



PE at West Hampstead

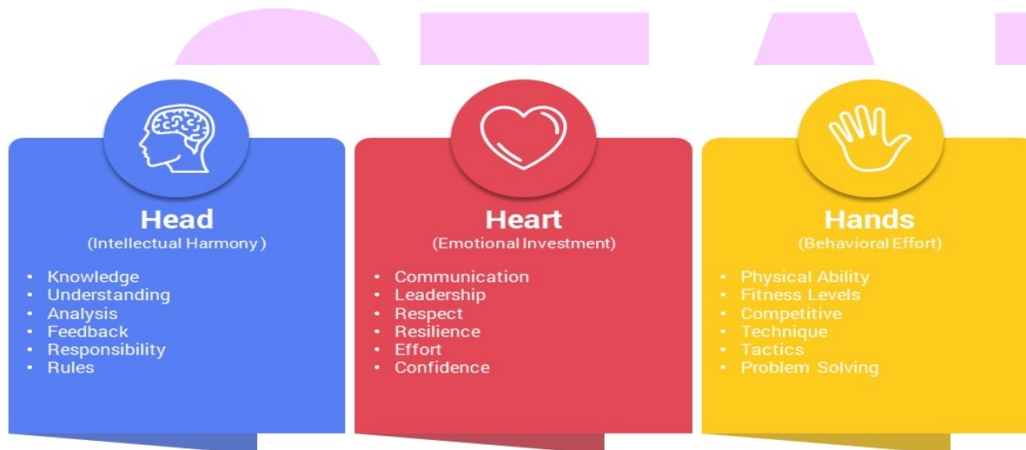
At West Hampstead Primary School, our PE curriculum is delivered by Team Kick Start and is built around meaningful and joyful learning that nurtures children's competence and confidence. We aim to equip our children with the skills, motivation, and habits to freely choose and enjoy physical activity.

Our PE curriculum blends carefully sequenced learning themes with a rich sport-based programme. It focuses on holistic skills development, linked to the National Curriculum. We believe that this approach allows our children to experience an ambitious, broad, and balanced PE curriculum, while also allowing time for all children to master the core skills we are teaching. Beyond physical development, lessons are designed to engage our children in activities fostering social skills, relationship building, and a culture of respect and positivity.

Within this framework, children explore the meaning and value of movement, discover their sporting interest, and form a unique personal relationship with physical activity. By weaving the **Head, Heart, Hands** assessment approach into our school's values and ethos, our curriculum provides our children with the skills, experiences, and understanding they need to pursue sporting success, fair participation, and develop a lasting love of movement.

We focus on four main areas:

1. **Movement skills** – developing coordination, balance, agility, and control
2. **Sport skills** – applying techniques, tactics, and rules across a variety of games and activities
3. **Thinking skills** – making decisions, solving problems, and reflecting on performance
4. **People skills** – collaborating, communicating, and showing respect for others









































Our goal for Physical Education is that our children are confident, skilful, and motivated movers who enjoy fair play, build positive relationships, and develop a lifelong love of being active.

