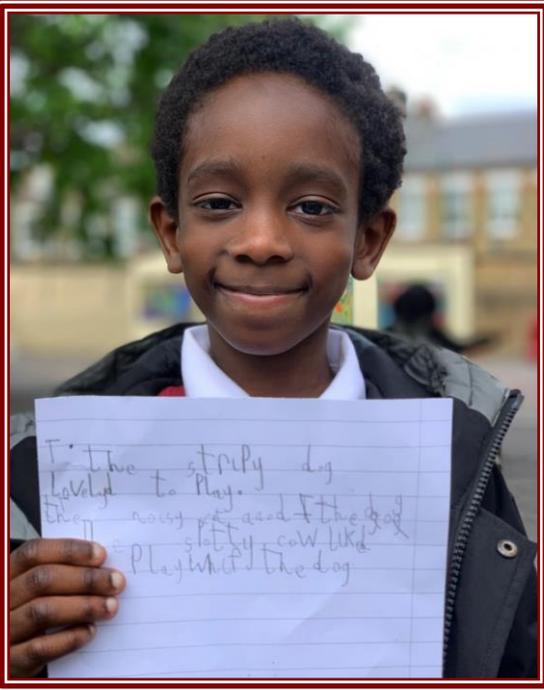




Ark John Archer Primary Academy *Sports & Fitness Curriculum*



Sports and Fitness: Rationale

The Ark John Archer Sports and Fitness Curriculum aims to inspire pupils to engage in physical activity with both enthusiasm and discipline, while imparting the knowledge and information required to make suitable choices for living a healthy and prosperous life. The curriculum draws together the two domains, which are taught as individual lessons, to demonstrate how each contributes to, and relies upon, the other in developing a healthy lifestyle. Pupils explore the concepts of Health and Fitness further through both the PSHCE and Science Curriculums.

The **Sports Curriculum** builds from the early development of gross motor skills and basic movements, before providing pupils with the opportunity to develop and refine skills towards application through competition – both within team games and against their own personal goals and accomplishments. Planned activities are progressively more challenging and develop increased skill, co-ordination and ability across year groups. Through high-quality Sports education, pupils are inspired to succeed and excel in competitive sport and other physically demanding activities. They are provided the opportunity to explore a range of different sports and disciplines and, through this, begin to identify their own strengths and preferences both within team situations and individual disciplines. They learn to work alongside others and cooperate within a team, developing strategies and skills that can be applied towards achieving success within team games. Opportunities to compete in sport and other activities are seized and valued, as they are influential in building character and embedding values such as fairness and respect.

The **Fitness Curriculum** is developed to ensure pupils receive regular opportunities to engage in exercise, teaching different methods to increase fitness levels through activities such as gymnastics, boxercise, circuits and bootcamp. Lessons are designed to raise the heart rate and improve overall fitness, stamina and flexibility, with levels of fitness reviewed to encourage further participation and application outside of the school setting. Through *flexibility* exercises, pupils become more able to stretch and move their bodies in a full range of motion, helping to maintain limber physiques throughout life. *Strength* exercises help children build healthy muscles, with work-outs focussed on non-resistance training and developing *stamina* through exercises such as lunges, dips, press-ups and sit ups. *Aerobic* exercises provide the opportunity for cardiovascular training, keeping pupils' hearts and lungs functioning healthily. Through *circuit training*, pupils apply their strength and stamina to develop greater levels of fitness.

Health: links to PSHCE and Science

The curriculum provides pupils with the knowledge required to reflect on their lifestyle choices, and make suitable adaptations and decisions in order to lead sustainably healthy and active lives, both now and in the future. The curriculum has been designed to build on three core areas: healthy body, healthy mind, and healthy lifestyles. Pupils learn about the anatomy and functions of the body, discovering how each part works and what is required to keep this working healthily. Pupils are taught the importance of maintaining a healthy mind, discovering ways to keep themselves well and happy. They learn the importance of developing a healthy lifestyle, including healthy diets, routines and hygiene. Physical Health and Mental Well-being teaching explores the ways in which a healthy body and healthy mind can be maintained through dietary choices and fitness routines, while discovering the risks and dangers that are increasingly prevalent within society, such as drugs, tobacco and alcohol. In Upper Key Stage Two, pupils gain an understanding of the natural changes that occur to an adolescent body, learn how to look after themselves and their hygiene, and practise basic first aid skills.



