

Telford Junior School  
PE Curriculum

<b>Pupils should be taught to:</b> <ul style="list-style-type: none"> <li>♣ Develop competence to excel in a broad range of physical activities</li> <li>♣ Are physically active for sustained periods of time</li> <li>♣ Engage in competitive sports and activities</li> <li>♣ Lead healthy, active lives.</li> </ul>		<b>KS2 Curriculum</b> <ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> <li>• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)                             <ul style="list-style-type: none"> <li>• Perform dances using a range of movement patterns</li> </ul> </li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>				
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	<b>Gymnastics:</b> Shape and Movement	<b>Dance:</b> Spanish dancing. Flamenco.	<b>Swimming</b> All Year 3 pupils attend: They swim for 10 weeks in differentiated groups assessed by the swimming teachers.		<b>Athletics</b>	<b>Athletics</b>
			<b>OAA</b>			
Games	<b>Multi skills Target</b> Tri golf	<b>Multi skills Invasion Games</b> Netball, Football, Rugby	<b>Multi skills Net and Wall</b> Tennis		<b>Multi skills Striking and Fielding</b> Rounders	
Competition	Cross Country Championship House Tournament		House Tournament		House Tournament Summer Sports Day Year 3 Athletics comp held to select team.	
Personal Best	Personal Best Challenge session 1				Personal Best Challenge session 2	
Leadership						
Physical Activity	<ul style="list-style-type: none"> <li>• Active lessons – All children take part in lessons which they need to move and be active.</li> <li>• Daily Mile – the children run a mile either on the school field or the playground. They run/walk a mile and this is 3 times a week. This is also done as part of the warm up for the PE/Games lesson</li> </ul>					

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Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	Gymnastics: Movement	Dance: around the World. <ul style="list-style-type: none"> <li>• Indian</li> <li>• African</li> </ul>	Swimming All Year 4 pupils attend. They swim for 10 weeks in differentiated groups assessed by the swimming teachers.		Athletics Intra school competition to select an inter school team.	OAA
			Indoor Athletics Linked to Quad kids.			
Games	Multi skills Invasion Games Handball, Netball, Football, Hockey		Multi skills Net and Wall Tennis		Multi skills Striking and Fielding Rounders and Cricket	
Competition	Cross Country Championship House Tournament		House Tournament		House Tournament Summer Sports Day Year 4 Athletics comp held to select team.	
Personal Best	Personal Best Challenge session 1				Personal Best Challenge session 2	
Leadership						
Physical Activity	<ul style="list-style-type: none"> <li>• Active lessons – All children take part in lessons which they need to move and be active.</li> <li>• Daily Mile – the children run a mile either on the school field or the playground. They run/walk a mile and this is 3 times a week. This is also done as part of the warm up for the PE/Games lesson</li> </ul>					

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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	Gymnastics: Movement	Dance: Haka	Swimming All Year 5 pupils attend. They swim for 10 weeks in differentiated groups assessed by the swimming teachers.		Athletics	Athletics
			OAA			
Games	Multi skills Invasion Games Handball Netball Football Hockey		Multi skills Net and Wall Tennis	Circuit Training	Multi skills Striking and Fielding Rounders Cricket	
Competition	Cross Country Championship House Tournament		House Tournament		House Tournament Summer Sports Day Year 5 Athletics comp held to select team.	
Personal Best	Personal Best Challenge session 1				Personal Best Challenge session 2	
Leadership						
Physical Activity	Active lessons – All children take part in lessons which they need to move and be active. Daily Mile – the children run a mile either on the school field or the playground. They run/walk a mile and this is 3 times a week. This is also done as part of the warm up for the PE/Games lesson					

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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	Gymnastics	Dance: Street Dance	OAA		Athletics	Athletics
Games	Invasion Games Basketball, Handball, Football, netball, hockey		Target Bowling	Striking and Fielding Cricket Rounders	Net and Wall Volleyball, Tennis, Badminton	
Competition	Cross Country Championship House Tournament		House Tournament		House Tournament Summer Sports Day Year 6 Athletics comp held to select team.	
Personal Best	Personal Best Challenge session 1				Personal Best Challenge session 2	
Leadership						
Physical Activity	Active lessons – All children take part in lessons which they need to move and be active. Daily Mile – the children run a mile either on the school field or the playground. They run/walk a mile and this is 3 times a week. This is also done as part of the warm up for the PE/Games lesson					