Year 1: Units and RTP Objectives	Fairness and Respect I can confidently switch between attacking and defensive roles.	Playing with others I can work with a partner and in small groups whilst managing my own games.	Moving with control I can build and perform short sequences with confidence.	Ways to move I can apply FMS in a range of different activities.	Throwing and catching skills I can track, catch, and throw a ball with some success.	Teamwork makes the dreamwork I can communicate effectively with others when problem solving.
Year 2: Units and RTP Objectives	Fundamentals in Games I can learn and use the basic skills and rules to play games fairly and have fun with others.	Practice makes better I can hit a ball using equipment with some consistency.	Simple Movement Patterns I can plan and repeat simple sequences of actions, using levels to make my work look interesting.	Fundamentals movement skills I can show balance and coordination when running, jumping and throwing	Hands and Feet I can play games using my hands and feet, and I can show respect to others whether I win or lose.	Team Games I can work cooperatively with a partner and a small group to solve problems
Year 3: Units and RTP Objectives	Working together I can take part in different games and work well with others by sharing ideas, taking turns, and solving problems as a team.	Challenging Yourself I can challenge myself by trying new activities, learning from mistakes, and not giving up when it gets tricky.	Individual and group challenges I can use matching and contrasting actions in a partner sequence.	Running, throwing and catching skills I can use running, throwing, and catching skills to take part in games and improve how I move and play.	Team Challenges I can work with my team to solve challenges by listening, sharing ideas, and encouraging others.	Around the World I can learn and play games from around the world and show respect for different cultures and ways of playing
Year 4: Units and RTP Objectives	Evaluating Success I can reflect on my own performance, recognise my progress, and understand that success in PE means improving through practice and trying my best – not comparing myself to others	Exploring Physical Education I can explore what PE is by trying different activities and understand how they help me stay active, healthy, and work well with others.	Running and Jumping skills I can run with speed and control, and jump with power and accuracy, to improve my performance in a range of activities.	Throwing and Catching Skills I can throw and catch the ball consistently while on the move and under pressure	Around the World I can follow and adapt to different rules, strategies, and formats from games played around the world	Around the World I can work effectively with others to create, adapt, and perform my own game inspired by activities from around the world, showing respect for different cultures and playing fairly
Year 5: Units and RTP Objectives	Including Everyone I understand the need for tactics and can identify when to use them in different situations	Thinking of Others I can work kindly with my classmates, showing fairness, respect, and taking turns so that everyone can join in and enjoy the activity	Defending Skills I can use defending skills to protect my space and stop an opponent from scoring, by watching carefully, moving into the right position, and reacting quickly in simple games.	Attacking Skills I can use attacking skills to create and use space by tempting a defender and then quickly changing my direction or speed to escape/score.	Problem Solving in Games I can plan, review, and adapt my strategies to solve problems in games when working on my own, with a partner, or as part of a team.	Competing as a Team I can take part in team competitions, reflect on the experience, and use it to practice, develop, and apply my skills.
Year 6: Units and RTP Objectives	Being part of a Team I can contribute positively to my team by leading when needed, working well with others, taking responsibility, and supporting my teammates.	Exploring Physical Education I can reflect on my primary school pe journey by creating and refining games and activities, applying the skills I have developed and working with others to celebrate achievements	Defending Skills I can protect my space and cover my teammates, reacting quickly to challenges and working with my team to turn defence in attack.	Attacking Skills I can identify which space is best to attack, work with others to create overloads, and score points by making the most of opportunities.	Creating and competing as a Team I can work as part of a team by taking on different roles – such as player, referee, photographer, or journalist – to create, compete, and celebrate success together.	Creating and competing as a Team I can work as part of a team by taking on different roles – such as player, referee, photographer, or journalist – to create, compete, and celebrate success together.





































Year 1: Physical Education Knowledge and Skills Progression

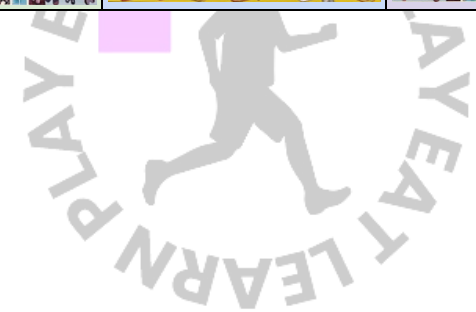
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Unit 1	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Fairness and Respect		Playing with Others		Moving with Control		Ways to Move		Throwing and Catching skills		Teamwork makes the dreamwork	
Key Targets	I can understand when to switch between attack and defence		I can use correct techniques to play net and wall games		I can show confidence and enjoy sharing my gymnastics sequences with others		I can show different movement skills – like running, jumping, and balancing - when playing a variety of games		I can watch the ball, move into position, and throw or catch with control		I can encourage my teammates and use kind words when we work together	
	I can use fair and controlled skills when competing		I can begin to strike the ball away from my partner		I can run on the balls of my feet		I can explain different ways my body can move and when to use each movement in an activity		I can explain how to get my body ready to throw or catch		I can share my own ideas clearly so my teammates understand me	
	I can respect teammates and opponents		I can reflect on my performance and teamwork to improve		I can combine different skills to create confident sequences		I can choose the best movement skill for a task or game to help me play effectively		I can choose the right type of throw for the distance or target		I can listen carefully to my teammates' ideas	
	I can share roles so everyone takes part		I can work with a partner and small groups to manage games confidently		I can reflect on my performance with the goal of making progress		I can enjoy trying new ways to move and encourage others to join in		I can keep trying and stay positive, even if I miss the ball		I can take turns and let everyone have a chance to speak	
	I can work with a partner and begin to listen to their ideas		I can understand the rules and tactics of net and wall games		I can use equipment safely and collaboratively		I can work with others respectfully when exploring and practicing movement skills		I can encourage and support others when we are throwing and catching together		I can work with my team to find a solution we all agree on	
Link to Skills												