All pupils across Key Stage 2 participate in **swimming** and water safety lessons throughout the academic year. It is our aim that all pupils leave their primary education with the skills and confidence to keep themselves safe while enjoying the sport of swimming as a leisure activity.

The curriculum aims to combat recent NHS reports (December 2018) stating that more than 1 in every 5 children aged 5 years old in the UK is overweight or obese. A figure that increases further throughout a pupil's time in primary school to a shocking 1 in every 3 pupils by the time they reach 11 years old. Our aim is for every pupil at Ark John Archer to leave school both informed and inspired to make sustainably healthy lifestyle choices for their futures, with the skills to manage their own emotional and physical well-being.

Sports and Fitness: Our Aims

- *Inspire*: an exciting curriculum designed to engage pupils in a wide variety of regular physical activity.
- *Educate*: children and families are given the knowledge and information they need to make healthy choices and to live well balanced lives.
- *Measure*: pupils are provided the opportunity to track their own health and fitness, setting individual goals to improve their own personal fitness levels.
- *Inform*: parents and pupils are aware of their levels of health and fitness.
- *Support*: offering a variety of enrichment opportunities, workshops and master-classes for children and families, building a healthy, happy community of learners.

Swimming and Water Safety: Our Aims

- Perform safe self-rescue in different water-based situations.
- Swim competently, confidently and proficiently over a distance of **at least** 25 metres.
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Sports and Fitness: Our Approach

- *Teaching sequence*: Sports and Fitness lessons are taught in conjunction with one another to support pupils in making the required connections.
- *Enrichment*: a carefully planned schedule of school-funded sports enrichment (see Enrichment section), providing pupils with the opportunity to develop skills in specific disciplines, represent the school in the wider community and develop a sense of pride in their own and team achievements. The school currently focuses on two key sports that reflect the interests and skills of our cohort: Football and Athletics. Pupils are inspired through opportunities to participate in external events and competitions, and are required to commit through training and dedication to their chosen sport.
- *Parents as partners*: Parents are given opportunities to engage in workshops that support the promotion of positive mental and physical well –being.
- *Motor-skills interventions*: where pupils are assessed to require further support in developing motor skills, our Sports coach leads group and 1:1 interventions to target their areas of development – pupils work through a planned progression of skills as directed by the SEND and Inclusion Lead, and are assessed at regular intervals to monitor progress.
- *Vocabulary is knowledge*: as part of a school-wide focus, children are exposed to challenging and innovative vocabulary at the beginning of each lesson to enrich their learning. Teachers provide pupils with the opportunity to orally rehearse, apply in different contexts and construct sentences with accurate use of new terms. This enables children to expand their vocabulary knowledge, embed words and then have the confidence to apply them within their learning.

Assessment:

- Pupils are assessed regularly within Sports lessons, with real-time feedback provided to further develop skills and target key areas of development.
- Pupils are provided with regular opportunities to assess their fitness levels and evaluate their performance, setting their own targets to increase endurance and improve overall fitness. Assessments are recorded and tracked by the teacher.
- Plenaries provide pupils with the opportunity to reflect on their learning from each lesson. They reflect on the developments they have made in acquiring key skills, knowledge and understanding and identify their next steps.

