



PE Provision

Ask

At Morley Meadow Primary School, we recognise the importance of PE and Physical Activity. We aim to provide a curriculum that allows all children to be motivated to lead healthy and physically active lives. We believe that our curriculum is the vehicle to enable our pupils to develop physically, socially, personally and cognitively.

Starting in Early Years, the pupils of Morley Meadow will develop a foundation of fundamental skills. As they advance through the school, these fundamental skills will be crucial to their continued development through a wide range of sports and activities available in our curriculum.

Physical activity is present in wider areas of the curriculum, to reinforce the importance of physical health and wellbeing.

At Morley Meadow Primary School, we use our sports premium effectively in order to achieve our ambitions and goals for our children.

We provide high quality PE lessons covering a range of topics such as; gymnastics, dance, fundamental skills, invasion games, athletics and team sports (such as football, rugby and netball). Teachers use, and when appropriate, adapt GetSet4PE planning and resources to ensure lessons across the year groups show progression. We also have access to IMOVE schemes of work, again, when deemed appropriate.

Our PE team carefully map out the provision. The progression of PE has been planned to ensure children develop the key skills, which are closely assessed throughout lessons.

Alongside our curriculum lessons, physical activity is encouraged on a daily basis in a number of different ways:

- Use of sensory breaks / active breaks, Just Dance, BBC Supermovers. These are used to encourage children to be active between the teaching of lessons.
- We ensure lunchtimes and playtimes are active and physical activity is encouraged, and purposeful. An ActivAll Wall has been purchased to support this. Playground leaders and Mealtime Assistants have been trained to reinforce active playtimes.
- Teachers and cooperation with outside agencies such as; Premier Sport, Arena, Plymouth Patriots and more, allow us to offer a range of after school clubs every day which are inclusive, enjoyable and provide children with the opportunity for physical activity beyond the school day.
- Children have the opportunity to participate in a variety of inclusive competitive sports throughout the year and an annual sports day.
- We also facilitate opportunities for classes to have time for Wild Tribe led by our Wild Tribe Leader.
- Annually, we celebrate 'Health and Well-Being week to educate and promote a healthy lifestyle and physical activity.
- Children attend swimming lessons in Year 4 and Year 5 and top up sessions in Year 6 to ensure they can swim 25 metres by the end of Primary.
- Children in EYFS receive Balanceability and children in Year 5 receive Bikeability annually.
- Children in Year 4 and 6 have the opportunity to attend a residential which enables to experience a wide range of activities such as kayaking, abseiling, rock climbing etc.
- Children in Year 3 and 5 have the opportunity to attend a Beach Day which includes lots of different physical activities.

	YF	Y1	Y2	Y3	Y4	Y5	Y6
	Good control, balance and co-ordination in large and small movements	Demonstrate changes of direction, level and speed, display development in fundamentals of movement (jog, sprint, jump, hop, weight on hands, balance and co-ordination)	Demonstrate changes of direction, level and speed during performances in a competitive environment, display competence in fundamentals of movement (jog, sprint, jump, hop, weight on hands, balance and co-ordination)	Demonstrate changes in direction, speed and level in competitive environments, consistently competent in fundamentals of movement (jog, sprint, jump, hop, weight on hands, balance and co-ordination), move in a fluent and expressive manner	Change running style according to distance with the intention of beating personal bests, utilise change of direction, speed and level	Utilise new skills in competitive situations as an individual and part of a team, utilise knowledge of technique to perform at optimum level in different types of throw, run and jump	Utilise new skills in competitive situations as an individual and part of a team, utilise knowledge of technique to perform at optimum level in different types of throw, run and jump, sprints, middle distance and hurdles
	Moving confidently in a range of ways and safely negotiating space	Sequencing 3 part movements, working co-operatively	Perform repeat sequences of movements 	Perform longer sequences with clear shapes and controlled movement, plan, perform and repeat sequences in a group	Create movements that convey clear stimulus refining these movements in a sequence, plan, perform and repeat sequences of movements, experimenting with ways of travelling and complex movements	Compose creative and imaginative dance sequences with a clear stimulus, performing expressively and precisely, create complex and well executed sequences containing a variety of gymnastics components	Compose creative and imaginative dance sequences with a clear stimulus, performing expressively, complex, demanding and well executed sequences containing a variety of gymnastics components
	Catching, kicking, jumping and throwing	Throw and catch with a degree of competency		Throw and catch with accuracy in isolation and	Can adapt throwing technique to ensure success	Field, defend and attack tactically	Field, defend and attack tactically anticipating and

