



PHYSICAL EDUCATION AT High Clarence



Our PE curriculum is designed to educate our pupils through physical activities. We aim to develop students' physical competence and knowledge of movement and safety, while equipping them to lead an active and healthy lifestyle.



Big Ideas



- **Acquiring and Developing Skills.** Children should be taught to use running, jumping, catching and throwing in isolation and in combination.
- **Selecting and applying skills, tactics and compositional ideas.** Pupils should be taught to participate in team games, developing simple tactics for attacking and defending.
- **Evaluating and improving performance** where children analyse and critique their own performance and the performance of others in order to improve it.
- **Knowledge and understanding of Health and Fitness.** Pupils should be taught about the benefits of being physically active and leading a healthy lifestyle.



Content and Sequencing



- 2 lessons per week
- PE long term overview provided to staff to ensure National Curriculum coverage and to ensure sequencing allows skills to be revisited and developed year-on-year.
- Gymnastics and Dance is taught alternate years in Spring 1
- Games is timetabled across the whole School in Autumn 1 and 2, Spring 2 & Summer 2.
- Athletics is timetabled in Summer 1
- Swimming is delivered across the whole year to KS1, LSK2 and UKS2
- KS2 Games is taught once a week for interhouse competitions

High Clarence Primary Academy P.E. Curriculum

Cycle	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	Ball skills, handball, Dance	Health & Wellbeing	Games (Tag, Con, Over, Under)	Ball skills hands 1	Swimming	Ball skills hands 2 & Sports Day Practice
KS2	Funkey Feet	Health & Wellbeing	Funkey Rollers	Ball skills hands 2	Yoga, Rugs	Ball skills hands 2 & Sports Day Practice
UKS1	Ball skills, handball, Dance	Health & Wellbeing	Ball skills (Landing/Walk, hurdle, Rollie)	Ball skills hands 1	Swimming	Ball skills hands 2 & Sports Day Practice
UKS2	Ball skills, handball, Dance	Health and Wellbeing, Mindfulness (HE), Sports Hall Athletics, Health and wellbeing & Fitness (HE), Sports Hall Athletics	Gymnastics, Swimming & Aerobics/Driftage	Swimming	Swimming	Cricket & Sports Day Practice
KS2 Games	Ball skills, handball, Dance	Health Related Exercise (HRE), Sports Hall Athletics, Health Related Exercise (HRE), Sports Hall Athletics	Swimming	Swimming	Swimming	Cricket & Sports Day Practice
KS2 Games	Swimming, Cross Country	Handball	Dodgeball	Hockey	Basketball	Rounders



Links with English and Maths



- Every lesson is a reading lesson
- High quality texts chosen for English that may link with PE units where appropriate.
- Expression of critiques and opinions both orally and in written form.
- PE specific language to be taught, used and regularly used in everyday discussions.



Retrieval Practice



- Knowledge, skills and vocabulary identified
- Key concepts and PE specific vocabulary to identified, taught (some above) and revisited
- Key skills are developed and connections made with previous attempts/units from previous terms/years.
- Evaluations are valued and reflection linked to previous lessons, performances or game situations.



Outcomes



- All units begin with a visual examples of elite performance (what could be achieved).
- All children to complete practice sessions/routines as skills are refined ahead of playing competitively and/or performing in front of peers.
- All children to have the chance to apply skills taught in a game situation (games units) or in a final performance/routine (gymnastics/dance).
- End of unit self-evaluation/reflection to take place with areas for improvement identified.



Support



Everyone has access to the Physical Education National Curriculum.

Support is provided for those learners who require it

Considerations is given for learners who grasp concepts and new skills more rapidly