Year 2: Physical Education Knowledge and Skills Progression




































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Unit 1	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Fundamentals in Games		Practice makes better		Simple Movement Patters		Fundamental Movement Skills		Hands and Feet		Team Games	
Key Targets	I can remember and follow the basic rules of a game		I can show how to hold and use equipment to hit a ball correctly		I can plan a sequence of actions using different levels		I can explain different ways to keep my balance when I move		I can choose how to use my hands or feet for different games		I can listen carefully to my partners ideas	
	I can choose the right skill to help my team play well		I can choose the best way to hit the ball for the game I am playing		I can remember and repeat my sequence in the right order		I can choose the best way to move for an activity		I can remember the rules for games we play with hands or feet		I can share my own ideas clearly with my group	
	I can play fairly and take turns so everyone enjoys the game		I can keep trying and practicing, even if I miss the ball at first		I can enjoy trying new ways to move and show my ideas		I can look after my own space so that others can move safely		I can be a good sport whether I win or lose.		I can help make sure everyone in my group has a job to do	
	I can be a good sport by celebrating others' successes and staying positive		I can encourage others and celebrate their effort when they are practicing		I can respect others' ideas when we share sequences		I can enjoy working with a partner or group to practice moving		I can congratulate others when they do well in the game		I can stay calm and positive when our team faces a challenge	
Personal Development Targets	I can use basic skills, like passing, running, and aiming, to play games with others		I can hit the object using my hand and equipment with better control each time I practice		I can perform sequence smoothly, using different levels		I can show balance and coordination when running, jumping, and throwing		I can control a ball with my hands or feet in a game		I can work with my team to solve problems in a game or activity	
Link to Skills												



Year 3: Physical Education Knowledge and Skills Progression





































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Unit 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit 1	<u>Working Together</u>	<u>Challenging Yourself</u>	<u>Individual and Group Challenges</u>	<u>Running, throwing and catching skills</u>	<u>Team Challenges</u>	<u>Around the world</u>
Key Targets	I can suggest strategies my team could use to be more successful 	I can set myself realistic goals that push me to improve 	I can plan a sequence with my partner that uses both matching and contrasting actions 	I can choose the best running pace for different distances and situation 	I can listen to everyone's ideas before making a team decision 	I can describe where a game comes from and how it is played in that country 
	I can think about what worked well and what we could improve on 	I can notice what I need to work on and plan how to get better 	I can adapt our sequence to make it more creative or challenging 	I can decide which type or throw will work best in the game I'm playing 	I can suggest creative solutions when our first idea doesn't work 	I can compare games from different cultures and notice what is similar or different 
	I can value everyone's contribution, even if they are different from my own ideas 	I can stay determined when something feels difficult 	I can respect my partner's ideas and be willing to try them out 	I can show determination to improve my personal best 	I can keep my teams spirits up if we make mistakes or face problems 	I can show respect for other cultures by following the rules and traditions of their games 
	I can stay positive and help keep my team motivated, even when we are behind 	I can see mistakes as a chance to learn and grow 	I can work patiently with my partner to improve our timing and flow 	I can encourage others to keep going and celebrate their improvements 	I can make sure everyone feels included and has a role in the challenge 	I can appreciate and celebrate the variety of ways people enjoy sport around the world 
Personal Development Targets	I can play a variety of games, showing different ways to pass, move and score with others 	I can try new physical activities and repeat them until I can perform them with more control and accuracy 	I can perform a clear partner sequence that shows matching and contrasting actions with control and fluency 	I can run at different speeds, throw accurately and catch consistently during games and activities 	I can work physically with my team to complete challenges that need moving, building or balancing 	I can take part in games from different countries, showing the correct skills, movements and techniques used in those game 
	Link to Skills					



































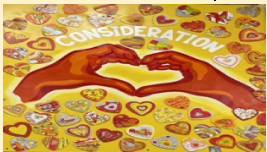



Year 4: Physical Education Knowledge and Skills Progression

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Unit 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Evaluating success</u>	<u>Exploring Physical Education</u>	<u>Running and Jumping Skills</u>	<u>Throwing and catching skills</u>	<u>Around the world</u>	<u>Around the world</u>
Key Targets	I can identify what I did well and what I could improve on in my performance 	I can describe how different activities help me to move better, stay healthy, or work with others 	I can decide when to use short burst of speed or longer pacing in running 	I can choose the most effective type of throw for the situation 	I can explain the key rules of a game from another country 	I can research and describe traditional games or physical activities from different countries 
	I can explain how my skills have improved over time through practice 	I can choose activities that help me develop a variety of skills 	I can select the best jumping technique for the activity or challenge 	I can position myself to make catching easier under pressure 	I can adapt my tactics to suit the way the game is played 	I can explain how rules and teamwork help games to be fair, fun, and respectful across different cultures 
	I can take pride in my progress, even when I feel I can't do what others can 	I can be open minded and willing to try new activities 	I can challenge myself to beat my own running and jumping distances or time 	I can stay calm and focused when catching or throwing during a fast-paced game 	I can respect different cultures and traditions when playing their game 	I can show respect for games and traditions from other cultures by listening carefully and trying new ideas. 
	I can stay positive and motivated when working to improve 	I can support others when they are trying something unfamiliar 	I can keep trying even if I don't succeed at first 	I can encourage my teammates when they are under pressure 	I can show enthusiasm when learning new ways of playing 	I can support and encourage others when we create and play games, even if they have different ideas from mine 
Personal Development Targets	I can repeat skills and activities with focus so that my performance improves each time I practice 	I can take part in a range of activities, showing effort, control, and a willingness to learn new skills 	I can run at speed with control and jump powerfully, landing accurately and safely in different activities 	I can throw accurately and catch securely while moving, even when being challenged by an opponent 	I can play games from different countries, using the correct techniques, movements, and rules for each one 	I can work with others to design, adapt, and perform a group game inspired by global activities, making sure everyone has a role. 
Link to Skills						

