INSPIRE

CURRICULUM

PE



EXERCISE SHOULD BE REGARDED AS TRIBUTE TO THE HEART. – GENE TUNNEY.

Physical Education

Intent

It is our intent for the Physical Education curriculum to inspire all pupils to enjoy, succeed and excel in competitive sport and other physically-demanding activities. We will provide opportunities for pupils to become physically confident in a way, which supports their health and fitness. We will provide our children with opportunities to compete in sport and other activities to build character and help to embed core values such as fairness and respect. We will strive to ensure that every child exceeds their potential and the impact of our PE curriculum will allow our children to live a healthy and active lifestyle.

This begins with providing ample opportunities for children within the Early Years access and develop physical skills. There is a constant free flow of indoor-outdoor provision, giving children the opportunity to develop through moving and handling, as well as a focus on health and self-care.

In Key Stage 1, the children will develop fundamental skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. The children will engage in competitive and co-operative physical activities, in a range of challenging situations. Over the year, the children will take part in a variety of games, gymnastics and dance activities.

In Key Stage 2, the children will continue to apply and develop a broader range of skills, learning how to use them in different ways and link them to make actions and sequences in movement. We will provide the children with plenty of opportunities to allow them to enjoy communicating, collaborating and competing. Throughout the year, the children will have the opportunity to take part in a variety of games, gymnastics and dance. Year 5 children will be taught to swim competently, confidently and proficiently.

Breadth of Study

The following is the breadth of study that our pupils will cover from Year One through to Year Six. All statutory requirements taken from the National Curriculum and some of the content has been supported by creative PE

Key Stage 1	Key Stage 2
Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns	Pupils should continue to apply and develop a broader range of skills, learning how 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: • use running, jumping, throwing and catching in isolation and in combination • 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 • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. Physical education – key stages 1 and 2 3 Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: • 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] • perform safe self-rescue in different water-based situations

Whole School Coverage PE

The following grid shows the coverage of physical education units across the Primary age range at our school. Each unit has been carefully and progressively planned to build upon pupil's skills and knowledge. Twinkl is used to support resourcing.

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	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Throwing & Catching	Throwing & Catching	Invasion Games	Invasion Games	Swimming	Swimming
Autumn 2	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Swimming	Swimming
Spring 1	Invasion Games	Invasion Games	Dodgeball	Tag Rugby	Tennis	Invasion Games
Spring 2	Dance	Dance	Dance	Dance	Dance	Dance
Summer 1	Attacking and Defending	Attacking and Defending	Football	Badminton	Rounders	Netball
Summer 2	Running and Jumping	Bat and Ball	Athletics	Athletics	Athletics	Athletics