



PE Curriculum Overview

Fulwood and Cadley Primary School

The national curriculum purpose of study for physical education:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

PE: School Statement of Intent

Fulwood and Cadley aims to provide opportunities to promote and provide healthy activities within the school curriculum. It is hoped that this, in turn will lead the children to follow a healthy and active lifestyle throughout their school days and beyond into adult life.

The Physical education curriculum should be seen as an inclusive not exclusive curriculum. It relates to the overall aims of the school. The P.E. curriculum aims to develop the potential of each individual child. It aims to develop and maintain links between home, school and the community.

PE Whole School Curriculum Map

Lancashire Scheme – PE Passport

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1 - EYFS	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Fundamental Movement Skills	FMS Superworm	FMS Castles	FMS How to Catch a Star	FMS Jack and the Beanstalk	FMS Rosies Walk
		FMS Transport	FMS Seaside	FMS Elmer	FMS Hungry Caterpillar	FMS Mini Beasts	FMS Rumble in the Jungle
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 2 EYFS/ Year 1	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Fundamental Movement Skills	FMS Superworm	FMS Castles	FMS How to Catch a Star	FMS Jack and the Beanstalk	FMS Rosies Walk
		Gymnastic Activities 1	Gymnastic Activities 2	Underarm Throw	Striking and Fielding	Dance - Explorers	Net and Wall Games
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 3 Year 1	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Dance Fire, Fire	FMS and Gym Jack and the Beanstalk	Dance Robots	Fundamental Movement Skills	Athletics	Tri Throlf
		Gymnastic Activities 1	Gymnastic Activities 2	Underarm Throw	Striking and Fielding	Dance - Explorers	Net and Wall Games
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 4 Year 2	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Dance – Once Upon a Giant	Gymnastic Activities 1	Net and Wall Games	Games – Piggy in the Middle	Athletics	Games – Striking and Fielding
		FMS Bounce a Ball	Dance – Fire Fire	Dance – Moving Along	Gymnastic Activities 2	Playground games	Year 2 FMS end of KS1 Assessment

Class 5 Year 2 and 3	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Dance – Once Upon a Giant	Gymnastic Activities 1	Net and Wall Games	Games – Piggy in the Middle	Athletics	Games – Striking and Fielding
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Creative Games – Tag and Target	Dance – Myths and Legends	Gymnastic Activities 2	Dance Iron Man	Net and Wall Games	Year 2 FMS end of KS1 Assessment
Class 6 – Year 3	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Creative Games – Tag and Target	Invasion Games - Rugby	Invasion Games - Handball	Striking and Fielding Games - Rounders	Target Games - Dodgeball	Athletic Activities
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gymnastic Activities 1	Dance – Myths and Legends	Gymnastic Activities 2	Dance Iron Man	Net and Wall Games	Year 2 FMS end of KS1 Assessment
Class 7 Year 4	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Invasion Games - Rugby	Invasion Games - Handball	Invasion Games - Netball	Net and Wall Games	Striking and Fielding - Rounders	Athletic Activities
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gymnastic Activities	Dance – The Great Plague	Gymnastic Activities	Target Games - Dodgeball	OAA – Team Work and Problem Solving	Striking and Fielding - Cricket
Class 8 Years 4 and 5	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Invasion Games - Rugby	Creative Games	Invasion Games Netball	Invasion Games - Hockey	Striking and Fielding - Rounders	Striking and Fielding Games – Cricket
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		Gymnastic Activities	Dance – The Great Plague	Gymnastic Activities	OAA	Dance – Robin Hood	Athletics

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 9 Year 5	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Invasion Games – Rugby	Invasion Games – Handball	Invasion Games – Hockey	Striking and Fielding - Rounders	Invasion Games - Netball	Striking and Fielding Cricket
		Gymnastics – Rolling and Mirroring	Dance – The Haka	Gymnastic Activities	Dance – Robin Hood	OAA	Athletics
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 10/11 Year 6	Units to be covered from the Lancashire PE Curriculum to be taught as a discrete lesson using the support of PE Passport	Gymnastic Activities	Dance – The Highwayman	Gymnastic Activities	Dance – Robin Hood	Athletics	Gymnastic Activities
		Invasion Games - Rugby	Invasion Games - Hockey	Net and Wall Games - Tennis	Invasion Games - Netball	Striking and Fielding - Rounders	Striking and Fielding - Cricket

