

PE at St Mary's C of E Primary School



Physical Education Intent

PE teaching at St Marys C of E Primary School provides pupils with a high-quality curriculum that:

- Inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.
- Provides opportunities for pupils to become physically confident in a way which supports their health and fitness.
- Gives opportunities to compete in sport and other activities that build character and help to embed values such as fairness and respect.

Our teaching is based on the National Curriculum for P.E. It aims to ensure 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.

Pupils receive at least 2 hours of high quality physical education a week. Within each lesson, we strive to give every child the opportunity to develop skills, consider the impact on their health and fitness, to compete/perform and to evaluate their performance.



Implementation

Physical Education concepts, knowledge and understanding are taught through separate units. Our curriculum map provides full coverage and progression across the full breadth of the PE National Curriculum. Each unit is planned alongside specific progression maps. This ensures that our children are given the opportunity to practise existing skills and to build and develop new skills each year. Each half term, every year group is taught two different units.

Pupils in Key Stage 1 learn to develop fundamental movement skills. Competence and confidence is developed through a range of activities to extend agility, balance and coordination. Pupils engage in competitive 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.
- Develop 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.

In 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 are given opportunities to communicate, collaborate and compete with each other. They continue to develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own and others' performance.

Pupils are taught how to:

- Run, jump, throw and catch in isolation and in combination.
- Play competitive games such as football, basketball, hockey, tag rugby and cricket.
- Apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance through athletics and gymnastics.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenge.
- Compare their performances with previous ones and suggest possible improvements.

At St Marys C of E Primary School, we provide swimming instruction in both Key Stage 1 and 2, where pupils are 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.



Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Body Management – Unit 1	Gymnastics - Unit 1	Gymnastics - Unit 2	Body Management – Unit 2	Speed, Agility & Travel – Unit 1	Speed, Agility & Travel – Unit 2
	Manipulation and Coordination – Unit 1	Dance – Unit 1	Dance – Unit 2	Manipulation and Coordination - Unit 2	Cooperate and solve problems – Unit 1	Cooperate and solve problems – Unit 2
Year 1/2	Run, Jump, Throw – Unit 1	Gymnastics – Unit 1	Attack, Defend, Shoot – Unit 1	Dance – Unit 2	Hit, Catch, Run – Unit 1	Send & Return – Unit 2
	OOA	Run, Jump, Throw – Unit 2	Dance – Unit 1	Attack, Defend, Shoot – Unit 2	Send & Return – Unit 1	Hit, Catch, Run – Unit 2
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3/4	Basketball	Gymnastics – Unit 1	Dance – Unit 1	Football	Athletics	Cricket
	Netball	Handball	Tag Rugby	OOA	Hockey	Rounders
Year 5/6	Football	Gymnastics – Unit 1	Tag Rugby	OOA	Athletics	Cricket
	Basketball	Dance – Unit 1	Handball	Netball	Hockey	Tennis

In addition to our curriculum map, all year groups participate in Commando Joes throughout the year.

Impact

The impact of our curriculum is measured in terms of the extent to which pupils have developed new knowledge, understanding and skills and that they can use and recall this with fluency.

In PE, this will be measured by:

- Physical Fitness testing (bleep test)
- Subject Leader monitoring – including lesson observations and pupil interviews
- Engagement in competitive sports and activities.
- Pupil voice questionnaires
- Year group floor books documenting their PE journeys.
- Engagement in enrichment activities
- In school attainment tracking
- Governor monitoring

The PE curriculum and resources used will be evaluated annually.

