

Banwell Primary School KS1 2024/25

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Term Focus	Personal Skills	Social Skills	Cognitive Skills	Creative Skills	Physical skills	Health and fitness skills
Key Skills to be delivered	Personal best and teamwork	Working with and against others PE1/1.1b	Gym and dance	Being part of teams and playing team sports.	Mastering basic movements Character building (Values of fairness and respect) PE1/1.1a	
National Curriculum links	Become increasing competent and confident. Develop fundamental movement skills with self.	Develop fundamental movement skills with others.	PE1/1.1a Perform dances using simple movement patterns. PE1/1.1c	Participate in team games, developing simple tactics for attacking and defending.	Running, jumping, throwing and catching. Use agility, balance and coordination in a range of activities. Challenging activities Master basic movements of agility, balance and coordination.	
Possible sports to be delivered	Competitive physical and team building activities.	Sports hall athletics infants or a sequenced programme of lessons related to agility, balance and coordination.	Gymnastics, yoga and dance	Football hockey, tagging games, physically active games that include teamwork. Modified small-sided team games	Activities involving control. Co-operative physical athletic activities. Sports day activities. Activities that may need revisiting from earlier in the year, for example taking part in team games to develop character building and fairness and respect.	
Actual intended sports in year groups	Reception/ Year 1: multi-skills/ team building games Year 1 and 2: Competitive skills against self/ games	Reception/ Year 1: sports hall athletics infants Year 1 and 2: sports hall athletics	Reception/ Year 1: dance Year 1 and 2: gymnastics	Reception/ Year 1: tagging and playground games Year 1 and 2: invasion games (football/ tagging games)	Reception/ Year 1: athletics Year 1 and 2: athletics Activities involving control. Co-operative physical activities. Sports day activities. Taking part in team games to develop character building and fairness and respect.	

Banwell Primary School KS2

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Term Focus	Personal Skills	Social Skills	Cognitive Skills	Creative Skills	Physical skills	Health and fitness skills
Key skills to be delivered	Personal Best	Attacking and defending	Gym and dance	Evaluating and recognising success and improvements.	Character building (Values of fairness and respect) Healthy lifestyles	
National Curriculum links	Compare performances with previous ones. PE2/1.1f Evaluate and recognise their own success. Develop competence to excel in a broad range of activities.	Communicating and collaborating. Principals of attacking and defending modified competitive games. PE2/1.1b	Develop flexibility, strength, technique, control and balance. PE2/1.1c Perform dances using a range of movement patterns. Link patterns to make actions and sequences of movement. PE2/1.1d	Understanding how to improve in different physical activities. Become increasingly competent and confident at striking games.	Use running, jumping, throwing and catching in isolation and in combination. PE2/1.1a Take part in outdoor adventurous activities. PE2/1.1e Lead healthy, active lives. Physically confident to support their health and fitness Physically active for sustained periods of time.	
Possible sports to be delivered	Competitive physical activities (against self) Be physically active for sustained periods of time.	Netball, basketball, hockey, handball, skills of passing, shooting, dribbling and tackling.	Gymnastics, yoga and dance	Understanding how to improve in different physical activities. Increasingly competent and confident.	Athletics, quad kids, OAA, skills of striking and fielding, sports day activities. Sports hall athletics Physically active games and concepts. Competitive physical activities involving agility, balance and coordination.	
Actual intended sports in year groups	Year 3 and 4: Sports hall athletics Year 4 and 5: sports hall athletics Year 6: sports hall athletics	Year 3 and 4: netball/ playground games Year 4 and 5: netball/ playground games Year 6: hockey	Year 3 and 4: dance/ gymnastics Year 4 and 5: dance/ gymnastics Year 6: gymnastics/dance	Year 3 and 4: badminton/handball Year 4 and 5: Badminton/handball Year 6: cricket/ dodgeball	Year 3 and 4: athletics Year 4 and 5: athletics Year 6: athletics	Year 3 and 4: multisports/ cricket Year 4 and 5: multisports/ cricket Year 6: Rounders, handball and OAA

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

Swim competently, confidently and proficiently over a distance of at least 25 metres. PE1/1.2a

Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] PE1/1.2b

Perform safe self-rescue in different water-based situations. PE1/1.2