End of Year Expectations

	Performing	Listening and Reviewing	Creating and Composing	Understanding and Exploring	Inter-related Dimensions (pitch, duration, dynamics, tempo, timbre, texture, structure)
Year 1	<ul style="list-style-type: none"> ✓ Rehearse and perform with others, using untuned instruments and voices to sing songs, speak chants and rhymes. ✓ Perform with confidence cumulative songs (<i>songs with a simple melody that changes each verse</i>). 	<ul style="list-style-type: none"> ✓ Understand how sounds can be made in different ways and described using given and invented signs and symbols. ✓ Listen to contrasting songs (such as lullabies and dance / up-tempo) with concentration, remembering specific instrumental names and sounds. 	<ul style="list-style-type: none"> ✓ Experiment with creating and copying musical patterns. ✓ Begin to explore the sounds of their voices and various musical instruments, recognising the differences between singing and speaking and wood, metal, skin (<i>drum</i>) and 'shaker' sounds. 	<ul style="list-style-type: none"> ✓ Begin to explore their feelings about music using movement, dance and expressive language. ✓ Develop an understanding that music has been composed throughout history. 	<ul style="list-style-type: none"> ✓ Identify high and low pitches, sounds of long and short duration and recognise the difference between long and short sounds. ✓ Identify silence and sounds that are loud and quiet and the differences between fast and slow speeds.
Year 2	<ul style="list-style-type: none"> ✓ Play tuned and untuned instruments. ✓ Use their voices expressively to rehearse and perform with others, recognising a song with an accompaniment (<i>instrumental backing</i>) and one without. ✓ Can start and finish together and can keep to a steady pulse. 	<ul style="list-style-type: none"> ✓ Listen with concentration to music of a longer duration and recognise simple structures (for example, a beginning, middle and end). ✓ Understand that music can be used for particular purposes and occasions. 	<ul style="list-style-type: none"> ✓ Experiment with creating their own musical patterns and begin to identify one strand (<i>section</i>) of music or more. ✓ Begin to improve their own and others' work. 	<ul style="list-style-type: none"> ✓ Recognise and match sounds with pictures of different instruments. ✓ Explore a variety of vocal qualities through singing and speaking. ✓ Begin to use onomatopoeia sound words to describe selected sounds and the ways in which they are produced. 	<ul style="list-style-type: none"> ✓ Recognise the difference between a steady beat and no beat and identify sections within a piece of music which sound the same or different. ✓ Understand that tempo means speed, and identify the tempo of music as fast, moderate, slow, getting faster or getting slower.
Year 3	<ul style="list-style-type: none"> ✓ Sing songs (also imitating melody patterns as an echo), speak chants and rhymes in unison, with clear diction, control of pitch and musical expression presenting performances with an awareness of the audience. ✓ Play tuned and untuned instruments with increasing control and rhythmic accuracy, responding through gestures or movement to changes in the speed of the beat. 	<ul style="list-style-type: none"> ✓ Listen with extended concentration and begin to express their opinion on a range of live and recorded music. ✓ Explain their ideas and feelings about music using movement, dance and expressive language. ✓ Begin to understand how music can be organised to communicate different moods and effects (e.g. listening to loud and fast music will create a different feeling to slow and quiet). ✓ Determine upwards and downwards direction in pitch when listening and reviewing music. 	<ul style="list-style-type: none"> ✓ Begin to improvise and develop rhythmic and melodic material when composing, improving their own and others' work in relation to its intended effect. ✓ Begin to create and combine a variety of the inter-related dimensions when composing (e.g. composing using both dynamics and tempo). 	<ul style="list-style-type: none"> ✓ Explore and compare sounds of groups of musical instruments, identifying the differences between them, e.g. strings, woodwind, orchestra, rock band etc. ✓ Begin to explore the history of music, understanding that time and place can influence how and why music is created, performed and heard. ✓ Explore music from a culture different to their own. 	<ul style="list-style-type: none"> ✓ Understand that dynamics means volume and can recognise various different levels. ✓ Understand that texture refers to the difference between thick (<i>many sounds</i>) and thin (<i>few</i>) layers of sounds. ✓ Experience how music can be produced in different ways, including through ICT, and described through relevant established and invented notations.
	<ul style="list-style-type: none"> ✓ Sing solo songs demonstrating call and 	<ul style="list-style-type: none"> ✓ Review their own ideas and feelings about music 	<ul style="list-style-type: none"> ✓ Improvise and develop rhythmic and melodic 	<ul style="list-style-type: none"> ✓ Explore and compare sounds from the different 	<ul style="list-style-type: none"> ✓ Identify through gestures such as clapping or using

