Playing games to rules Learning to compete - compete to learn	STRIKE & FIELD Cricket All stars Hockey Uni Hoc Striking + Fielding	ORIENTEER/ADVENTURE Parkour Map Reading Orientation Symbol recognition	FESTIVAL OF SPORTS PRACTISE Throwing, Catching, Jumping Strength, Stamina, Daily Mile Sprint, Coordination, Agility

Lower KS2 continue their learning journey as independent learners. In lower KS2 children will use their movement skills and apply principles of attack and defence within game situations. Self-awareness of how competitive environments can have an effect on emotions are examined alongside the value of perseverance. Children will be encouraged to achieve despite failure or opposition.

YEAR GROUP		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
3	Indoor	SWIMMING - swim 25 metres - use a range of strokes - perform safe self-rescue	GYMNASTICS Focussing on body strength in readiness for swimming Use scooter boards Key Steps Body Management Single bounce skips with rope, dish, half lever, japana arch, front support, box splits, shoulder flexibility, broad jump Wall Apparatus Metal and rope, horizontal ladders.	DANCE Stimulus: Tudors Skill: Unison + Simultaneous	GYMNASTICS (OR EXTRA SWIMMING) Floor exercise Step 1/2 Forward roll, arabesque, ½-jump turn, backward roll onto knees, front support and press-up, side support, shoulder stand, pivot and cartwheel. Vault Spring board and box	STRIKE & FIELD Tri-Golf Putting Chipping	NET Racquet skills Tennis and Badminton Serve Forehand Backhand
	Outdoor	ATHLETICS Locomotor skills: Run (gears and agility), jump (2 foot take off for height), vertical jump and hurdles throwing (distance)	BALL SKILLS Loco + ball skills Prediction (where will players/ball go) Interception Catching One handed	INVASION Sport Specific games Football Rugby Basketball/Netball Send and receiving (throw + catch)	MULTI-SKILLS Coordination and Control Sequencing four or more skills together. Positioning In relation to space, direction and distance. Refinement When, where and how to move.	ORIENTEERING/ADVENTURE Map Reading Photo Orienteering Symbol recognition Compass	FESTIVAL OF SPORT PRACTISE Throwing, Catching, Jumping Strength, Stamina, Daily Mile Sprint, Coordination, Agility

4	Indoor	<u>GYMNASTICS</u> British Gymnastics Proficiency Award 6&5 Floor Exercise Step 2/3 Vault – Approach and hurdle step to squat onto bench, take off, flight, landing, finish. Wall Apparatus	<u>MULTI-ACTIVITY</u> Coordination and control Sequencing skills and refining movement in game situations. Experimenting with multi-use equipment – scooter boards, noodles	<u>DANCE</u> Stimulus: Rock music Skill: Canon Counter balance	<u>ORIENTEERING/ADVENTURE</u> Working with a map Working at height Balance Teamwork	<u>STRIKE & FIELD</u> Tri-Golf Putting Chipping	<u>NET</u> Volleyball Set Dig Serve Spike
	Outdoor	<u>ATHLETICS</u> Locomotor skills: Run (standing & crouch start, relay baton), Jump (2 foot take off for distance), Throwing (distance and bullseye)	<u>INVASION</u> Non Sport Specific games Learning to compete Predicting movement	<u>INVASION</u> Sport Specific games Football Rugby Basketball/Netball Scoring	<u>NET/SWIMMING</u> Tennis Serve Forehand Backhand Volley	<u>STRIKE & FIELD</u> 3:3 Danish Longball + Cricket Striking the ball Fielding Throwing for distance and accuracy	<u>FESTIVAL OF SPORT PRACTISE</u> Throwing, Catching, Jumping Strength, Stamina, Daily Mile Sprint, Coordination, Agility

Upper KS2 continue their learning journey as independent learners. Upper KS2 develop physical ability, tactical knowledge, leadership capacity, fitness and teamwork through individual sports. A selection of sport specific rules will be taught leading into competitive pathways. Children will be encouraged to be ambitious, showing a strong desire to succeed. Children will continue to develop the concept of fairness, and an appreciation of honest competition and good sportsmanship.

YEAR GROUP		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
5	Indoor	<u>INVASION</u> Dodgeball Hand-eye coordination One handed overarm throw Dodging Catching Uni-Hoc Striking Dribbling	<u>FITNESS & HALL ATHLETICS</u> Sportshall athletics Standing long jump, standing triple jump, vertical jump, push throw, relay, foam javelin, speed bounce) Fitness Strength Balance Speed Flexibility	<u>GYMNASTICS</u> Proficiency Award 4 Floor exercise Round off, side scale, backward roll straddle, full turn, cartwheel, handstand forward roll, bridge or splits - Vault Squat and through - Wall Apparatus	<u>DANCE</u> Stimulus: Hip-Hop 8 beat count Skill: Isolation + leaps Breakdancing Freestyle Cypher	<u>NET/SWIMMING</u> Tennis Club visit	<u>ORIENTEERING/ADVENTURE</u> Camping Map Reading Photo Orienteering Symbol recognition Compass
	Outdoor	<u>INVASION</u> Rugby 5:1 Football Rules and Tactics Maintaining possession Intercepting and predicting play	<u>INVASION</u> 2:4 Football: Hockey Rules and Tactics Maintaining possession Intercepting and predicting play	<u>INVASION</u> 5:1 Netball: Handball Rules and Tactics Maintaining possession Intercepting and predicting play	<u>INVASION</u> 3:3 Handball: Lacrosse Rules and Tactics Maintaining possession Intercepting and predicting play	<u>STRIKE & FIELD/SWIMMING</u> 2:4 Danish Longball: Cricket Rules and Tactics Predicting and dictating play	<u>FESTIVAL OF SPORT PRACTISE</u> Throwing, Catching, Jumping Strength, Stamina, Daily Mile Sprint, Coordination, Agility
6	Indoor	<u>DODGEBALL</u> Hand-eye coordination One handed overarm throw Dodging	<u>FITNESS & HALL ATHLETICS</u> Sportshall athletics Standing long jump, standing triple jump, vertical jump,	<u>GYMNASTICS & DANCE</u> Proficiency Award 3 Wall Apparatus Stimulus: Electricity	<u>YOGA</u> Postures Breath awareness Sun salutations	<u>NET</u> 4:2 Volleyball: Badminton Rules and Tactics	<u>ULTIMATE FRISBEE/ SWIMMING</u> 2:4 Rounders: Ultimate Frisbee

		Catching Retrieving Curve balls Uni-Hoc Striking Dribbling	push throw, relay, foam javelin, speed bounce) Fitness Strength Balance Speed Flexibility Cardiovascular Endurance	Dynamics Royal Opera House - Alice		Predicting and dictating play	Rules and Tactics Swimming 25m
	Outdoor	<u>INVASION</u> 5:2 Rugby: Football Rules and Tactics Maintaining possession (travelling, throwing, catching) Intercepting and predicting play (dodging/evading)	<u>INVASION</u> 3:3 Football: Hockey Rules and Tactics Maintaining possession Intercepting and predicting play	<u>INVASION</u> 4:2 Basketball: Handball Rules and Tactics Maintaining possession Intercepting and predicting play	<u>INVASION</u> 1:5 Handball: Lacrosse Rules and Tactics Maintaining possession Intercepting and predicting play	<u>STRIKE & FIELD</u> 3:3 Cricket: Rounders Rules and Tactics Predicting and dictating play	<u>FESTIVAL OF SPORT</u> <u>PRACTISE</u> Throwing, Catching, Jumping Strength, Stamina, Daily Mile Sprint, Coordination, Agility