



*We care, we learn, we belong*

**PHYSICAL EDUCATION  
AT  
MICKLE TRAFFORD VILLAGE SCHOOL**

# STATEMENT OF INTENT

- At MTVS we have designed our curriculum with the development of the **whole child** at the **centre**. Our aim is to provide our children with an **engaging, exciting and empowering** curriculum offering them opportunities to **grow** as **individuals** as well as **learners** and prepare them for life today and tomorrow.
- The intention of our curriculum is to ensure that children access a **broad** range of **enriching experiences**, so they **acquire valuable knowledge, skills, understanding and attitudes** to enable them to become **highly motivated** and **resilient** learners who feel they have a **voice**. Opportunities are planned to make use of our locality and the context of our school while maintaining coverage of the National Curriculum.

# EARLY YEARS FOUNDATION STAGE CURRICULUM

EYFS Framework	30 – 50 months	40-60+ months	Expected (ELGs)	Exceeding
<b>Moving and Handling</b>	Moves freely and with pleasure and confidence in a range of ways. Mounts stairs, steps or climbing equipment using alternate feet. Walks downstairs, two feet to each step, whilst carrying a small object. Runs and negotiates space successfully, adjusting speed or direction to avoid obstacles. Can stand momentarily on one foot when shown. Can catch a large ball.	Experiments with different ways of moving. Jumps off an object and lands appropriately. Negotiates space effectively when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	Child shows good control and coordination in large and small movements such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. The move confidently in a range of ways, safely negotiating space.	Child can hop confidently and skip in time to music.
<b>Health and self care</b>	Observes the effects of activity on their bodies. Understands that equipment and tools have to be used safely.	Shows some understanding of good practices in regards to exercise, eating, sleeping and hygiene can contribute to good health.	Child knows the importance for good health, of physical exercise and a healthy diet and can talk about the ways to keep healthy and safe.	Child knows about and can make healthy choices in regards to healthy eating and exercise.

# YEAR ONE

- **Dance**  
Children will be introduced to simple, short sequence to copy and perform in front of others.
- **Gymnastics**  
Children will be introduced to simple balances and how to move in different ways. They will learn different rolls, jumps and balances.
- **Games**  
Children will learn how to perform simple skills such as catching, throwing, rolling and striking in a non-competitive environment.
- **Evaluating and Improving**  
Children will learn to see the positives in their skills by explaining what they liked. They will also discuss how their body feels during exercise.

# YEAR TWO

- **Dance**  
Children will create, practise and learn simple, short sequence to perform in front of others. They will be able to link movements with control and precision and include mood and feeling into their dance.
- **Gymnastics**  
Children will learn simple balances and how to move in different ways. They will build on prior learning of rolls, jumps and balances. They will begin to collaborate with a partner to develop a short sequence of balances.
- **Games**  
Children will learn how to perform simple skills such as catching, throwing, rolling and striking in a more competitive environment. They will learn how to stay in a zone of play and understand that space is important.
- **Evaluating and Improving**  
Children will learn to self evaluate and understand the need for exercise in keeping a healthy body.

# BY THE END OF KS1

Children will:

- Master basic movements, including running, jumping, throwing and catching.
- Develop balance, agility and coordination
- Apply skills in a range of activities
- Participate in team games
- Develop simple tactics for attacking and defending
- Perform dances using simple movements.

# YEAR THREE

- **Dance**  
Children will share and create a short dance with a partner and in a group by repeating and remembering them.
- **Gymnastics**  
They will use their own ideas to create and adapt sequences to suit apparatus and ability. They will work with a partner to develop these.
- **Games**  
Children will practise the rules of games and new skills with increasing control. They will begin to use these in game situations.
- **Athletics**  
Children will run at different speeds and link running and jumping. They will work as a team to take part in relay activities and develop throwing skills.
- **Outdoor and Adventurous Activity**  
Children will begin to use map reading skills to follow a map of a familiar location (e.g. school playground). They will use clues to help them follow a route.
- **Evaluating and Improving**  
Children will start to explain why warm-ups and cool-downs are important and will begin to identify some important muscle groups. They will now compare their work with work of others.

