



# Spreyton School PE Overview



Devon PEDPASS documents provide medium term plans for all areas of physical education and focus on the development of the four skill areas through a variety of different physical activities

- Net/wall
- Outdoor and adventurous education
- Swimming
- Athletics
- Striking and fielding
- Invasion Games
- Dance
- Gymnastics

We have made the decision to focus on the same sports over the 4 year programme of KS2 PE, in order to help children develop their skill in those sports, which allows them to increase their skill level over time. Our learners in Ks2 have a wide age range, and a wide level of skills, and in order to facilitate planning for this age range, we have produced a skills ladder for each sport they encounter, which allows for progression for each child at the level they are working at, and assessment which allows the child to progress each time they encounter that sport or activity.

PASSION

PRIDE

PERSEVERANCE

POSITIVITY



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**Each year, KS2 children will follow this programme:**

Netball <ul style="list-style-type: none"><li>• Tennis</li><li>• Pickleball</li></ul>	<ul style="list-style-type: none"><li>• Gymnastics</li><li>• Hockey</li></ul>	<ul style="list-style-type: none"><li>• Dance</li><li>• Football</li></ul>	Invasion <ul style="list-style-type: none"><li>• Tag rugby</li><li>• Netball</li><li>• Basketball</li></ul>	Athletics <ul style="list-style-type: none"><li>• Running and jumping</li><li>• Throwing</li></ul>	Striking and fielding <ul style="list-style-type: none"><li>• Rounders</li><li>• Cricket</li><li>• Golf</li></ul>
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## Foundation stage and KS1 Leap into Life

To provide a resource which supports adults engaged in teaching young children, which can be used daily in the Foundation Stage and Key Stage 1 to deliver physical literacy;

- To develop and increase physical competency, ability and understanding amongst all Foundation Stage and Key Stage 1 children;
- To ensure inclusion and provide opportunities that can be adapted to suit the spectrum of needs;
- To develop the components of efficient motor function: Symmetrical activity, basic body movement, large muscle development, fine muscle development, eye / hand co-ordination, eye / foot co-ordination, body image, balance, rhythm, space and direction - D.Stewart (1990)

**KS1 is broken into four strands, these are taught progressively and 3 times a week, each area is repeated and developed following the skill development through- out 12 or 6 progressions.**

- **Functional Movement**
- **Aesthetic movement**
- **Manipulative skills**
- **Movement concepts**

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There are seven core movement skills that are developed throughout each strand these are

- Gait
- Lunge
- Push
- Pull
- Squat
- Bend (Flexion)
- Rotate and twist

When children have a core knowledge and skills set of these movements, they can apply them to a wide variety of sports and games, enabling them to take part at a higher level and with a greater understanding of how their body moves and works

The following skills ladders will enable teachers to plan lessons according to the different abilities of the children, and assess against the whole key stage objectives for each type of sport. Children are taught similar sports concurrently, in order for them to transfer the skills from one sport to another within the same time frame.

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