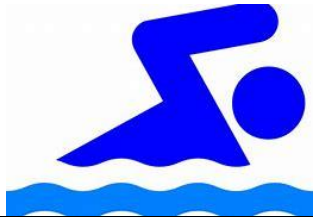


Broad range of physical activities

Every year group undertakes a dance and gymnastics unit in addition they learn invasion, net and wall and striking and fielding games.

Outdoor and adventurous activities are taught both at school and on residential visits. These vary from orienteering, team building activities at school and outside agencies offering opportunities for climbing, forest schools and high ropes courses.

Swimming is undertaken in Key Stage 2 to ensure that our children are water confident and can swim 25m competently.



Active for sustained periods

Every week, the children receive 2 hours of quality PE. In addition, Cranmere encourages its pupils to have active playtimes and lunchtimes with an enthusiastic Year 5 Sports Crew and lunchtimes supervisors.



Cranmere Primary School **PE (Physical Education)** **2019-2020**

We aim to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We aspire to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We give our pupils opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.



Competitive sports and activities

Every term all children participate in interhouse competitions these vary each year to cover games as well as performing arts.

We are members of the EDPSSA (Esher District Primary School Sports Association) which provides opportunities for the children to compete in a range of interschool competitions that both enable the most able to compete at a higher level as well as 'aspire' events that ignite the passions of less able pupils into competitive sports.



Lead healthy and active lifestyles

Our PE curriculum has strong links with Life Skills (PSHE) and science to ensure that the children have an understanding of how to lead a balanced and healthy lifestyle. Cranmere fosters healthy mental attitudes and growth mind-set across its curriculum.

We encourage our children to challenge themselves to achieve a mini mile several times a week in order to increase their stamina and levels of fitness.



	Autumn Term	Spring Term	Summer Term
Nursery	<p>Children are encouraged to practise:</p> <ul style="list-style-type: none"> •Running safely on whole foot. •Squatting with steadiness to rest or play with object on the ground, and rise to feet without using hands. •Climbing confidently and begin to pull themselves up on nursery play climbing equipment. •Kicking a large ball. 	<p>Children are encouraged to practise:</p> <ul style="list-style-type: none"> •Moving freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. •Mounting stairs, steps or climbing equipment using alternate feet. •Walking downstairs, two feet to each step while carrying a small object. •Running skilfully and negotiating space successfully, adjusting speed or direction to avoid obstacles. •Standing momentarily on one foot when shown. •Catching a large ball. 	<p>Children are encouraged to practise:</p> <ul style="list-style-type: none"> •Moving freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. •Mounting stairs, steps or climbing equipment using alternate feet. •Walking downstairs, two feet to each step while carrying a small object. •Running skilfully and negotiating space successfully, adjusting speed or direction to avoid obstacles. •Standing momentarily on one foot when shown. •Catching a large ball. •Experiments with different ways of moving. •Jumps off an object and lands appropriately
Reception	<p>Children are encouraged to practise:</p> <ul style="list-style-type: none"> •Moving freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. •Mounting stairs, steps or climbing equipment using alternate feet. •Walking downstairs, two feet to each step while carrying a small object. •Running skilfully and negotiating space successfully, adjusting speed or direction to avoid obstacles. •Standing momentarily on one foot when shown. •Catching a large ball. •Drawing lines and circles using gross motor movements. 	<p>Children are encouraged to practise:</p> <ul style="list-style-type: none"> •Experimenting with different ways of moving. • Jumping off an object and landing appropriately. •Negotiating space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. •Travelling with confidence and skill around, under, over and through balancing and climbing equipment. •Increasing control over an object in pushing, patting, throwing, catching or kicking it. 	<p>Children are encouraged to practise:</p> <ul style="list-style-type: none"> •showing good control and co-ordination in large and small movements. •moving confidently in a range of ways, safely negotiating space. •Experimenting with different ways of moving. • Jumping off an object and landing appropriately. •Negotiating space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. •Travelling with confidence and skill around, under, over and through balancing and climbing equipment. •Increasing control over an object in pushing, patting, throwing, catching or kicking it.
Year 1	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in the game 3 hoop ball, 4 square and gymnastics. ♣ Perform dances using simple movement patterns through a puppet dance. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending in touch rugby and 'Scatter ball'. ♣Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. ♣ Perform gymnastic routines using different pathways and directions. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending in three ball rounders, athletics and 'throw and catch' Volleyball. ♣ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Year 2	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in the game touch rugby and throw and catch Volleyball. ♣ Developing balance, agility and co-ordination through Gymnastic theme of balance on small points and big body patches. ♣ Develop team building skill through indoor hall challenges. 	<ul style="list-style-type: none"> ♣ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, participate in team games, developing simple tactics for attacking and defending and begin to apply these in hockey and non-stop cricket. ♣ Perform African style dances using simple traditional movement patterns. 	<ul style="list-style-type: none"> ♣Master basic movements including running, jumping, throwing and catching through athletics practise. ♣Developing balance, agility and co-ordination, and begin to apply these in tennis lessons ♣ Participate in OAA team building activities including orienteering.

Year 3	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in the games of rugby and badminton. ♣ Take part in outdoor and adventurous activity challenges both individually and within a team. ♣ Perform dances using simple movement patterns through a stone age dance. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending in netball and hockey ♣ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in gymnastics through the theme of symmetry and asymmetry. ♣ Perform dances using a range of movement patterns through a Tudor dance. 	<ul style="list-style-type: none"> ♣ Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination and apply these to track and field athletics events and develop flexibility, strength, technique, control and balance through athletics. ♣ Play competitive games, modified where appropriate basketball and volleyball, and apply basic principles suitable for attacking and defending. ♣ Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Year 4	<ul style="list-style-type: none"> ♣ Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively and perform safe self-rescue in different water-based situations. ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in Hockey. 	<ul style="list-style-type: none"> ♣ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in gymnastics through the theme balance and receiving body weight. 	<ul style="list-style-type: none"> ♣ Play competitive games, modified where appropriate Stoolball, and apply basic principles suitable for attacking and defending. ♣ Perform dances using a range of movement patterns through the theme of WW2. ♣ Take part in outdoor and adventurous activity challenges both individually and within a team at Hind leap Warren.
Year 5	<ul style="list-style-type: none"> ♣ Perform dances using a range of movement patterns to the theme of 'Ancient Egyptians'. ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in multisport games. ♣ Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively and perform safe self-rescue in different water-based situations. Understand how our bodies change as we get older and this effects sporting performance. Recommend suitable lifestyles for different ages. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in Hockey. ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in multisport games. Identify where people may need support with their mental health. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and apply these to track and field athletics events. ♣ Play competitive games, modified where appropriate in Rounders and apply basic principles suitable for attacking and defending. ♣ Develop team building skill through OAA challenges. Explain the functions of the internal organs. Explain the basic functions of red and white cells.
Year 6	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in the games football and hockey. ♣ Develop team building skill through indoor hall challenges. ♣ Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively and perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in the game of netball. ♣ Developing balance, agility and co-ordination through the Gymnastic theme of Mirroring and dance. 	<ul style="list-style-type: none"> ♣ Participate in team games, developing simple tactics for attacking and defending in cricket and tennis. ♣ Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, and begin to apply these in athletics.