

Intent:

The ELPS Physical Education curriculum aligns with the National Curriculum's key objectives. We aim to equip our students with fundamental movement skills, fostering competence, confidence, and collaboration in activities that enhance agility, balance, and coordination. Our focus extends beyond the classroom, promoting sustained physical activity, both competitively and cooperatively. Our ultimate intent is to inspire a lifelong commitment to healthy, active living, ensuring our pupils lead well-rounded lives founded on fitness, teamwork, and resilience.

Implementation:

Year 1					
Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
<u>Athletics</u>	<u>Athletics and Fitness</u>	<u>Fitness and Dance</u>	<u>Yoga and Gymnastics</u>	<u>Ball Skills</u>	<u>Ball Skills and Cooperative Games</u>
In the Athletics unit, pupils learn to understand the concept of personal space and engage safely in physical education. They will acquire the skill to adjust their personal space and pace to suit various activities. Furthermore, pupils will develop the skills to adapt speed, effort, and movement and travelling styles for different tasks. They will also demonstrate proficient running techniques and actively engage in sprinting races and running-based games. Additionally, pupils will participate in running-based games that demand pacing and endurance.	<p>In the Athletics unit, pupils develop the skill needed to leap over obstacles and execute a two-foot landing. They will partake in games that involve obstacle jumping. Additionally, they will develop techniques and skills for several exercises, including star jumps, squat jumps, high knees to palms in front, and elbow to opposite knee movements.</p> <p>In the Fitness unit, pupils will work towards completing a 5-minute High-Intensity Interval Training (HIIT) Workout involving a range of different exercises.</p>	<p>In the Fitness Unit, pupils build up their skills with the aim to complete a circuit of fitness centres, each featuring different exercises. They will also learn to be supportive, demonstrating cooperation and teamwork with their peers.</p> <p>In the Dance unit, pupils will be supported to replicate dance movements as directed by the teacher and develop their own 2-move dance pattern. Additionally, they will perform movements suitable for mirroring by their peers, and move at different speeds that correspond to the tempo of the music.</p>	<p>In Yoga, pupils begin to build muscular endurance and work to move their bodies with fluidity. They will also learn to replicate a pose and sustain it for a specified duration, concurrently practising deep breathing techniques.</p> <p>In Gymnastics, pupils will be supported to develop skills such as balancing on one foot for a duration of 5 seconds, maintaining balance while walking heel-to-toe across a balance beam, and executing a high tuck jump while landing on both feet.</p>	In Ball Skills, pupils develop their proficiency in various techniques. This includes the skill to knock down a tall cone from a distance of 3 metres, employing both two-handed and one-handed rolls with correct form. They develop hand-eye coordination through practising bounce passes using a large ball, and catching a large ball with two hands. Pupils learn to perform an accurate chest pass with a large ball, underhand toss a beanbag into a flat hula hoop target, and accurately execute an overhand throw with a tennis ball, all while maintaining proper technique.	<p>In Ball Skills, pupils will be introduced to techniques that will allow them to pass a football in a straight line, trap a football with the side of the foot, execute a goal-bound football shot with proper form, and mark an opposing football player effectively. They are taught the rules, positions, and roles in football matches. Furthermore, they will participate in football matches alongside their peers.</p> <p>Within Cooperative Games, pupils will develop listening skills, to adhere to rules, and display respect for fellow classmates during team-based games.</p>