Sports and Fitness: Sports Knowledge and Skills Map

	Multi-skills	Ball Skills	Throwing and Catching	Athletics
Year 1	<ul style="list-style-type: none"> • Explore static balancing and understand the concept of bases. • Combine a number of co-ordination drills, using upper and lower body movements. • Aim a variety of balls and equipment accurately. • Time running to stop or intercept the path of a ball. 	<ul style="list-style-type: none"> • Develop basic sending and receiving techniques. • Develop balance, agility and co-ordination. • Develop use of co-ordination, accuracy and weight transfer. • Use ball skills in game-based activities. 	<ul style="list-style-type: none"> • Learn skills for striking and fielding games. • Consolidate and practise techniques for throwing a ball underarm and catching. • Practise basic striking, sending and receiving. • Learn how to stop and retrieve a ball (fielding). • Practise accuracy of throwing to a target and consistent catching. • Strike with a range of rackets or bats. • Use fielding skills to play a game. 	<ul style="list-style-type: none"> • Learn to use a variety of speeds when running, and to vary whilst running. • Explore footwork patterns (hopping). • Explore arm mobility and different methods of throwing. • Practise short distance running. • Run with balance and co-ordination. • Practise taking off from different positions. • Explore best ways to jump to cover a distance. • Complete an obstacle circuit with control and agility.
Year 2	<ul style="list-style-type: none"> • Travel in different ways, showing clear transitions between movements. • Travel in different directions with control and fluency. • Maintain balance when changing direction. • Practice agility, balance and co-ordination at circuit stations. 	<ul style="list-style-type: none"> • Use hand-eye co-ordination to control a ball. • Throw and catch a variety of objects. • Learn to vary types of throw, including different heights and lengths. • Kick, move and pass with a ball. • Develop catching and dribbling skills. • Use ball skills in a variety of game-based activities. 	<ul style="list-style-type: none"> • Learn to throw a ball underarm with increasing accuracy. • Position the body to strike a ball. • Receive and return a ball using a correct technique for striking. • Explore techniques for catching. • Learn to throw a ball for distance, using the overarm technique. • Develop accurate throwing and consistent catching and striking. • Use the tactics and skills needed to win a game. 	<ul style="list-style-type: none"> • Run with agility and confidence, including changes of speed/direction. • Learn jumping techniques for distance, improving balance and fluency. • Throw different objects safely in a variety of ways considering distance. • Hurdle an obstacle and maintain effective running style. • Learn the differences between running for distance and running for speed. • Complete an obstacle circuit with control and agility.
Year 3	<ul style="list-style-type: none"> • Change and maintain centre of balance. • Develop co-ordination whilst moving an object. • Demonstrate agility by being able to twist and change direction. • Practise co-ordination and moving with others. • Use co-ordination skills to move an object. • Use agility, balance and co-ordination effectively. 	<ul style="list-style-type: none"> • Develop an awareness of others when playing games. • Choose right skills to meet challenge. • Perform a range of actions while maintaining control of the ball. • Perform a range of catching and gathering skills with control. • Catch with increasing control and accuracy. • Throw and hit a ball in different ways, including height and speed. • Apply skills and tactics to a game. • Choose and use simple tactics to suit different situations. • React to situations in ways that make it difficult for opponents to win. 	<ul style="list-style-type: none"> • Consolidate and develop a range of skills for striking and fielding. • Develop different ways of throwing and know when best to use these. • Practise the correct technique for catching a ball and use this in a game. • Practise the correct batting technique and use this in a game. • Practise the correct technique for fielding and use this in a game. • Strike a ball for distance. • Consolidate throwing, catching and batting skills already learned. • Use skills learned to play a striking and fielding game competitively and fairly. 	<ul style="list-style-type: none"> • Run in different directions and at different speeds using a good technique. • Improve throwing in a variety of ways. • Reinforce jumping techniques. • Understand the relay and passing the baton, working as a team. • Choose appropriate running techniques for long-distance and short-distance runs. • Compete in running competitions.