# YEAR FOUR

- **Dance**  
Children will respond to a range of stimuli by showing mood and feeling in their dance. They will use simple patterns to create a simple dance with partners and groups. They will perform clearly and fluently in front of others.
- **Gymnastics**  
They will work in a controlled way to create a longer sequence that includes a change of speed, direction and travel. They will work with a partner to create sequences with at least 3 phases.
- **Games**  
Children will continue to develop skills and understanding of games. They will learn to become more accurate in their play and learn new skills such as forehand and backhand. They will understand the different reasons for selecting certain skills for different situations. E.g. when to bounce pass or chest pass.
- **Athletics**  
Children will learn to pace themselves for longer distances. They will learn to run and jump with control, hit targets accurately and will practise good technique for throwing at a distance.
- **Outdoor and Adventurous Activity**  
Children will develop map reading skills to follow a map of an unfamiliar location (e.g. Conway). They will follow routes accurately, safely and within a time limit.
- **Evaluating and Improving**  
Children will show a clear understanding of how to warm-up and cool-down. They will understand why stretching is important and be able to identify the muscle groups they are stretching. They will compare their work with others and use this to improve their work.



# BY THE END OF LKS2

Children will:

- Use running, jumping, throwing and catching in isolation
- Begin to apply running, jumping, throwing and catching in combination and in game situations
- Play competitive games by following the rules and using space effectively
- Learn a variety of balances and link a sequence that changes direction, speed, shape and travel
- Perform dances by linking it to a stimuli
- Use a map effectively and follow clues
- Compare performances and skills with different ones and improve their work.

# YEAR FIVE

- **Dance**  
Children will collaborate to create more complex dances and will be able to perform them with more confidence and precision. They will be able to adapt the way they use weight, space and rhythm in their dances.
- **Gymnastics**  
They will be able to create complex and/or extended sequences where they will combine action, balance, shape, height and speed effectively.
- **Games**  
Children will continue to practise games in team or individual situations. They will be able to use a number of techniques to pass, dribble and shoot and to use them appropriately in different situations.
- **Athletics**  
Children will combine running and jumping for distance. They will also focus on learning to use their body effectively in order to run faster. They will practise throwing for accuracy and distance by using effective coordination.
- **Outdoor and Adventurous Activity**  
Children will develop map reading skills to follow a route in an unknown location. They will use clues and compass directions and be able to change routes if there is a problem.
- **Evaluating and Improving**  
Children will begin to suggest ideas for warm up and cool-down exercises. They will suggest ways to improve their own and other people's work by comparing their skills, techniques and ideas with others.

# YEAR SIX

- **Dance**  
Children will be able to develop their imaginative dance by incorporating and selecting their learnt skills.
- **Gymnastics**  
They will develop sequences which include complex and challenging balances. They will combine their work to others and link their sequences to specific timings.
- **Games**  
Children will explain complicated rules and will lead in a game situation. They will be able to participate in a team plan and communicate it to others or understand them by choosing the best way to attack and defend.
- **Athletics**  
Children will be able to demonstrate stamina and pace throughout a race and use their body effectively to improve times. They will be able to pass a baton at a greater speed without dropping it. They will learn how to use the appropriate techniques and apply them to different throwing activities.
- **Outdoor and Adventurous Activity**  
Children will be able to plan a route and a series of clues for others, ensuring that safety is factored in.
- **Evaluating and Improving**  
Children will be able to organise their own warm-up and cool-downs and develop their ideas for their own success criteria. They will be able to show how they have improved their precision, control and fluency.

# BY THE END OF KS2

Children will:

- Use running, jumping, throwing and catching in isolation and in competitive situations
- Play competitive games by following the rules and using space effectively
- Learn to lead competitive games by officiating
- Learn a variety of balances and link a sequence that changes direction, speed, shape and travel with increasing complexity
- Collaborate with groups to combine sequences effectively
- Perform dances to different stimuli with a variety of movements
- Use a map effectively in different contexts to follow and to plan a route.