Year 2					
Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
<u>Athletics</u>	<u>Athletics and Fitness</u>	<u>Fitness and Dance</u>	<u>Yoga and Gymnastics</u>	<u>Ball Skills</u>	<u>Ball Skills and Cooperative Games</u>
<p>In the Athletics unit, pupils build on their understanding of the concept of personal space and engage safely in physical education. They refine the skill to adjust their personal space and pace to suit various activities. Furthermore, pupils develop the skills to adapt speed, effort, and movement and travelling styles for different tasks. They will also demonstrate proficient running techniques and actively engage in sprinting races and running-based games. Additionally, pupils will participate in running-based games that demand pacing and endurance.</p>	<p>In the Athletics unit, pupils will develop the skill to leap over obstacles and execute a two-foot landing. They will participate in games that involve obstacle jumping. Additionally, they will develop techniques and skills for several exercises, including jumping jacks, star jumps, squat jumps, high knees to palms in front, and elbow to opposite knee movements.</p> <p>In the Fitness unit, pupils will work to complete an 8-minute High-Intensity Interval Training (HIIT) Workout involving a range of different exercises.</p>	<p>In the Fitness Unit, pupils will develop the skills to complete a circuit of fitness centres, each featuring different exercises. They will also learn to be supportive, demonstrating cooperation and teamwork with their peers.</p> <p>In the Dance unit, pupils will replicate dance movements as directed by the teacher and develop their own 4-move dance pattern. Additionally, they will perform movements suitable for mirroring by their peers, and move at different speeds that correspond to the tempo of the music.</p>	<p>In Yoga, pupils will continue to build their muscular endurance and the ability to move their bodies with fluidity. They refine their skills to replicate a pose and sustain it for a specified duration, concurrently practising deep breathing techniques.</p> <p>In Gymnastics, pupils will be expected to display skills such as balancing on one foot for a duration of 5 seconds, maintaining balance while walking heel-to-toe across a balance beam, and executing a high tuck jump while landing on both feet.</p>	<p>In Ball Skills, pupils will develop their proficiency in various techniques. This includes the skill to knock down a tall cone from a distance of 3 metres, employing both two-handed and one-handed rolls with correct form. They practise bounce passes using a large ball, catching a large ball with two hands, learn to perform an accurate chest pass with a large ball, underhand toss a beanbag into a flat hula hoop target, and accurately execute an overhand throw with a tennis ball, all while maintaining proper technique.</p>	<p>In Ball Skills, pupils will refine their football skills; they will learn how to pass a football in a straight line using proper technique, trap a football with the side of the foot, execute a goal-bound football shot with proper form, mark an opposing football player effectively, and grasp the rules, positions, and roles in football matches. Furthermore, they will participate in football matches alongside their peers.</p> <p>Within Cooperative Games, pupils will also demonstrate the ability to adhere to rules and display respect for fellow classmates during team-based games.</p>

