Physical Education @MANDEVILLE

PE is My energy

Physical Education at Mandeville provides opportunities for pupils to become physically confident in a way which supports their health and fitness. It inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Through sport and dance children our aim is to build character and help to embed values such as fairness and respect whilst having fun..	
Year 4 Curriculum	**KPI**
Pupils should continue to apply and develop a broader range of skills, beginning to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	
Pupils should be taught to:	
Continue to develop running, jumping, throwing 9incl, push throws) and catching in isolation.	Use a range of tactics to keep possession of the ball and to attack goal
Play competitive games, modified where appropriate [cricket, hockey and athletics], and apply basic principles suitable for attacking and defending.	
Build on strength, and refine technique, control and balance [for example, through athletics and gymnastics].	Combine actions to make gymnastic sequences, changing speed, level, direction and shape
Use a range of choreographies to create movement patterns.	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Describe and interpret dance movements using appropriate vocabulary
Swim competently, confidently and proficiently over a distance of at least 25 metres.	

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Progression of vocabulary
Year 1 jump, roll, travel, climb, still, roll, throw, strike, kick, team, exercise Year 2 teamwork , attack, defend, pattern, repeat, leap, hop, gallop, slide Year 3 Warm-up, cool down, nutrition, flexibility, strength, possession, sequence, balance, travel, shape Year 4 Stamina, collaboration, heart rate, skills, Year 5 tactics, lactic acid, agility, pulse, coach, endurance Year 6 Dynamics, composition, evaluate, reflect, adapt, facilitate, intensity.