



PE Curriculum

Intent

We teach Physical Education for at least two sessions per week throughout the school. We believe in children being active because good physical health also leads to good mental wellbeing. We teach PE in a variety of places including some off site PE (Wellington Sports Centre, Langford Budville Triangle playing field). Each year children will learn and develop their skills and knowledge in gymnastics, dance, outdoor learning (EYFS and KS1) and sport. Through high-quality teaching children will be inspired. Taught sessions will be physically demanding and provide opportunities for children to develop their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. We are proud of the broad range of sports and activities we offer and the level of competition we achieve.

<u>EYFS</u>	<u>Year 1 and 2</u>	<u>Year 3 and 4</u>	<u>Year 5 and 6</u>
The key focus in everything we do in EYFS and KS1 will be our Sport's ABC – Agility, Balance and Coordination.			
<u>Swimming</u>			
Entering and exiting, water confidence, self-rescue, floating, push and glides, breathing, stroke development (front and back), compete/perform, evaluate			
<u>Athletics</u>			
Healthy and Fitness, Running, Jumping, Throwing, Compete/Perform, Evaluate			
<u>Gymnastics</u>			
Health and Fitness, Acquiring and Developing Skills in Gymnastics, Rolls, Jumps, Vaults, Handstands, Cartwheels, Round-offs, Travelling and Linking Actions, Shapes and Balances, Compete/Perform, Evaluate			
<u>Dance</u>			
Health and Fitness, Dance Skills, Compete/Perform, Evaluate			
<u>Games</u>			
Health and Fitness, Striking and Hitting a Ball, Throwing and Catching a Ball, Travelling with a Ball, Passing a Ball, Possession, Using Space, Attacking and Defending, Tactics and Rules, Compete/Perform, Evaluate.			
Throughout a child's time in KS2 the following will be taught: Netball, Football, Basketball, Hockey, Tag Rugby, Rounders, Cricket, Tennis			
<u>Outdoor Adventurous Activities</u>			
Health and Fitness, Trails, Problem Solving, Preparation and Organisation, Communication, Compete/Perform, Evaluate			

Each year KS2 will take part in either a residential or activities week which will reinforce some of the key skills learnt throughout the year. KS1 children will have weekly Welly Walks where skills will be built on week by week with a focus on their ABCs (Agility, Balance and Coordination) and a Big Summer Hike which will reinforce the skills learnt throughout the year.

Implementation

Twinkl whole school progression documents are used to ensure clear skills are learnt and built upon in each unit of PE. Below are examples of this:

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
							
	Passing a Ball						
	Kick an object at a target.	Pass the ball to another player in a game. Use kicking skills in a game.	Know how to pass the ball in different ways.	Pass the ball in two different ways in a game situation with some success.	Pass the ball with increasing speed, accuracy and success in a game situation.	Pass a ball with speed and accuracy using appropriate techniques in a game situation.	Choose and make the best pass in a game situation and link a range of skills together with fluency. e.g. passing and receiving the ball on the move.
	Travelling & Linking Actions						
	Tiptoe, step, jump and hop	Tiptoe, step, jump and hop Hopscotch Skipping Gallop	Tiptoe, step, jump and hop Hopscotch Skipping Gallop Straight jump half-turn	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Cat leap	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot	Tiptoe, step, jump and hop Hopscotch Skipping Chassis steps Straight jump half turn Straight jump full turn Cat leap Cat leap half turn Pivot

Trained instructors are used to teach our swimming session. By the end of KS2 the aim is that all children will have reach at least the expected national standards before leaving primary school:

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.

Impact

Each unit is mapped against the progression documents to ensure that learners develop detailed knowledge and skills across the full breadth of the PE curriculum through engaging and age-appropriate curriculum content. Attainment and progress can be measured using the compete/perform and evaluate sections of each unit. For children that want to compete outside of the school arena there will be SASP opportunities throughout the year with other schools. All children attend SASP year group trips to Court Fields school (secondary school) where they meet and compete with other children in the local area. Where possible we will share some of these experiences and successes with parents including the yearly Sports Days.