Year 3					
Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
<p><u>Athletics and Ball Skills</u></p> <p>In Athletics, pupils will begin to develop the skill to run at high speed with correct technique and engage actively in sprinting races and running-based games. They will also develop the proper running technique for long-distance running and the ability to maintain pace with fellow classmates during longer distances. Additionally, they will participate in running-based games demanding pacing and endurance.</p> <p>In the Ball Skills unit, pupils will develop various basketball skills; they will learn to dribble a basketball in a straight line with proper technique, execute a bounce pass with increasing precision, and perform a chest pass with the correct technique. They will also learn to defend and intercept basketball passes effectively.</p>	<p><u>Ball Skills</u></p> <p>In this Ball Skills unit pupils develop skills for basketball and tag rugby. In basketball, pupils will practise shooting basketball into a hoop with precise technique. They will also learn offensive and defensive strategies for basketball matches.</p> <p>In the Ball Skills unit focusing on rugby, pupils will develop the proper technique for gripping the rugby ball while running, running with the ball and touching it down for a try, and executing pop passes with increasing precision, both when stationary and when moving. Pupils will also learn to catch a rugby pass, both when stationary and while moving. Furthermore, they will learn to collaborate effectively with teammates in attacking and defending during tag rugby games.</p>	<p><u>Gymnastics and Dance</u></p> <p>In the Gymnastics unit, pupils will develop the skill to balance in a stork pose for a minimum of 30 seconds and move across a balance beam while walking heel-to-toe without falling off and execute a high tuck jump off the end while landing on both feet. They will also develop the skill to execute a tuck jump with a jogging lead-off from a springboard and perform a log roll and a crouched forward roll across a mat.</p> <p>In the Dance segment, pupils will develop the skills to replicate dance moves as directed by a classmate leader and lead others in performing dance moves. They will also perform dance moves in time with video choreography and mirror another person both in static and dynamic contexts.</p>	<p><u>Dance, Fitness and Invasion Games</u></p> <p>In the Dance unit, pupils will learn the Cha Cha Slide and Macarena. Pupils will also create their own dance sequences.</p> <p>In the Fitness unit, pupils will develop the skills to perform various exercises with precise technique, including frog jumps, cross-country skiing, mountain climbers, and opposite toe touches. Pupils will also demonstrate their ability to perform these exercises correctly for one minute and actively participate in a teacher-led High-Intensity Interval Training (HIIT) Workout.</p> <p>In the Invasion Games unit, pupils will practise football passes from a distance of 5 metres, to a partner, and learn to trap a football passed from a partner.</p>	<p><u>Invasion Games and Striking/Fielding</u></p> <p>Pupils begin this half term building on the skills from Spring II. In the Invasion Games unit, pupils will develop defending. They will learn about the role of the goalkeeper and practise saving shots from a distance of approximately 5 meters. Furthermore, they will learn attacking and defending strategies while participating in football matches.</p> <p>In the Striking/Fielding unit, pupils are introduced to cricket. Pupils will learn to bowl a tennis ball towards the wickets with the correct straight-arm technique, catch a tennis ball thrown or hit high into the air, and apply fielding techniques. Additionally, they will practise batting a tennis ball.</p>	<p><u>Striking/Fielding and Net/Court/Wall Games</u></p> <p>In the Striking/Fielding unit, pupils continue to develop their skills for cricket. Pupils will learn to catch a tennis ball thrown or hit high into the air, apply fielding techniques and strategies during cricket matches, and bat a tennis ball using the proper technique while running between wickets.</p> <p>In the Net/Court/Wall Games unit, pupils are introduced to tennis. They begin to develop the skills to execute a tennis forehand and backhand groundstroke, a forehand volley, and an overhand tennis serve with correct technique. Furthermore, they will engage in rallies with other classmates, using serves, groundstrokes, and volleys before participating in doubles tennis matches.</p>

Year 4					
Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
<p><u>Athletics and Ball Skills</u></p> <p>In Athletics, pupils will further develop their running skills. They will learn to run at increasingly high speeds with correct technique and actively participate in sprinting races and running-based games. They will also continue to refine their proper running technique for long-distance running. Pupils will also work on improving their jump rope skills, enabling them to jump rope for longer durations.</p> <p>In the Ball Skills unit, pupils will continue to develop dribbling, executing bounce passes and chest passes, as well as defensive moves that they need to play basketball.</p>	<p><u>Ball Skills</u></p> <p>In the Ball Skills unit, pupils will continue to develop the skills required for basketball. They practise shooting into a hoop using proper throwing techniques. They develop their skills by playing a range of different positions in basketball matches.</p> <p>Pupils will also develop their ball skills and techniques in tag rugby. Pupils will develop the skill of executing pop passes with precision, both when stationary and in motion. They will also practice catching a rugby pass, whether stationary or in motion, and apply their skills during tag rugby games.</p>	<p><u>Gymnastics and Dance</u></p> <p>In the Gymnastics unit, pupils will develop the skill to balance in a stork pose for a minimum of 30 seconds and move across a balance beam while walking heel-to-toe without falling off and execute a high tuck jump off the end while landing on both feet. They will also develop the skill to execute a tuck jump with a jogging lead-off from a springboard and perform a log roll and a crouched forward roll across a mat.</p> <p>In the Dance segment, pupils will develop and refine the skills to replicate dance moves as directed by a classmate leader and lead others in performing dance moves. They will also perform dance moves in time with video choreography and mirror another person both in static and dynamic contexts.</p>	<p><u>Dance, Fitness and Invasion Games</u></p> <p>In the Dance unit, pupils will learn the Cha Cha Slide, Macarena, and Cupid Shuffle. Pupils will also create their own dance sequences.</p> <p>In the Fitness unit, pupils will work towards completing a 20-minute High-Intensity Interval Training (HIIT) Workout involving a range of different exercises.</p> <p>In the Invasion Games unit, pupils will learn to trap a football passed from a partner approximately 5 meters away using the inside of their dominant foot. They will practise throw-ins as well as trapping a football thrown in at them.</p>	<p><u>Invasion Games and Striking/Fielding</u></p> <p>Pupils begin this half term by continuing to refine their football skills. Pupils participate in competitive matches, allowing them to practise and apply their skills.</p> <p>In the Striking/Fielding unit, pupils continue to develop their skills for cricket. Pupils practice bowling a tennis ball towards wickets using the correct straight-arm technique. They practise catching a tennis ball thrown or hit high into the air and to apply fielding techniques and strategies during a fielding drill. Additionally, pupils practise batting with proper technique.</p>	<p><u>Striking/Fielding and Net/Court/Wall Games</u></p> <p>During this half term, pupils will further refine their cricket skills and participate in Kwik Cricket Matches with the teacher serving as the bowler. As pupils progress in their bowling skills, they will transition to playing matches where the pupils themselves take on the role of the bowler instead of the teacher.</p> <p>In the Net/Court/Wall Games module, pupils continue to develop skills for tennis. They will practise and develop their groundstrokes, forehand volley, and overhand serves with proper technique. Pupils will engage in rallies and doubles tennis matches to apply their skills.</p>