<p>Year 4</p>	<p>response form, speak chants and rhymes in unison with clear diction, control of pitch, a sense of phrase and musical expression.</p> <ul style="list-style-type: none"> ✓ Identify contrasting sections of a song, such as the verse and refrain (chorus). 	<p>using art, movement, dance, expressive language and musical vocabulary.</p> <ul style="list-style-type: none"> ✓ Understand that time and place can influence how and why music is created, performed and heard. Listen to and review music from a culture different to their own. 	<p>material when composing.</p> <ul style="list-style-type: none"> ✓ Experiment with gestures to show the overall contour of the pitch of a melody as it moves upwards, downwards or stays the same. ✓ Combine a variety of musical elements when composing using staff and other musical notations. 	<p>instrumental families (percussion, woodwind, brass, string), name a variety of instruments.</p> <ul style="list-style-type: none"> ✓ Hear in a piece of music, refer to and compare the different sounds instruments make as their tone colour such as brassy, wooden and metallic. ✓ Sequence various famous composers on a timeline. 	<p>percussion, the strong / first beat whilst singing.</p> <ul style="list-style-type: none"> ✓ Keep a steady beat and maintain rhythmic accuracy holding their own beat against another contrasting part. ✓ Recognise pitch movement by step, leaps or as repeats.
<p>Year 5</p>	<ul style="list-style-type: none"> ✓ Independently sing songs, speak chants and rhymes in unison and two parts, with increasing clear diction, control of pitch, a sense of phrase and musical expression. ✓ Perform a variety of repeated rhythmic patterns (ostinato) on percussion instruments. 	<ul style="list-style-type: none"> ✓ Begin to make suggestions of how the inter-related dimensions can be enhanced within musical structures to communicate different moods and effects (e.g. <i>how can the tempo be changed to create excitement?</i>) ✓ Demonstrate a better understanding of the history of music. Begin to make appropriate suggestions of suitable pieces for music for various occasions. 	<ul style="list-style-type: none"> ✓ Improvise and develop a wider range of rhythmic and melodic material when composing. ✓ Choose, combine and organise a variety of the inter-related dimension of musical elements when composing with staff and other musical notations, such as graphic scores and / or using ICT. 	<ul style="list-style-type: none"> ✓ Begin to explore and compare a variety of contrasting sounds, recognising where the texture (thick (<i>many sounds</i>) and thin (<i>few</i>) layers of sound) varies in a song or piece of music. 	<ul style="list-style-type: none"> ✓ Recognise a musical phrase is like a musical sentence and can identify its duration as short or long. ✓ Can identify a silence in a rhythmic pattern with a gesture such as raised hand. ✓ Begin to use various Italian musical terms such as <i>crescendo</i>, <i>diminuendo</i>, <i>forte</i> and <i>piano</i>.
<p>Year 6</p>	<ul style="list-style-type: none"> ✓ Independently sing songs, speak chants and rhymes in unison and two parts, with confident clear diction, control of pitch, a sense of phrase and musical expression. ✓ Practise, rehearse and present a variety of solo and ensemble performances with confidence and awareness of the audience. 	<ul style="list-style-type: none"> ✓ Know that time and place can influence the way music is created, performed and heard. Can make informed suggestions of suitable pieces of music for various occasions. ✓ Develop a better understanding of the history of music. Begin to investigate the different eras of music. 	<ul style="list-style-type: none"> ✓ Improvise with their voice or on a musical instrument both solo and ensemble to develop a wide range of rhythmic and melodic material when composing. ✓ Can compose for different moods and use dynamic levels such as accents (<i>sudden loud or sudden quiet notes</i>). 	<ul style="list-style-type: none"> ✓ Explore and compare a variety of sounds in a piece of music, identifying the prominent melodies. 	<ul style="list-style-type: none"> ✓ Recognise a metre (the way in which beats are grouped) of three (such as in a Waltz) or four (most pop songs) and begin to recognise a change of metre within a piece. ✓ Use Italian musical terms for gradually getting louder <i>crescendo</i> and gradually getting quieter <i>diminuendo</i>.