	Nimble Nets	Invaders	Striking and Fielding	Athletics
Year 4	<ul style="list-style-type: none"> • Become familiar with balls and rackets, and how best to hold them. • Improve hand-eye co-ordination by sending and receiving a ball with a hand and a racket. • Serve underarm, getting ball into play. • Build up a rally with others. • Develop accuracy of strokes. • Develop awareness of body position and contact points for accuracy. • Play a variety of shots in a game, exploring when different shots should be played. • Play competitively, using learnt skills. 	<ul style="list-style-type: none"> • Learn to keep possession of a ball, using agility, balance and co-ordination. • Dribble a ball, changing direction and maintaining control. • Accurately pass and dribble in a game. • Improve accuracy of passing at a target. • Identify and apply ways to move the ball towards an opponent's goal. • Learn concepts of attack defence. • Apply learned skills to a team game. 	<ul style="list-style-type: none"> • Develop different ways of throwing and know when each is appropriate. • Use agility, balance and co-ordination to field and return a ball. • Use agility, balance and co-ordination to move into good positions for catching in game situations. • Use hand-eye co-ordination to strike a moving and stationary ball. • Develop fielding skills and understand the importance within a game. • Apply learned skills to a team game. 	<ul style="list-style-type: none"> • Select and maintain a running pace for different distances. • Learn to modify stride length, arm action and knee lift to maintain appropriate pace. • Practise throwing with power and accuracy. • Understand the effect of different throwing positions. • Demonstrate good running techniques within competitive situations. • Explore different footwork patterns. • Understand which technique is most effective when jumping for distance.
Year 5	<ul style="list-style-type: none"> • Identify and apply techniques for hitting a ball, using forehand, backhand and volley. • Develop techniques for ground strokes, backhand and volleys. • Practise and consolidate techniques for different strokes. • Learn techniques for overhead serves. • Apply techniques learned to play competitively, using a scoring system. 	<ul style="list-style-type: none"> • Develop passing and receiving skills. • Develop knowledge of basic footwork. • Use good hand-eye co-ordination to pass and receive a ball successfully. • Develop a range of passes and understand which to use depending on distance required to travel. • Develop skill of 'getting free' in order to receive a pass. • Understand how to make space through movement. • Demonstrate a range of defending skills, including marking an opponent. • Understand how to intercept a pass. • Use the correct technique for shooting a ball into a net. 	<ul style="list-style-type: none"> • Develop skills in batting and fielding, lacing and returning the ball accurately. • Choose appropriate fielding techniques, returning the ball. • Move whilst throwing the ball. • Develop a safe and effective overarm throwing technique. • Develop control when batting, including directing the ball. • Use learned skills to play a competitive game, using a scoring system. 	<ul style="list-style-type: none"> • Use the correct technique for running at speed. • Develop ability to run for distance, sustaining running at a continuous pace. • Throw with accuracy and power, demonstrating correct push technique. • Apply techniques of relay running and baton exchange. • Explore different footwork patterns. • Understand which technique is most effective when jumping for distance. • Apply skills to competitive situations.
Year 6	<ul style="list-style-type: none"> • Demonstrate correct grip of a racket. • Use good hand-eye co-ordination to contact a ball/shuttle with the racket. • Recognise the difference between serves, using to start a game. • Develop ability to play 'clear shots'. • Develop ability to play attacking shots. • Understand how to use different shots to outwit an opponent - select and apply in a game to win points. 	<ul style="list-style-type: none"> • Work as a team using ball-handling skills. • Improve spatial awareness and practise moving into different spaces. • Pass and carry a ball using balance and co-ordination. • Practise footwork and dodging skills while carrying the ball. • Consolidate catching, passing and tagging skills, applying to a team game. 	<ul style="list-style-type: none"> • Throw and catch under pressure, using good agility and balance. • Use fielding skills to stop the ball effectively (long barrier technique). • Practise batting control to accurately direct the ball. • Understand the different roles in a team and how they each contribute. • Play competitively, assessing and analysing own/others' strengths. 	<ul style="list-style-type: none"> • Investigate running styles and changes of speed. • Practise throwing with increasing power and accuracy. • Describe the effect of different throwing positions and use effectively. • Demonstrate good running technique in a competitive situation. • Explore different footwork patterns. • Understand which technique is most effective when jumping for distance. • Apply skills to competitive situations.