Year 5					
Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
<p><u>Athletics and Ball Skills</u></p> <p>In Athletics, pupils continue to develop and refine their running techniques. Pupils will engage actively in sprinting races and running-based games. They will also develop the proper running technique for long-distance running and the ability to maintain pace with fellow classmates during longer distances. Additionally, they will participate in running-based games demanding pacing and endurance.</p> <p>In the Ball Skills unit, pupils will develop various basketball skills; they will learn to dribble a basketball in a straight line with proper technique, execute a bounce pass with precision, and perform a chest pass with the correct technique. They will also learn to defend and intercept basketball passes effectively.</p>	<p><u>Ball Skills</u></p> <p>In this Ball Skills unit pupils develop skills for basketball and tag rugby. In basketball, pupils will practise shooting basketball into a hoop with precise technique. They will also learn offensive and defensive strategies for basketball matches.</p> <p>In the Ball Skills focusing on rugby, pupils will develop and refine their technique for gripping the rugby ball while running, running with the ball and touching it down for a try, and executing spin passes with precision, both when stationary and when moving. Furthermore, they will learn to collaborate effectively with teammates in attacking and defending during tag rugby games.</p>	<p><u>Gymnastics and Dance</u></p> <p>In the Gymnastics unit, pupils will develop the skill to balance in a stork pose for 1 minute and move across a balance beam while walking heel-to-toe without falling off and execute a high tuck jump off the end while landing on both feet. They will also develop the skill to execute a tuck jump with a jogging lead-off from a springboard and perform a log roll and a crouched forward roll across a mat.</p> <p>In the Dance segment, pupils will develop and refine the skills to replicate dance moves as directed by a classmate leader and lead others in performing dance moves. They will also perform dance moves in time with video choreography and mirror another person both in static and dynamic contexts.</p>	<p><u>Dance, Fitness and Invasion Games</u></p> <p>In the Dance unit, pupils will learn the Cha Cha Slide, Macarena, and Cupid Shuffle. Pupils will also create their own dance sequences.</p> <p>In the Fitness unit, pupils will develop the skills to perform various exercises with precise technique, including frog jumps, cross-country skiing, mountain climbers, and opposite toe touches. Pupils will also demonstrate their ability to perform these exercises correctly for one minute and actively participate in a teacher-led High-Intensity Interval Training (HIIT) Workout.</p> <p>In the Invasion Games unit, pupils will practise football passes from a distance of 5 metres, to a partner, and learn to trap a football passed from a partner.</p>	<p><u>Invasion Games and Striking/Fielding</u></p> <p>Pupils begin this half term building on the skills from Spring II. In the Invasion Games unit, pupils will develop defending. They will learn about the role of the goalkeeper and practise saving shots from a distance of approximately 5 meters. Furthermore, they will learn to attacking and defending strategies while participating in football matches.</p> <p>In the Striking/Fielding unit, pupils are introduced to cricket. Pupils will learn to bowl a tennis ball towards the wickets with the correct straight-arm technique, catch a tennis ball thrown or hit high into the air, and apply fielding techniques. Additionally, they will practise batting a tennis ball.</p>	<p><u>Striking/Fielding and Net/Court/Wall Games</u></p> <p>In the Striking/Fielding unit, pupils continue to develop their skills for cricket. Pupils will learn to catch a tennis ball thrown or hit high into the air, apply fielding techniques and strategies during cricket matches, and bat a tennis ball using the proper technique while running between wickets.</p> <p>In the Net/Court/Wall Games unit, pupils are introduced to tennis. They develop the skills to execute a tennis forehand and backhand groundstroke, a forehand volley, and an overhand tennis serve with correct technique. Furthermore, they will engage in rallies with other classmates, using serves, groundstrokes, and volleys before participating in doubles tennis matches.</p>

