

Compassion Friendship Forgiveness Resilience Hope



Physical Education Intent

Our vision

Our inclusive school is a place of creative learning where all talents are developed, celebrated and enjoyed. We nurture all to be curious, passionate and resilient lifelong learners. As a community, we listen to, forgive and love one another so all can be confident in who they are.

Inspired by Jesus we walk beside each individual in our family by understanding and responding to their unique needs. We have hope in all our children that they grow to be open, compassionate people of the world who stand up for what is right.

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Physical Education Curriculum

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Our Physical Education (PE) curriculum provides a series of topics to support progression and curriculum coverage. As a school we have created our own curriculum that meets the National Curriculum aims for PE.

The Physical Education curriculum begins with teaching fundamental skills in Early Years and KS1, building up fine motor skills and multi-skills, and progressing through into KS2 where these skills are developed further and applied to a variety of different sports and physical activities.

Progression Narrative

Our aim is to provide a curriculum that the children not only enjoy but one that allows them to develop their health, fitness and wellbeing. As well as a varied and stimulating programme, we also encourage the children to take their learning from school and apply it in a range of extra-curricular activities, such as after-school clubs, community events and sport competitions whilst also focusing on embedding our school values of Compassion, Friendship, Forgiveness, Resilience and Hope.

We believe that this will embed a life-long passion for physical education, school sport and physical activity (PESSPA) and values such as cooperation, collaboration and equity of play.

Intent:

Charing Primary School believes that Physical Education, experienced in a safe and supportive environment, is essential to ensure children develop into physical, social and thinking beings who have a strong understanding of health and wellbeing.

We intend to deliver high-quality teaching and learning opportunities that inspire all children to reach their potential in physical education, school sport and physical activity. We want our pupils to engage in lessons that are enjoyable, challenging and accessible to all.

Through our teaching of PE, we will provide opportunities for children to learn how to cooperate and collaborate with others as part of an effective team, understand fairness and equality and appreciate the benefits of a healthy and physically active lifestyle.

Implementation:

The KS1 and KS2 children are taught twice a week by teaching staff following the National Curriculum guidance. Our children in Reception have a formal PE lesson once a week that gives opportunities for the children to work towards their Early Learning Goals. The curriculum is further enhanced by the children taking part in a variety of different external school sport and physical activity events. In addition, teaching staff supervise activities at lunchtime, including; football, multi-skills, OAA etc.

We follow the guidelines set out by the National Curriculum to ensure we offer various PE activities to challenge every child, as well as giving every child opportunities to progress further. We also utilise a PE specialist to support all staff to deliver High Quality physical education lessons and increase the confidence and competence of staff to achieve this.

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Impact:

By the end of each key stage, the children are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study. At Charing, we use a combination of summative and formative assessment to determine children’s understanding and inform teachers planning.

Across the school, we teach a variety of sports and physical activities from different topics to ensure all skills can be developed. Our topics are adapted each year and are set out with the intention to provide a clear and concise progression through each year group.

CURRICULUM OVERVIEW:

Our Physical Education Curriculum includes **Swimming (KS2), Fundamentals and Multi-Skills, Gymnastics, Dance** and **OAA** as well as physical activities and sports from these categories:

INVASION GAMES	NET AND WALL	STRIKING AND FIELDING	ATHLETICS	TARGET
Handball Hockey Netball Football Rugby Basketball Dodgeball <i>Lacrosse</i> <i>American Football</i> <i>Ultimate Frisbee</i>	Volleyball/Sitting Volleyball Tennis Badminton Table Tennis Squash	Cricket Rounders <i>Baseball</i> <i>Softball</i> <i>Kickball</i>	Infant Agility Sportshall Athletics Athletics	Golf Archery Bowling Bowls Boccia

YEAR GROUP OVERVIEW:

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
RECEPTION	Fundamentals	Gymnastics	Dance	Ball Skills	Games/OAA	Athletics
YEAR 1 & 2	Fundamentals	Gymnastics	Dance	Net & Wall	Athletics	OAA & Team Building
	Ball Skills	Invasion	Target	Sending and Receiving	Striking & Fielding	Invasion
YEAR 3 & 4	Ball Skills	Gymnastics	Dance	Net & Wall	Athletics	Athletics
	Invasion	Invasion	Target	Sending and Receiving	Swimming	Striking and Fielding
YEAR 5 & 6	Ball Skills	Gymnastics	Dance	Net & Wall	Athletics	Swimming
	Invasion	Invasion	Target	Sending and Receiving	Striking & Fielding	OAA & Team Building

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Knowledge and Skills acquired in each year group

Early Years Foundation Stage:

As part of the EYFS statutory framework, children at the expected level of development will be taught to:

- Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly;
- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate;
- Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.
- Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;
- Explain the reasons for rules, know right from wrong and try to behave accordingly;
- Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.
- Work and play cooperatively and take turns with others; - Form positive attachments to adults and friendships with peers; - Show sensitivity to their own and to others' needs. Physical Development
- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Use a range of small tools... and begin to show accuracy...

Key Stage 1:

Pupils 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 are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils are 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.

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Key Stage 2:

Pupils 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are 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.

Swimming and Water Safety:

According to the National Curriculum guidance, all children must be provided with swimming instruction either in Key Stage 1 or Key Stage 2.

Pupils are taught:

- 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 and self-rescue in water-based situations.

At Charing, the children in Key Stage 2 take swimming lessons throughout Term 5 and 6 to adhere to the National Curriculum guidance above.