	Work co-operatively and taking turns, follow simple rules	Introduce competition, fair play and working well with others	Throw and catch with competency in isolation and varied environments Employ simple tactics in varied environments and display respect and working well with others 	varied environments Employ simple tactics in competitive environments and display respect and working well with others	in a variety of activities e.g. distance, accuracy and control Display an understanding of fair play, working well with others and leading small groups, select and utilise appropriate tactics and techniques to cause problems for opponents	anticipating direction of play Display an understanding of fair play, working well with others leading a medium group 	reacting direction of play Display an understanding of fair play, working well with others leading a large group
	Aware of why exercise and a healthy diet is important for good 	Showing awareness of how the body changes during exercise e.g. heart rate, changes in breathing	Show awareness of how the body functions during exercise	Demonstrate a clear understanding of how the body changes/ functions during exercise, explain the importance of why we need to warm up and cool down 	Demonstrate a developed understanding of how the body functions, describe how and why my body feels during and after exercise	Uses knowledge of the relationship between the body and exercise to improve various fitness components, explaining how long I should exercise to stay fit and healthy	Uses knowledge of the relationship between the body and exercise to improve all fitness components, understand ways to judge performance and identify areas of development Across KS2, by the end of Year 6, all children should be able to swim 25 metres unaided in a range of strokes and perform a self-rescue.

Curriculum Map

PE	1	2	3	4	5	6
Foundation	Introduction to PE: Unit 1	Ball Skills: Unit 1	Dance: Unit 1	Gymnastics: Unit 1	Ball Skills: Unit 2	Games: Unit 1
Year 1	Fundamentals	ARENA Gymnastics	Dance	Gymnastics	ARENA Target Games	Athletics
	Dance	Fundamentals	Fitness	Ball Skills	Team building Skills	Striking and Fielding
Year 2	Fundamentals	Fundamentals	ARENA Dance	Yoga	Team building	ARENA Athletics
	Gymnastics	Dance	Fitness	Invasion games	Ball Skills	Target Games
Year 3	Gymnastics	ARENA Gymnastics	Dance	Handball	ARENA Football	Rounders
	Invasion games	Ball Skills Y3/Y4	Rugby	Tennis	OAA	Athletics
Year 4	ARENA (Gymnastics)	Rugby	Yoga	ARENA Basketball	Tennis	OAA
	Invasion games	Dance	Ball Skills Y3/Y4	Fitness	Cricket	Athletics
Year 5	Gymnastics	Rugby	ARENA Gymnastics	OAA	Rounders	ARENA Cricket
	Bikeability	Dance	Yoga	Tennis	Netball	Athletics
Year 6	ARENA (Gymnastics)	Dodgeball	Fitness	ARENA Netball	OAA	Volleyball
	Invasion games	Dance	Rugby	Football	Tennis	Athletics

To accomplish our vision by inspiring our pupils, at Morley Meadow Primary School, we ensure our children have access to a wide range of physical activities in the belief that when they are taught well and they experience success, they are inspired to continue a physically active lifestyle throughout their life. Our high-quality physical education curriculum provides opportunities for children to utilise skills and knowledge to develop their self and encourage them to take responsibility for their own health, fitness and mental wellbeing.