Year 6					
Autumn I	Autumn II	Spring I	Spring II	Summer I	Summer II
<p><u>Athletics and Ball Skills</u></p> <p>In Athletics, pupils will further develop and refine their running skills and technique. They will learn to run at increasingly high speeds with correct technique and actively participate in sprinting races and running-based games. They will also continue to refine their proper running technique for long-distance running. Pupils will also work on improving their jump rope skills, enabling them to jump rope for longer durations.</p> <p>In the Ball Skills unit, pupils will continue to develop dribbling, executing bounce passes and chest passes, as well as defensive moves that they need to play basketball.</p>	<p><u>Ball Skills</u></p> <p>In the Ball Skills unit, pupils will continue to develop and refine the skills required for basketball. They practise shooting into a hoop using proper throwing techniques. They develop their skills by playing a range of different positions in basketball matches.</p> <p>Pupils will also develop their ball skills and techniques in tag rugby. Here, pupils will develop the skill of executing spin passes with precision, both when stationary and in motion. They will also practice catching a rugby spin pass, whether stationary or in motion, and apply their skills during tag rugby games.</p>	<p><u>Gymnastics and Dance</u></p> <p>In the Gymnastics unit, pupils will develop the skill to balance in a stork pose for 1 minute and move across a balance beam while walking heel-to-toe without falling off and execute a high tuck jump off the end while landing on both feet. They will also develop the skill to execute a tuck jump with a jogging lead-off from a springboard and perform a log roll and a crouched forward roll across a mat.</p> <p>In the Dance segment, pupils will develop and refine the skills to replicate dance moves as directed by a classmate leader and lead others in performing dance moves. They will also perform dance moves in time with video choreography and mirror another person both in static and dynamic contexts.</p>	<p><u>Dance, Fitness and Invasion Games</u></p> <p>In the Dance unit, pupils will learn the Cha Cha Slide, Macarena, and Cupid Shuffle. Pupils will also create their own dance sequences.</p> <p>In the Fitness unit, pupils will work towards completing a 20-minute High-Intensity Interval Training (HIIT) Workout involving a range of different exercises.</p> <p>In the Invasion Games unit, pupils will learn to trap a football passed from a partner approximately 5 meters away using the inside of their dominant foot. They will practise throw-ins as well as trapping a football thrown in at them.</p>	<p><u>Invasion Games and Striking/Fielding</u></p> <p>Pupils begin this half term by continuing to refine their football skills. Pupils participate in competitive matches, allowing them to practise and apply their skills.</p> <p>In the Striking/Fielding unit, pupils continue to develop their skills for cricket. Pupils practice bowling a tennis ball towards wickets using the correct straight-arm technique. They practise catching a tennis ball thrown or hit high into the air and to apply fielding techniques and strategies during a fielding drill. Additionally, pupils practise batting with proper technique.</p>	<p><u>Striking/Fielding and Net/Court/Wall Games</u></p> <p>During this half term, pupils will further refine their cricket skills and participate in Kwik Cricket Matches with the teacher serving as the bowler. As pupils progress in their bowling skills, they will transition to playing matches where the pupils themselves take on the role of the bowler instead of the teacher.</p> <p>In the Net/Court/Wall Games module, pupils continue to develop skills for tennis. They will practise and develop their groundstrokes, forehand volley, and overhand serves with proper technique. Pupils will engage in rallies and doubles tennis matches to apply their skills.</p>