Sports and Fitness: *Fitness Knowledge and Skills Map*

	Mighty Movers (Running)	Skip to the Beat	Gymnastics and Core Strength	Bootcamp
Year 1	<ul style="list-style-type: none"> • Explore running at a variety of speeds and in a variety of styles. • Run at different speeds and in different directions with control. • Understand what happens to our breathing and heart rate during exercise and how it changes when running at different speeds. • Understand the purpose of circuits and how they can improve fitness. • Complete circuits, improving levels. • Understand the importance of using arms when running. • Run at speed in relay activities. 	<ul style="list-style-type: none"> • Develop foot patterns that aid skipping. • Learn to hop and jump in a stationary position and while on the move. • Develop the 'step hop' technique for skipping without a rope. • Learn to skip with a rope. • Improve agility, balance and co-ordination. • Skip in a circuit using the knowledge and skills learned. 	<ul style="list-style-type: none"> • Explore movement actions with control and link them together, • Travel in different directions at different speeds and levels. • Link moves together while travelling, changing level, speed and direction. • Link isolated moves and shapes when travelling on foot. • Explore rolling movements to travel. • Explore travelling to move along, over, around, on to and off a bench. • Travel with focus on changing direction and level using equipment. • Repeat and link combinations of gymnastic actions, movements and shapes with control. 	<ul style="list-style-type: none"> • Understand how to prepare the body for exercise. • Understand what happens to the heart rate during exercise. • Complete a range of circuit-based activities and understand the reason for completing them. • Demonstrate the correct technique for circuit activities. • Perform simple patterns of movement. • Evaluate activities to say which are easier or more difficult and why.
Year 2	<ul style="list-style-type: none"> • Run efficiently using the arms. • Run with balance and co-ordination. • Learn some of the changes that happen to the body during exercise. • Understand the purpose of circuits and how they can improve fitness. • Complete circuits, improving levels. 	<ul style="list-style-type: none"> • Perform skipping moves with agility, balance and co-ordination. • Raise the heart rate to improve personal fitness. • Explore different ways of jumping and hopping with balance and accuracy. • Improve awareness of the position of the rope when skipping. • Improve control of the rope. • Develop running skip technique. 	<ul style="list-style-type: none"> • Remember and repeat simple gymnastic actions with control. • Perform balances and movements, combining these into a routine. • Balance on isolated parts of the body using floor and hold balance. • Link balances with other travelling moves, transitioning smoothly. • Safely use equipment to develop sequences and explore different levels. • Link together a number of gymnastic actions into a sequence. • Work with partners to create sequence. 	<ul style="list-style-type: none"> • Understand how to prepare the body for exercise. • Understand what happens to the heart rate during exercise. • Complete a range of circuit-based activities and understand the reason for completing them. • Demonstrate the correct technique for circuit activities. • Perform simple patterns of movement. • Evaluate activities to say which are easier or more difficult and why.
Year 3	<ul style="list-style-type: none"> • Explore running at a variety of speeds and in a variety of styles. • Demonstrate good use of arms when running at different speeds. • Work as a team in a running situation, learning to hand over effectively. • Understand reasons for warming up. • Understand the purpose of circuits and how they can improve fitness. • Complete running circuits, showing balance, co-ordination and agility. • Improve fitness, raising the heart rate. 	<ul style="list-style-type: none"> • Develop skipping techniques with control and balance. • Participate in large rope skipping and adapt technique as needed. • Skip with a partner and compose a sequence of skipping moves. • Perform skipping moves in a routine and mirror a partner. • Perform rope and non-rope skipping with good technique, and to songs/rhymes. 	<ul style="list-style-type: none"> • Explore jumping techniques and link these with other gymnastic actions. • Jump in different ways with a stable, safe landing, including from a bench. • Select and adapt gymnastic actions to meet a specific task. • Work in groups to create sequences that develop jumping skills. • Work in groups to create complex shapes at different levels. • Use different musical stimulus to create gym sequences. 	<ul style="list-style-type: none"> • Understand how to prepare the body for exercise. • Understand what happens to the heart rate during exercise. • Complete a range of circuit-based activities and understand the reason for completing them. • Demonstrate the correct technique for circuit activities. • Perform simple patterns of movement. • Evaluate activities to say which are easier or more difficult and why.

