

PE Curriculum Statement

Intent

A high-quality physical education (PE) 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 that 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. Our aim is to ensure all children enjoy, and are engaged, in Physical Education and Sport.

Through Physical Education we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential.

We aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

Implementation

A wide range of sports and activities are delivered from Reception through to Year 6 enabling pupils to develop their knowledge and skills in physical education in a variety of different areas. All PE lessons are led by our sports coach. This ensures pupils are receiving high quality Physical Education in sport specific areas and also teachers are receiving CPD whilst the sessions are being delivered.

Key stage 1

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.

Key stage 2

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.

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- 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.

Swimming and water safety

Our school will provide swimming instruction by the end of 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.

Additional PE Opportunities

- Our aim is to regularly offer pupils an additional hour of PE, above their usual session. There is a focus to offer all pupils additional opportunities such as After School clubs throughout the year and during the school day, interventions such as gross/fine motor skills regularly take place.
- During the academic year, the school competes within various district and county competitions in a variety of sport and fitness events.

Impact

Our PE Curriculum is high quality, well thought out and is planned to demonstrate progression. We focus on progression of knowledge and skills in the different physical activity areas and like other subjects, discreet vocabulary progression is also promoted in the units of work. We measure the impact of our curriculum through the following methods:

- A reflection on standards achieved against the planned outcomes.
- Pupil discussions about their learning.
- Analysis through observations/recordings of performance in lessons.
- The annual tracking of standards across the curriculum.

The impact of our PE curriculum is also measured in the uptake of our sports After School clubs and participation in sports competitions.