Enrichment Opportunities:

Year 5 Swimming Lessons

All Year 5 pupils at ELPS will receive one full term of swimming lessons taught by expert swimming teachers at Vale Farm Sports Centre. In accordance with the National Curriculum, pupils are taught how and assessed on their ability to swim competently, confidently and proficiently over a distance of 25 metres, use a range of strokes effectively (e.g. front crawl, back crawl, breaststroke) and perform safe self-rescue in different water-based situations.

Lunchtime Sports Coaching

Pupils in Year 3 (3 days per week) and Year 4 (2 days per week) receive a 30-minute lunchtime sports session during which they receive specialist coaching from London Athletic Football Club and participate in a variety of drills and activities to develop their skills in various sports, with an emphasis on football. In addition to focused skills training, pupils have the opportunity to further develop their skills through participation in organized matches in football and other sports.

Year 4-6 House Sports Competitions

Each half-term, over the course of one week per Year Group, pupils will have the opportunity to participate in a house-based sports tournament during lunch playtime. Each half-term there will be a house-based sports tournament in a different sport: Autumn Term 1 – Relay Races, Autumn Term 2 – Basketball, Spring Term 1 – Tag Rugby, Spring Term 2 – Handball, Summer Term 1 – Football, Summer Term 2 – Cricket. During each year group's house-based sports tournament, two house teams will play in a preliminary match one day, the two remaining house teams will play in a preliminary match another day, and the two winning houses from both preliminary matches will face off in the finals on a third day. For each Year Group's tournament, the winning house receives 100 house points, and the second-place house receives 50 house points.

Competitive Sports Teams

ELPS organizes the following competitive teams: Year 3/4 Boys Football, Year 3/4 Girls Football, Year 5/6 Boys Football, Year 5/6 Girls Football, Year 3/4 Cross Country and Year 5/6 Cross Country. These teams are assembled on the basis of tryout results as well as PE assessment data, and pupils on each of these teams train regularly throughout their respective seasons and compete in fixtures, tournaments and events against pupils from other schools.

Team Games Club

Specifically identified pupils in Year 4-6 are invited to participate in Team Games Club, which is a PE booster club aiming to support pupils to develop their physical literacy through participation in competitive matches against other pupils in a variety of sports as well as other team-based games.

Paid After School Sports Clubs

ELPS offers a wide variety of paid after school sports club opportunities to pupils which they can register for if interested. Most school sports clubs at ELPS are led by specialist sports coaches from London Athletic Football Club and sports clubs on offer include Football, Tennis, Basketball, Ballet and Contemporary Dance. In addition to the sports clubs offered by London Athletic Football Club, there is also after school martial arts (judo) lessons led by Moberly Stars Judo Club.

Sports Day

In Summer Term, all ELPS pupils will participate in Sports Day during which they will have the opportunity to compete against their peers in a variety of physical activities and sporting events. During Sports Day, pupils will be representing their House Team and competing against pupils on other House Teams in a series of events which will put their athletic abilities to the test. Parents will be invited to support their children and spectate these exciting events!

FA Wembley Community Club

ELPS is a member of the FA Wembley Community Club and through this partnership will receive access to special opportunities at Wembley Stadium which will be shared with ELPS pupils and their families. Opportunities which could be provided to ELPS by the FA Wembley Community Club include complimentary tickets to football matches and other events, behind the scenes tours of Wembley Stadium, educational workshops at the Wembley Stadium Learning Zone, player escort places for children to accompany the players onto the Wembley pitch at the start of football matches and community days at Wembley Stadium.