



PE Curriculum



Intent



At Chapelford Village Primary School, we believe that Physical Education (PE), experienced in a safe and supportive environment, is fundamental to ensuring that all children attain optimum physical and emotional development. We intend to deliver high-quality teaching and learning opportunities which inspire all children to achieve success in PE and promote life-long skills. We aim to teach children life skills which will keep them safe such as being able to swim and to use their bike safely on the roads. It is our priority to educate our children with the transferrable skills needed to succeed in life beyond primary school including how to cooperate and work collaboratively in teams, understand fair play and to embed our core Chapelford Values. These characteristics underpin all aspects of our curriculum.

Our PE curriculum has been planned to improve the health and wellbeing of our children through a unique child-centered approach. As a school, we build each year on the development of fundamental skills in an engaging and challenging way where children get to self-critique their performance and understand how to improve their skills. Throughout the children's school journey, they will be exposed to a broad range of sports building on prior skills taught.



Implementation

- PE at Chapelford Village Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, striking and fielding, gymnastics, dance, swimming and OAA.
- The PE long term plan (LTP) sets out the units which are to be taught throughout the year in order to fulfill the requirements set out in the national curriculum.
- Pupils participate in two high quality PE lessons each week.
- Our OPAL Programme encourages children to participate in a variety of activities during break and lunch times to promote physical activity.
- Children are encouraged to participate in the varied range of extracurricular clubs we have on offer.
- Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavors to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by our children.

Impact



We help motivate children to participate in a variety of sports through high quality teaching that is engaging and fun. Children take responsibility to improve and develop their own health, well-being and fitness. We equip our children with the necessary life skills and promote a love for sport and exercise that stays with them beyond their time with us at Chapelford. Many of our children enjoy and thrive in competitive sports and their keen enthusiasm is demonstrated outside of school. Through a holistic school approach, children utilise the characteristics developed as well as the skills and knowledge acquired in PE to become well rounded individuals and have a positive impact on our society.

PE at Chapelford



In our PE lessons you should see:

Teacher Input

Discuss learning outcomes from previous lesson.
Share learning objectives/outcomes.

Revisit and Review

Discuss the skill focus for the current unit.
Children will practise this skill through a game, song or short activity.

Warm up

Children must be physically active – increasing their heart rate, stretching their muscles and preparing for the physical requirements of the lesson.
Children explore the differences between still heart rate and active heart rate and changes in breathing.

Examples: Traffic light game, disk and domes, stuck in the mud, rob the nest

Skill Development

Introduce new learning – modelled by teacher or peer to peer.
Use my turn/your turn/our turn to develop the new skills.

Examples: practising a balance in gymnastics, rehearsing a short routine in dance, practising a serve in tennis, learning different throws in netball.

Game

Recap on lesson and previous lessons – discuss how skills have developed
Examples: playing a mini game of badminton, performing a dance sequence to peers

Cool down

Move slowly around the area.
Repeat stretches from warm up with less intensity.

Lesson Structure

Lesson 1 :

Introduce the first fundamental movement skill

Lessons 2 3 4 :

Revisit and Review first taught skill

Teach curriculum lesson

Lesson 5 :

Introduce the second fundamental movement skill

Lesson 6 7 8 :

Revisit and Review second taught skill

Teach curriculum lesson

Lesson 9:

Assess both taught skills

Lesson 10:

Competition / Performance





Lesson Methodology:

Skill Lessons

These lessons will explicitly teach a Fundamental Movement Skill. This lesson incorporates My Turn (teacher modelling the skill or using the videos to support) and Our Turn (pupils practising the skill together). In these lessons, the game changer is introduced.

Curriculum Lessons

Each lesson should begin with a review of the skill taught at the start of the unit – Your Turn for pupils. The remainder of the lesson will teach the curriculum unit being delivered that half-term.

The final lesson in each unit will take the form of a competition. This can be whole year group or class v class and should involve all pupils.