# INTRA-SCHOOL COMPETITIONS

MTVS will host an intra-school competition termly across KS2, this falls inline with our progression maps as topics in PE are revisited every two years, these events are to promote competitive experiences within school life.

Children are grouped into houses which allow MTVS to host intra-school events, these are called Trafford: Manor, Gowy, Plemstall and Trafford.

During our Sports Day in the summer term, winning houses throughout the year are awarded 5 points per intra-competition they win in the Autumn and Spring term, which is added to their total.

In some of our intra-sports we use our elected Sports Councillors to score the games.

# SWIMMING AT MTVS – KS2

During the 2022/23 academic year MTVS will be using an external swimming pool provider, who will provide a swimming pool on the KS2 playground. The external provider also comes with lifeguards and a qualified instructor.

Last years statistics provided that 96% of Year 6 pupils could swim competently, confidently and proficiently over a distance of at least 25 metres at the end of KS2.

96% of Year 6 pupils could use a range of strokes effectively, such as front crawl, backstroke and breaststroke.

96% of pupils could perform safe self-rescue in a different water based situations at the end of KS2.

To ensure that MTVS was able to reach 96% additional swimming lessons were provided to ensure that children were able to swim confidently at 25m.

# EXTRA-CURRICULAR SPORT EVENTS

At MTVS we are apart of the CSSP program which enables children to attend a wide range of sporting events, these events are mapped against our curriculum program to ensure children are able to experience the sports in school before attending events.

Children are tracked throughout the year of which events they attend to ensure inclusiveness for all when inviting our pupils to a variety of events.

Children at MTVS are able to attend both competitive and non-competitive events, we participate in both the boys and girls league and cups at upper KS2 level. As well as attending 'celebrate' events for children. Both competitive and 'celebrate' events have pathways to county finals.

Children at KS1 are all offered to attend Multi-Skills Festival which they are able to represent MTVS in a variety of events.

As part of the CSSP we aim to be awarded the 'Gold School Games award', which we have achieved in both 2020/2021 and 2021/2022

MTVS works collaboratively with external providers such as SR Development, CEPD, Cheshire Cricket and others to enable opportunities through after school clubs.

Extra-curricular sports is celebrated at MTVS with our sporting display and assemblies are held to celebrate the achievements of all pupils.

Curriculum Map	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Extra
Rec	Fine Motor Skills	Dance/Movement	Locomotion 1	Gym – Rocking & Rolling	An Encounter with Pirates	Under the Sea	
	Fundamental Movement Skills	Emergency Services	Dance – Nursery Rhymes	A Day on the Farm	Target Games 1	Athletics 1	
Y1	Locomotion 2 – Running	Multi skills Kicking and Dribbling	Gymnastics	Gymnastics	Athletics	Striking and Fielding – Cricket 1	
	Multi-skills Throwing & Catching	Dance	Basketball	Dance	Tennis	Invasion Games	
Y2	Invasion Games – Hockey skills	Invasion Games – Attack and Defend Basketball	Gymnastics	Gymnastics	Athletics	Striking and Fielding – Cricket 2	
	Multi-skills Throwing, Catching and Aiming	Dance	Multi-skills Kicking and Dribbling	Dance	Tennis	Invasion Games	
Y3	Tag Rugby	Handball	Dance	Gymnastics	Athletics	Tennis	
	Health Related Fitness	Basketball	Gymnastics	OAA – Problem Solving	Cricket	Cricket	
Y4	Hockey	Gymnastics	Dance	Gymnastics	Athletics	Athletics	CONWAY Residential
	Health Related Fitness	Netball	Sports Hall Athletics	OAA – Orienteering	Tennis	Rounders	
Y5	Tag Rugby	Gymnastics	Dance	Health Related Fitness	Athletics	Athletics	BOREATTON Residential
	Basketball	Handball	Gymnastics	OAA – Orienteering	Cricket	Tennis	
Y6	Hockey	Gymnastics	Dance	Gymnastics	Athletics	Athletics	BOREATTON Residential
	Health Related Fitness	Netball	Sports Hall Athletics	OAA – Leadership	Tennis	Rounders	