

### Intent: What do we want our children to learn?

At Tregoze Primary School, we believe that every child should enjoy a range of experiences within PE and sport whilst developing resilience, perseverance and confidence through engaging and stimulating lessons. Children will learn to work as part of a team and develop healthy competition, they will improve physical skills and techniques and value their own health and fitness to understand the importance of a healthy life-style. Through a variety of sports, games, dance and gymnastic activities pupils acquire and develop skills in a range of physical activities so they can constantly strive to be the best they can be.

Through our curriculum, extra-curricular clubs and active opportunities, we promote positive attitudes to health, exercise and wellbeing, leadership opportunities and a love for being active and having fun.



### Impact: How do we know?

At the end of KS2, all children will have developed:

- A keen interest in PE with a willingness to participate eagerly in every lesson;
- An understanding of the importance of exercise in promoting long-term health and well-being.
- The skills and knowledge to participate in a range of sporting activities and understand the rules and tactics in order to compete individually or a part of a team.
- Increased levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- The ability to make informed choices about engaging fully in extra – curricular sport.

## Physical Education: all summed up!



### Implementation: How do we achieve this at Tregoze?

During PE lessons, children follow a curriculum that aims to equip them with the essential abilities to realise their potential, and enjoy long-term participation in physical activity and sport. We teach the National Curriculum, supported by a clear set of skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children.

Teaching and learning focuses on the main building blocks for every sporting action, gross and fine motor skills, spatial awareness, leadership and thinking skills:

In Key Stage One, lessons focus on the fundamental skills of movement, balance, coordination and agility.

In Key Stage Two, lessons focus on developing and applying skills in a variety of sport specific units.

Our PE curriculum provides children with 2 hours of taught PE sessions per week, one hour of indoor and one hour of outdoor. In addition to this, children are provided with 15 minutes of skipping per day which develops coordination, stamina and resilience thus providing all children with an opportunity to challenge their personal best.

What does PE look like at Tregoze Primary School:

<u>Indoor PE</u>	<u>Outdoor PE</u>	<u>Personal Challenge</u>
<i>Gymnastics</i> <i>Dance</i> <i>Multiskills</i> <i>Leadership</i>	<i>Athletics</i> <i>Games</i> <b><i>Invasion games:</i></b> Football, Rugby, Netball, Basketball, Hockey <b><i>Net/Racket games:</i></b> Tennis <b><i>Striking/Fielding games:</i></b> Cricket, Rounders	<i>15 minutes daily skipping</i> <i>Golden Mile</i>