Year 5: Physical Education Knowledge and Skills Progression































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Unit 1	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Including Everyone		Thinking of others		Defending Skills		Attacking Skills		Problem solving in Games		Competing as a Team	
Key Targets	I can explain why certain tactics might work in a specific situation		I can notice when someone feels left out and think of ways to include them		I can identify when and where to position myself to defend effectively		I can plan when to change my speed or direction to create an advantage		I can think through different ways to solve a game challenge before acting		I can prepare for competition by choosing the right tactics for my team	
	I can recognise when we need to change our tactics during a game		I can adapt a game so more people can join in and enjoy it		I can predict an opponent's movement and adjust my position accordingly		I can recognise when to pass, shoot or keep possession to help my team score		I can adapt my plan if it is not working during the game		I can analyse what went well and what could have improved after the match	
	I can encourage others to try tactical ideas they may not have used before		I can treat all players with fairness, no matter their skill level		I can stay calm and focussed under pressure when defending		I can stay confident and positive when attacking, even if I make mistakes		I can remain open to teammates' suggestions and adjust my approach to help the team		I can show respect for opponents, teammates, and officials throughout a competition	
	I can involve everyone in tactical discussions		I can listen to others' suggestions and respond respectfully		I can work with teammates to defend as a unit		I can encourage my teammates to try creative attacking ideas		I can support my team by staying positive when our plan needs changing		I can celebrate success and handle disappointment in a positive way	
Personal Development Targets	I can apply different tactics in game play, such as finding space, marking opponents, or supporting teammates, to make my team more successful		I can take part in activities by sharing equipment, rotating positions and adapting my play so everyone gets a chance to be involved		I can track an opponent, use quick changes of direction, and time my challenges to block, intercept or dispossess them during play		I can use fints, sudden changes of speed and sharp turns to get past defenders and create scoring opportunities		I can put strategies into action by moving to agreed positions, adjusting my runs, or making quick passes to solve challenges		I can perform my roles in a competition with accuracy, control and effort, using my skills effectively under pressure	
Link to Skills												



Year 6: Physical Education Knowledge and Skills Progression

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Unit 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<u>Being part of a team</u>	<u>Exploring Physical Education</u>	<u>Defending Skills</u>	<u>Attacking Skills</u>	<u>Creating and Competing as a team</u>	<u>Creating and Competing as a team</u>
Key Targets	I can recognise when my team needs leadership and step up to help guide them 	I can review the skills and knowledge I have gained throughout my PE experience 	I can read the game to anticipate opponents' moves and decide when to intercept or mark 	I can scan the playing area to spot the best space to move in to before I receive the ball 	I can explain the role I am taking in the team and how it helps us work towards our goal 	I can stay focused on my role even if the game gets challenging 
	I can identify my own responsibilities and how they affect the team's success 	I can plan and improve games or activities by applying what I have learned over time 	I can communicate effectively to my teammates when passing attackers on 	I can decide quickly whether to pass, dribble, or shoot based on the movement of opponents and teammates 	I can adapt my strategy based on the role I am playing and the needs of the team 	I can help to organise the team so that everyone knows their role 
	I can encourage and support teammates, especially when they face challenges 	I can work collaboratively to refine games, valuing the ideas and feedback of others 	I can take responsibility for covering my teammates and helping them to stay organised 	I can communicate clearly with teammates to help us find space effectively 	I can listen to my teammates' ideas and respect their decisions even if they are different to mine 	I can use fair play and honesty whether I am a player, referee, or oi have another role 
	I can show respect for all team members and value their contributes 	I can celebrate personal and group achievements with confidence and pride 	I can stay focused and calm under pressure, encouraging teammates during defensive play 	I can encourage my teammates to try new attacking ideas and support them if they make mistakes 	I can celebrate both individual and team achievements In a positive way 	I can support my teammates by giving constructive feedback 
Personal Development Targets	I can actively participate in team roles, communicating clearly and adapting my skills to support team goals 	I can lead and perform skills confidently while creating and adapting games to challenge myself and others 	I can win the ball back and pick the right pass to transition from defence to attack 	I can change direction and speed quickly to move into the best space for an attack 	I can perform my role to the best of my ability, showing skill and good technique 	I can learn new skills around journalism and photography 
Link to Skills	