

PE CURRICULUM

INTENT:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding sports. A range of physical activities are provided in key stages 1 and 2, so that children can become physically confident in a way that supports their health and fitness. Our physical education curriculum is planned in line with the National Curriculum.

IMPLEMENTATION:

- PE is taught weekly in all year groups from Nursery to Y6. In years 1 to 6 pupils have a minimum of 2 hours of timetabled physical activity and learning each week.
- Lesson content and structure is inspired by the Get Set 4 PE scheme. This enables all pupils to embed skills and knowledge via a range of units. There are 7 units of work per academic year which ensures progression for pupils as they move through school.
- In EYFS, the focus is on fundamental movement skills, negotiating space safely with and around others, and learning how to handle and use different equipment. This lays the foundations for the KS1 curriculum.
- In KS1 pupils further develop their fundamental movement skills, understand principles of defence and attack in games, use simple movement patterns in dance, develop balance, agility and coordination in body movement through yoga and gymnastics, and develop simple tactics in outdoor adventurous activity.
- In KS2 pupils further develop these KS1 skills by applying them to different situations, activities and sports.
- Each unit of work is sequenced to build on skills either lesson by lesson, or via difficulty levels.
- Within each lesson, the learning is sequenced so that children can explore and develop a skill, then apply this to a game, sequence or choreography.
- PE lessons encourage pupils to compete against themselves and others, whilst being challenged to improve their physical, social, emotional and thinking skills. These are embedded in planning and identified clearly during lesson content.

IMPACT:

Our pupils are encouraged to lead healthy and active lifestyles. Our commitment to ensuring weekly physical activity for all pupils is sustained throughout their time here, with skills and knowledge building for all. Our pupils leave us able to apply and understand a range of skills and processes in several areas of physical education.