



# PE Curriculum

*"Learning Together, Achieving Together"*



# National Curriculum in England for Physical Education



The national curriculum for PE aims to ensure that all pupils access:

- a high-quality physical education curriculum which 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.
- 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.

# Our Intent

At Mereside Primary Academy the PE Curriculum enables our pupils to **learn together and achieve together** to excel at sport and other physically demanding activities.. We aim to provide our children with the necessary possibilities, knowledge and understanding, tools and skills to succeed living a healthy and active lifestyle. By explicit teaching in a nurturing learning environment our children take initiative and have the knowledge and skills to be able to take part in a wide range of physical activities. At Mereside Primary Academy we provide a specifically tailored curriculum that is both broad and balanced, and meets the unique context of our school and local opportunities for competition whilst also focusing on diversity. This is further enhanced through extra curricular activities and events, theme weeks and explicit elements of the reading, science, maths and PSHE curriculum. An important element of the PE curriculum is the head, hand, heart model which reflects our attitudes. We follow the values of the school games - Honesty, Teamwork, Respect, Self belief, Passion and Determination. Positive mental health and wellbeing is at the core of what we require to be successful in all areas of our life. We encourage the development and practice of resilience, self confidence and self worth. Our children are supported in making sensible, safe and healthy choices through our curriculum and provided with planned opportunities to engage in competitive sports and activities. Our Physical Education Curriculum contributes towards our pupils developing the skills and knowledge needed to help them thrive in their next steps in education and their lives within their community.

# Long-term Overview for Physical Education



Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
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- NURSERY
- RECEPTION
- YEAR 1
- YEAR 2
- YEAR 3
- YEAR 4
- YEAR 5
- YEAR 6

<b>Physical Development:</b> Fine Motor & Gross Motor					
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FMS / Games	FMS / Dance	Gymnastics/Athletics	FMS/Games	FMS /Games	Dance/Gymnastics
FMS/Games	Dance/Gymnastics	Games/Athletics	Dance/FMS	Games/Active lifestyles	Games /OAA
Athletics/Dance	Gymnastics/ Athletics c	Games - Inv/N&W	Games /OAA	Games - S&f /T	Dance/Athletics
Dance/Athletics	Gymnastics/Games	Athletics/Games	Games / OAA	Games/Swimming	Dance/Swimming
Swimming/Athletics	Swimming/ games-	Swimming/Games NW	Swimming/Gymnastics	Athletics/Dance -	Games /Games
Athletics/games	games/games	Games /OAA	Games/Gym	Athletics/Dance	OAA/Games