

# St John the Evangelist Catholic Primary

## P.E



### Curriculum Intent

We aim to inspire and help children to develop physically, emotionally and socially, ensuring this is inclusive for **ALL**. We place the individual learners at the heart of practice with the ultimate goal of our pupils feeling valued, included, challenged and supported in their learning. We ensure that our pupils have the opportunity to discover and develop their physical potential by providing a broad range of activities.

Our P.E curriculum focus on encouraging students to enjoy PE & School Sport, have fun, be active for a sustained period of time and lead healthy, active lives. We deliver a broad and balanced curriculum ensuring this is stimulating and innovative to ensure pupils become lifelong participants as well as develop character and confidence.

We are further committed to recognising the importance of PE & School Sport beyond the curriculum. We believe that providing opportunities for pupils to participate in extra-curricular activities and competitive sport creates an environment to embed key whole school values such as **Leadership, Organisation, Resilience, Independence** and **Communication**, all of which are fully aligned to the National Curriculum.

#### P.E in Early Years aims to enable children to:

Three to Five-Year-Olds Physical Development; Gross Motor Skills

- Negotiate space and obstacles safely with consideration for themselves and others.
- Demonstrate strength, balance, and co-ordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

#### P.E in Key Stage 1 aims to enable children 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.

#### P.E in Key Stage 2 aims to enable children to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games

- Develop flexibility, strength, technique, control and balance
- Perform dances using a range of movement patterns.
- Take part in outdoor adventurous activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Implementation

We are committed to delivering 2 hours of P.E each week. We plan their sessions to cover a broad and full range of skills and activities in line with the National Curriculum. School are part of Stockton School's Sport's Partnership, this broadens opportunities for pupils to partake in a wider range of sport and physical activity.

In Early Years, pupils are given daily opportunities to develop fundamental movement skills and extend their balance, agility and coordination. Physical literacy development is implemented. Staff identify where core strength requires development and implement daily core exercises to develop areas of prone, supine and weight bearing.

In KS1, pupils are given opportunities to develop fundamental movement skills, mastering the basics of running, jumping, throwing and catching as well as further developing balancing, agility and coordination. They begin to develop teamwork through participation in small team games and develop skills which enable them to compete successfully and in a fair manner. Pupils are offered a broad range of experiences to understand how their bodies move through dance, gymnastics, athletics and games.

Through KS2 pupils continue to develop and apply a broad range of movement skills, incorporated into a variety of games; pupils are offered the opportunity for both inter and intra school competitions and a variety of Sport's Festivals. All pupils are given equal opportunity and encouragement to represent school in competitions. Leadership skills are developed through opportunities in lessons and as Play Leaders at breaktimes.

In addition to curriculum P.E., we also strive to provide a variety of extra-curricular sporting activities. Pupils are also given opportunity to attend off- site sports as well as a residential experience.

Mile a Day is undertaken by all classes to ensure all pupils have daily, dedicated physical activity.

Children in key stage 2 attend swimming lessons in a local pool. They learn to swim 25 metres competently and confidently using a range of different strokes.

### We teach in a way that children:

- have fun and experience success in sport
- can join in at their own level of development
- build and secure a range of skills
- develop good sporting attitudes
- understand basic rules
- experience positive competition
- learn in a safe environment

## **Curriculum Sequence**

We have chosen to sequence the curriculum as follows:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Multi Skills (Catching, throwing and kicking)	Gymnastics	Balance	Dance	Athletics	Cricket Skills
Year 2	Multi Skills (Catching, throwing and kicking)	Gymnastics	Balance	Dance	Athletics	Cricket Skills
Year 3	Team games (Tag Rugby and Basketball)	Gymnastics	Multi skills and team games	Dance	Athletics	Cricket
Year 4	Team games (Tag Rugby and Basketball)	Gymnastics	Multi Skills and team games	Dance	Athletics	Cricket
Year 5	Team games (Tag Rugby & football/cross country)	Gymnastics	Indoor team games	Dance	Athletics	Cricket/Rounders
Year 6	Team games (Tag Rugby & football/cross country)	Gymnastics	Indoor team games	Dance	Athletics	Cricket/Rounders

Assessment in P.E is an ongoing process. Teachers make judgements about pupil's progress and attainment as they observe them throughout lessons.

## Impact

When pupils leave our school, they will be more physically confident and resilient in ways which supports their health and fitness. They will have developed their physical literacy whilst enhancing their enjoyment and knowledge of the subject, alongside learning how to co-operate and collaborate with others; work as part of a team; understand fairness and equality of play to embed life-long values.

The majority of pupils will achieve age related expectations in P.E and will have developed the physical skills necessary to enhance life-long fitness and life choices.

They will have the firm foundations in P.E and are well placed to make good progress at Key Stage 3.