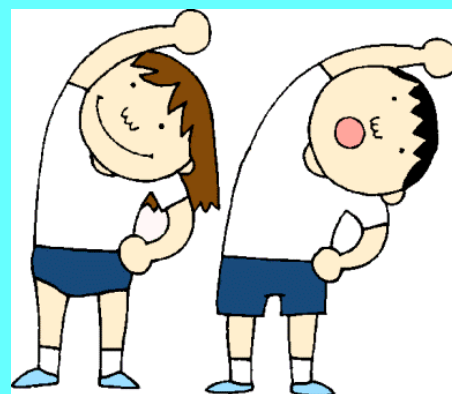


P.E

Curriculum Statement



Intent

Our P.E Curriculum incorporates the skills and knowledge outlined in the National Curriculum. We aim to offer a high quality physical educational curriculum that inspires all of our pupils to succeed and excel, both in competitive sports and other physically demanding activities. In addition to curriculum P.E. we offer our children lots of different opportunities throughout the week to take part in a wide range of physical activities in order to encourage the children to be physically active for sustained periods of time.

Our P.E. Curriculum also teaches the children about the importance of exercise in maintaining healthy life styles

Implementation

In Key Stage 1 our children take part in curriculum P.E for an hour each week. During their P.E. lessons the children are taught to run, jump, throw and catch with increasing accuracy and are then offered the opportunity to apply these skills to small sided team games where they will have the opportunity to develop their understanding of simple tactics for attacking and defending. In gymnastics and dance, the children will explore patterns of movement and sequences and will be given the opportunity to improve their balance, co-ordination and agility.

In Key Stage 2, the children will continue to build their skill level so that they are able to play competitive games to a higher level both at inter and intra school level. In gymnastics and dance, the children will create and develop their own sequences of movements demonstrating strength, technique, control and balance. The children will take part in outdoor and adventurous activities that will challenge them both physically and mentally as well as developing their team work skills. The children in Y4 and Y5 and the non-swimmers from Y6 will have swimming lessons so that they are able to swim competently, confidently and proficiently over a distance of a least 25 metres. The children will also have the opportunity to perform safe self-rescue in water-based situations.

In both key stages, our children will be encouraged to compare their performances with previous ones in order to continually challenge themselves to improve and they will be given opportunities to observe and evaluate the work of others and encouraged to suggest improvements. Tasks are differentiated to enable all children to participate and succeed at their own level.

Our children will be given opportunities to, and encouraged to, use the language of physical education when talking about their work in order to build their vocabulary.

In addition to curriculum P.E. our KS1 and KS2 children also have the opportunity to participate in a range of sporting clubs, run by staff and qualified sports coaches, before, during and after school. These clubs change every half term in order to offer our children a breadth of sporting experiences. Alongside these clubs, our children also take part in our weekly mile challenge as well as class scooter time.

Impact

Our children will understand the importance of adapting a healthy lifestyle and the role that exercise plays in this. The children will possess good basic running, jumping and throwing skills and will be able to apply these to small game scenarios. The children will take part in a range of sporting competitions, whether they are internal or external events and they will be encouraged and challenged to perform to the best of their potential demonstrating positive sporting attitudes and displaying a desire to be successful. The vast majority of our children will leave school being able to swim and with the skills and knowledge needed for the next stage of their education. Many of them will continue to take part in sporting activities during the next stage of their education and on into adulthood.

