

SINAI JEWISH PRIMARY SCHOOL
'Big School, Big Heart, Big Opportunities'

PE CURRICULUM

INTENT

We aim to nurture physical, mental and social well-being through comprehensive engagement in sports and physical activities. We aim to provide at least three hours of PE lessons across two weeks, supplemented by daily physical activities to enhance fitness, strength and overall health. Our curriculum is designed to develop the necessary skills for a wide range of sports, encourage healthy competition and foster an understanding of lifestyle choices that contribute to well-being. By incorporating physical activity into the daily routine, we strive to improve not only the physical but also the cognitive development, behaviour, mood and self-esteem of our students.

IMPLEMENTATION

PE at Sinai is seamlessly integrated into our students' education from Reception to Year 6 through a well-structured blend of specialist-led and class teacher-led lessons, adhering to the comprehensive Rising Stars scheme. This dual approach guarantees a rich and varied PE curriculum, catering to the development of essential sports skills and overall physical fitness. Each week, a specialist PE teacher engages all year groups in a dedicated lesson focused on honing specific sports skills, ensuring students receive expert instruction. Complementing this, class teachers conduct a fortnightly PE lesson for Years 1 to 6, while in the EYFS, physical development is a daily focus, aiming to build foundational fitness and strength. To further promote an active lifestyle, daily physical activity is encouraged through short, energetic breaks using engaging resources, these activities not only energise students but also seamlessly blend physical education with academic learning.

IMPACT

The impact of our PE curriculum is multifaceted, contributing significantly to the physical, mental and social development of our students. Through regular, structured physical activities and sports, students improve their fitness levels, motor skills and understanding of team dynamics. They learn the value of health and well-being, which influences their lifestyle choices outside of school. The competitive and cooperative aspects of sports teach them resilience, leadership and the importance of fair play. As a result, students leave Sinai with a solid foundation for maintaining an active lifestyle, equipped with the skills and attitudes necessary to pursue physical activities and sports with confidence and enthusiasm. Our PE program not only enhances immediate well-being but also sets the stage for lifelong health and fitness.

BIG OPPORTUNITIES

Our PE curriculum offers a wealth of exciting opportunities designed to cultivate physical skills, resilience and sportsmanship among our students. Year 4 children benefit from dedicated swimming sessions, equipping them with essential water safety skills and confidence in the pool. Our curriculum includes regular competitions in football, netball and athletics, providing students with the chance to showcase their talents and compete at a high level. To inspire and motivate our students, we have had the honour of hosting visits from Olympians who engage in activities with the children, emphasizing the importance of resilience and determination in achieving sporting success. Our exceptional facilities, including a gym and ample outdoor space, provide students with a dynamic environment to explore and develop their physical abilities. Year 6 students particularly benefit from outdoor adventure activities during residential trips, fostering teamwork, resilience and leadership skills in a challenging yet supportive setting. These opportunities not only promote physical fitness but also instil a sense of adventure and exploration, encouraging students to embrace new challenges and push their limits. By leveraging our outstanding facilities and immersive experiences, we aim to inspire a lifelong love for physical activity and equip our students with the skills and mindset to thrive both on and off the field.

KEY CONCEPTS, KNOWLEDGE & SKILLS

Key Concepts: Inclusivity, Passion, Well-being, Competence

Through inclusivity, students learn to embrace diversity and create an environment where everyone feels valued and included, regardless of their abilities or backgrounds. Passion drives students to engage enthusiastically in physical activities, fostering a lifelong love for movement and exercise. Well-being is prioritized, with a focus on nurturing both physical and mental health through regular physical activity. Competence is developed through skill acquisition and practice, empowering students to build confidence and proficiency in a range of physical activities and sports. Together, these key concepts form the cornerstone of our PE curriculum, ensuring that students not only develop essential physical skills but also cultivate a positive attitude towards lifelong health and well-being.

ASSESSMENT

Learning begins by assessing children's prior knowledge and identifying any misconceptions they may have, allowing us to personalize units of work to suit their individual needs. Pupil voice is integral, with interviews conducted to gather insights into their learning experiences and preferences. At the end of each unit, objectives are evaluated based on whether children have achieved them, providing valuable feedback on their progress and attainment. Annual reporting of standards occurs through the end-of-year report on Arbor, highlighting each child's achievements and areas for development in PE, ensuring transparent communication between school, students and parents.