



Physical Education

"A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities."

Phase	Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
UKS2	Y6	Tag rugby	Gymnastics	Gymnastics	Basketball	Tennis	OAA
	Y5/6 Y5	Netball	Indoor Athletics	Dance	Dance	Cricket	Outdoor Athletics
LKS2	Y4	Football	Indoor athletics	Dance	Basketball	Tennis	OAA
		Swimming	Swimming	Gymnastics	Gymnastics	Rounders	Outdoor Athletics
	Y3/4	Football	Indoor Athletics	Gymnastics	Dance	Tennis	OAA
		Rounders	Gymnastics	Swimming	Swimming	Basketball	Outdoor Athletics
	Y3	Football	Indoor Athletics	Dance	Basketball	Swimming	Swimming
		Rounders	Gymnastics	Gymnastics	Tennis	OAA	Athletics
KS1	Y2 Y1/2 Y1	Ball skills Hands /	Dance	Dance	Ball skills Feet	Games – Piggy In The Middle	OAA
		Multi skills	Gymnastics	Gymnastics	Multi skills	Kick Rounders	Athletics
EYFS		Multi skills	Ball skills - Hands	Gymnastics	Dance	Ball skills - Feet	Athletics

Intent

Through our physical education curriculum, we aim for every child to be active, more aware of their fitness and confident in physical literacy. We strive for all pupils to develop a love for sport and activity, developing pupils' stamina, suppleness, strength and resilience by creating a variety of opportunities to allow children to work collaboratively, be imaginative and communicate their ideas as both individuals and as part of a group. We promote the importance of a healthy, active lifestyle so pupils understand the contribution physical activity has on having a healthy body and mind, supporting pupil wellbeing and raising self-esteem and resilience. Opportunities for participating in competitive sports, which are appropriate to the stage of the individual pupil's development, are celebrated in school and the wider community, allowing pupils to feel a sense of achievement.

Implementation

Pupils will move progressively through three learning stages:

- Explore – EYFS, Year 1 and Year 2: Pupils explore basic movement skills of running, jumping, kicking, throwing and catching, whilst demonstrating physical attributes of balance, agility and co-ordination.
- Combine – Year 3 and Year 4: Pupils combine basic movement skills of running, jumping, kicking, throwing and catching, whilst demonstrating physical attributes of balance, agility and co-ordination. All pupils will take part in swimming lessons.
- Refine – Year 5 and Year 6: Refine sport specific skills whilst demonstrating physical attributes of flexibility, strength.

Pupils will participate in a range of games, as well as dance and gymnastics sequences and health related fitness and outdoor adventurous activities

Impact

- Pupils will have opportunities to develop their skills enhancing the potential for success which increases the likelihood of lifelong participation. This also provides an additional opportunity to participate in sport and be physically active, which develops resilience, confidence and independence to lead a healthy and active lifestyle.
- Sports and activities selected to comprise the curriculum, will reflect the school sport network calendar of events, allowing pupils to develop competence immediately prior to potentially showcasing these skills at a local area competition level.