	Gym Fit Circuits	Mighty Movers (Boxercise)	Gym Sequences	Bootcamp
Year 4	<ul style="list-style-type: none"> • Understand that a fitness circuit can be sport-specific. • Perform a simple ball-skill circuit with understanding and accuracy. • Perform a simple hockey-based circuit with understanding and accuracy. • Complete a netball/basketball circuit with understanding and accuracy. • Perform a simple football-based circuit with understanding and accuracy. • Perform an athletics-based circuit with understanding and accuracy. • Work with partners in a skill-based situation. 	<ul style="list-style-type: none"> • Learn footwork movement patterns showing co-ordination. • Demonstrate correct technique for a jab / cross-jab. • Learn to build an aerobic exercise routine including skilled moves. • Link skills with control and precision. • Develop personal fitness levels, particularly strength and stamina. • Create and perform a boxercise sequence with increased accuracy. 	<ul style="list-style-type: none"> • Identify and practise body shapes. • Use and refine skills of flexibility; strength; balance; power; mental focus • Identify and practise symmetrical and asymmetrical body shapes and balances, placing these into sequences. • Use links and balances to maintain fluency of a sequence. • Perform gymnastic moves using pieces of equipment. • Use counterbalances, incorporating these into sequences of movements. • Perform movement in canon & unison. • Evaluate own and others' sequences. 	<ul style="list-style-type: none"> • Understand how to prepare the body for exercise, including warming up. • Understand what happens to the heart rate during exercise • Complete a range of circuit-based activities and understand the reason for completing them. • Demonstrate the correct technique for circuit activities. • Develop agility and co-ordination. • Perform more complex patterns of movement. • Evaluate activities to say which are easier or more difficult and why.
Year 5	<ul style="list-style-type: none"> • Perform fitness circuits that aim to improve strength and stamina. • Develop consistency in technique. • Perform fitness circuits with increased understanding and accuracy. • Use correct techniques for different activities involving equipment. • Understand that circuits can take different forms and work on different fitness elements. • Understand why fitness is good for health and wellbeing. 	<ul style="list-style-type: none"> • Perform boxercise routines demonstrating good technique. • Understand the principles of dynamic stretching., • Perform moves in time with music in order to improve fitness. • Improve fitness by raising the heart rate and strengthening legs and arms. • Include linking moves into a sequence. • Perform sequences with precision and accuracy, maintaining balance throughout all moves. 	<ul style="list-style-type: none"> • Practise body shapes and balances. • Perform gymnastic moves with increased control and accuracy. • Identify and practise symmetrical and asymmetrical body shapes and balances, placing these into sequences. • Use and refine skills of flexibility; strength; balance; power; mental focus • Develop skills for movement, including rolling, bridging and dynamic movement. • Use counterbalances, incorporating these into sequences of movements. • Perform movement in canon & unison. • Evaluate own and others' sequences. 	<ul style="list-style-type: none"> • Understand how to prepare the body for exercise, including warming up. • Understand what happens to the heart rate during exercise • Complete a range of circuit-based activities and understand the reason for completing them. • Demonstrate the correct technique for circuit activities. • Develop agility and co-ordination. • Perform more complex patterns of movement. • Evaluate activities to say which are easier or more difficult and why.
Year 6	<ul style="list-style-type: none"> • Develop a personal programme using knowledge and understanding from previous fitness lessons. • Measure the effect on heart rate. • Evaluate and refine the programme to increase fitness. 	<ul style="list-style-type: none"> • Know and understand the principles of a good warm-up. • Compose an aerobic warm-up that raises the heart rate over a sustained time. • Understand how moves can be linked together to perform more complex and challenging moves. • Demonstrate increased fluency. • Perform and devise a sequence of movements to music. • Demonstrate understanding of boxercise moves and how they can be linked together to make a routine. 		<ul style="list-style-type: none"> • Understand how to prepare the body for exercise, including warming up. • Understand what happens to the heart rate during exercise • Complete a range of circuit-based activities and understand the reason for completing them. • Demonstrate the correct technique for circuit activities. • Develop agility and co-ordination. • Perform more complex patterns of movement. • Evaluate activities to say which are easier or more difficult and why.

Sports and Fitness: Unit Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Year 1	Mighty Movers (Running)	Bootcamp	Skip to the beat	Brilliant Ball Skills	Throwing and Catching	Gym Fit Circuits
	Multi-skills		Groovy Gymnastics		Active Athletics	
Year 2	Mighty Movers (Running)	Bootcamp	Skip to the beat	Brilliant Ball Skills	Throwing and Catching	Gym Fit Circuits
	Multi-skills		Groovy Gymnastics		Active Athletics	
Year 3	Mighty Movers (Running)	Bootcamp	Skip to the beat	Brilliant Ball Skills	Throwing and Catching	Groovy Gymnastics
	Multi-skills		Groovy Gymnastics		Swimming	
Year 4	Mighty Movers (Boxercise)	Bootcamp	Gym Sequences	Striking and Fielding	Nimble Nets	Gym Fit Circuits
	Invaders		Swimming		Young Olympians	
Year 5	Invaders	Bootcamp	Mighty Movers (Boxercise)	Striking and Fielding	Nimble Nets	Gym Fit Circuits
	Swimming		Gym Sequences		Young Olympians	
Year 6	Invaders	Bootcamp	Mighty Movers (Boxercise)	Striking and Fielding	Gym Fit Circuits	Young Olympians
	Swimming		Swimming		Swimming	