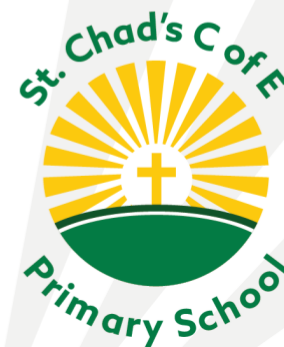


St Chad's C of E Primary School

Physical Education Intent and Overview

In partnership to Educate, Nurture & Empower



A member of



PE Curriculum: St Chad's CofE Primary School.

St Chad's CE Primary School recognises the vital contribution of physical activity (PA) to a child's physical, cognitive, social and emotional development, as well as the role it can play in relation to a child's spiritual, moral and cultural development. PA is an integral part of the curriculum to be enjoyed by all children. It is a real opportunity for both teachers and children to consolidate and work on the values that underpin every aspect of school life.

The Chief Medical Officers Physical Activity Guidelines 2019 state:

- Children and young people (5-18 year olds) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

Intention and Aims

It is the intention of the school to provide a broad and balanced curriculum to aid and increase children's self-confidence in relation to their ability to manage themselves and their bodies within a variety of movement situations.

The aim is to cater for the different strengths, needs and preferences of each child by using differentiated activities (where appropriate) consisting of individual paired and group activities. Through the variety of opportunities that PA offers children can develop a sense of personal achievement, fair play, teamwork and an understanding of the ways in which sport can transcend social and cultural boundaries. A range of activities will therefore be provided with a broad base of movement knowledge, skills and understanding, which children can refine and expand throughout their primary school years.

Children of all abilities will be encouraged to join extra-curricular clubs with the aim of extending their interest and involvement in sport. We will also

encourage children to develop their creative and expressive abilities, through improvisation and problem-solving.

Children who are taught to appreciate the importance of a healthy and fit body begin to understand those factors which affect health and fitness.

Through the Government Funding for Sport the School will, where possible, provide opportunities for both pupils and teachers to work with and alongside PE specialists and sports coaches, some from within our trust. The aim is to develop the skills and expertise of staff to provide better coaching, mentoring and advice to pupils across the whole PE, PA and sport spectrum. Spending will be reviewed annually and published on the school website.

Specific Aims in relation to Physical Development

Different experiences for different age groups will ensure all pupils will be exposed to a range of appropriate challenges as they move through the school so that they:

- develop physical competence and confidence by acquiring and developing a range of fine and gross motor skills.
- become aware of the different shapes and movements that can be made with the body.
- develop knowledge, skills and understanding, and the ability to remember, repeat and refine actions with increasing control and accuracy.
- become aware of the benefits of a fit and healthy lifestyle by understanding the effects of exercise on the body and the importance of developing strength, endurance and flexibility.
- appreciate of the value of safe exercising.

An Active Curriculum

At St Chad's, we provide opportunities to be active throughout the school day. The curriculum aims to support children to; Improve emotional resilience. Gain a positive impact upon mental and physical health through daily activity. Enable greater understanding of team working and personal responsibility. A variety of equipment, such as large board games, balls, hoops and bats will be available at play time and lunch time. Staff will be supporting active play during lunch times.

National Curriculum: Purpose of study for PE

A high-quality physical education 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 which 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.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities.
- lead healthy, active lives.

Implementation

Attainment Targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Early Years:

In reception, children will focus on developing basic fundamental movement skill such as rolling, crawling, walking, jumping and running. They will be encouraged to use large muscle groups and develop their balance and co-ordination. In lessons, they will be taught basic sequences of movement which relate to music and rhythm. They will follow, lead and copy. Children will start to take part in some group activities and small team games. There will be opportunities for children to be active in provision with bikes, balls, and balance beams easily accessible, there will also be discrete PE lessons.

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
- 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.

At St Chad's swimming is taught in KS2.

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.



Long Term Overview

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
Rec.	Introduction to PE		Fundamentals		Dance		Gymnastics Forest School		Ball Skills		Games	
Y1	Gymnastics	Ball skills	Dance	Forest school /OEd Team building	Net and Wall	Sending and receiving	Yoga	Striking and fielding	Fundamentals	Target games	Fitness	Athletics
Y2	Team building	Games	Dance	Target games and Tri Golf	Fundamentals	Ball skills	Yoga	Invasion	Net and Wall	Striking and fielding	Fitness	Athletics
Y3	Gymnastics	Forest school/ OEd Team building	Fundamentals	Ball skills	Dance	Target games Archery	Swimming	Tennis	Swimming	Cricket/ Rounders	Swimming	Athletics
Y4	Swimming	Tag rugby/ Hockey	Swimming	Tri Golf Target games	Swimming	Basketball/ football	Dance	Kwik Cricket	Fitness	Tennis	Yoga	Athletics
Y5	Kinball	Basketball/ Netball	Volleyball	Archery	Dance	Hockey/ Football	Yoga	Sports Leaders	Fitness	Tennis	Gymnastics	Athletics
Y6	Badminton/ Tennis/ paddle ball	Forest School Team building and problem solving	Yoga	Basketball/ Netball	Dodge ball	Tag rugby/ Hockey	Gymnastics	Football/Hockey	Fitness	Rounders	Games	Athletics