

## **Our Vision for PE - Statement of intent**

At St Clare's Catholic Primary School, we understand the impact that physical activity can have on the mental, emotional, social and physical wellbeing of a person.

Therefore, in Physical Education, we aim to provide high-quality lessons that inspire all children, including the least active, to succeed and excel. Through this, it is our intention to help develop their physical health and fitness, as well as a growing understanding of the benefits of an active lifestyle.

## **Aims**

The national curriculum for physical education aims to ensure that 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



### **KS2 National Curriculum 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:

- 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

## Progression of Skills – OAA

	Year 3	Year 4	Year 5	Year 6
<b>Aim of Outdoor and Adventurous Activities</b>  In outdoor and adventurous activities as a whole, children follow maps and trails, try to solve physical problems and challenges, and learn how to work safely in a range of situations.	Children take part in simple trust and orientation activities using maps and diagrams. Working on their own and in small groups, children will learn to use simple maps and follow simple trails.	Children will be set physical challenges and problems to solve. They will take part in a range of communication activities to develop problem solving skills in some adventure games. The problem-solving tasks they tackle will require more teamwork, with clearly defined roles and responsibilities.	Children develop their orienteering and problem-solving skills in familiar and unfamiliar situations and environments. Throughout, there is an emphasis on building trust and working as a team.	Children will take part in more complex orienteering events. They will learn to read maps more accurately, and to adapt their skills to meet challenges set in new environments. They will research and undertake a journey safely, and will develop the skills and understanding to become more self-reliant. They will take on more demanding leadership roles and will learn to take the initiative more often.
<b>Progression of performance of skills</b>	▶ Master most fundamental skills from KS1 and start to develop specific skills and perform them with some accuracy and extension.	▶ Master fundamental movement skills and start to develop specific skills performing them with consistency, accuracy and some control.	▶ Continue to develop specific skills and perform with consistency, accuracy, confidence and control.	▶ Continue to develop specific skills and perform them with consistency, accuracy, confidence, control and speed.
<b>Developing Skills</b>	<ul style="list-style-type: none"> <li>▪ Orienteer a map</li> <li>▪ Use a control card</li> <li>▪ Navigate a course safely</li> </ul>	<ul style="list-style-type: none"> <li>▪ Travel and balance safely when carrying out challenges</li> <li>▪ Demonstrates team work skills during planning, doing and reviewing.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Know how to keep the map "set" or "orientated" when they move around a simple course.</li> <li>▪ Know the eight points of a compass.</li> <li>▪ Record information accurately at the control marker.</li> <li>▪ Navigate to a control marker on a score event course.</li> </ul>	<ul style="list-style-type: none"> <li>▪ To set a map using a compass</li> <li>▪ To practice and refine thumbing the set map (orientated)..</li> <li>▪ To set a direction of travel from the map, using a compass.</li> <li>▪ To follow instructions in order to complete an orienteering course.</li> </ul>
<b>Application of Skills – (Core tasks)</b>	<ul style="list-style-type: none"> <li>▪ To orientate a map and complete the Counting Cones Challenge. To know where they are on a map at all times using a variety of different routes.</li> </ul>	To complete a series of challenges i.e. – crossing the swamp, Millipede carry, shepherd and sheep, electric fence and hula hut challenge	Working in pairs or small groups, complete an orienteering course (netball numbers/score orienteering) using a map..	Take part in different competitive orienteering activity, balancing speed and accuracy. (i.e. Sprint races, Relay race, Norwegian event)
<b>Character Education</b>	<ul style="list-style-type: none"> <li>▪ Trust</li> <li>▪ Self-discipline</li> <li>▪ Communication</li> </ul>	<ul style="list-style-type: none"> <li>▪ Resilience</li> <li>▪ Problem-solving</li> </ul>	<ul style="list-style-type: none"> <li>▪ Respect</li> <li>▪ Co-operation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Communication</li> </ul>