



PE Curriculum Overview

Intent

At Downholland Haskayne, our PE lessons are facilitated by the West Lancashire Sports Partnership. They plan and deliver two PE sessions per week to the whole school and there is an additional afternoon for Forest School activities that take place in our outdoor learning area/Faith garden.

The government is providing additional funding to improve provision of Physical Education (PE) and sport in primary schools. This funding provided jointly by the Departments for Education, Health and Culture, Media and Sport will be allocated to primary school Headteachers. The funding is ring-fenced and therefore can only be spent on provision of PE and sport in schools. Schools must spend the additional funding on improving their provision of PE and sport, but they will have the freedom to choose how they do this.

Our over arching objectives to improve PE and sport are to:

- Continue to improve the quality of PE teaching across the school, ensuring progression and differentiation across the school.
- Improve all teachers' subject knowledge and teaching skills in PE and sport.
- Continue to improve the quality of swimming teaching across the school.
- Continue to maintain and increase high levels of participation in extra-curricular sporting activities, especially for pupils who do not usually participate.
- Continue to ensure children have opportunities for personal, inter and intra school sports competition.
- Improve and facilitate physical activity in break times.
- Continue to improve the quality of sports and PE resources used in school.
- Ensure all children understand and adopt healthy lifestyles - being aware of and tracking their own physical fitness and well-being.
- Increase the activity levels and participation in sports of the less active pupils.
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KS1 Aims:

We hope that when pupils arrive from their infant school that they have developed 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.

KS2 Aims:

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:

All schools must provide swimming instruction either in key stage 1 or key stage 2.

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.

Implementation and Curriculum Overview

Due to the small number of children in the school, PE is taught as a whole school session. Key Stage One objectives and Key Stage 2 objectives are blended in the sessions to ensure that younger children develop fundamental movement skills whilst the older children develop competence in combining skills, competitive games and increased flexibility.

The curriculum offer is reviewed annually so that the planned sessions meet the needs of the children taking part at the time.

Cycles	Autumn	Spring	Summer
Cycle A	Juniors – Swimming Whole School – Forest School KS1- FMS A Run, Jump and Balance and FMS B Hop, Skip and Sidestep KS2 - Invasion games	Juniors – Swimming KS1 - FMS C Roll, Underarm & Overarm throw and FMS D Catch, Kick & Strike KS2 - target/ net, court wall games.	KS1 children will follow FMS E, this unit allows children to practice game skills KS2 - Athletics

