



PE aims

The national curriculum for PE 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

Intent

We intend for the Physical Education [PE] Curriculum to be accessible and achievable for all. We focus on high quality teaching that inspires and motivates all pupils to challenge themselves both physically and mentally. These strands are embedded in the heart of our planning which is based around the Real PE curriculum building upon the fundamental skills developed in key stage 1. Our aim is to have a curriculum that enables children to master both the physical and theoretical knowledge which underpins a healthy and active lifestyle.

By the time children leave Year Six and progress onto Secondary School, we hope they have mastered basic physical competencies (agility, balance and coordination), have built confidence in their own abilities and have the foundations to have a lifelong love of activity which will feed into the other aspects of their daily lives.

Implementation

We have adopted the Real PE scheme to implement high quality teaching which supports the development of motor competence alongside carefully identified and sequenced knowledge of activities. Children will access these lessons twice a week and these lessons come from units of work including gymnastics, dance and PE lessons built around 6 learning cogs (see long term plan). These learning cogs install life values that complement our school values. The lessons across PE, dance and gymnastics are built around these cogs (personal, social, cognitive, creative, health & fitness and physical). Lessons build, revisit and develop skills and knowledge as they progress through the school. This process allows the children to reflect, review and refine their skills throughout all lessons. We understand that pupils are best able to learn and do more in PE when they have access to high quality instruction, practice and feedback. Teachers carefully align the needs of pupils with ambitions of the curriculum to make effective pedagogical decisions. Careful planning of early movement and developing the knowledge of leading healthy, active lifestyles starts in years 3 and 4 with the emphasis on healthy competition. This allows children to build and stretch their knowledge, skills, rules, strategies and tactics across a range of activities. The focus is on a child's 'personal best' building on important life skills such as resilience and perseverance. In years 5 and 6 the emphasis changes to small games where the children play a variety of games, refine their skills through a skill application before returning to the game to apply the new knowledge and skills learnt. In addition to Real PE, year 5 have swimming lessons to develop this vital life skill.

Impact

Our curriculum is designed so that there is a clear progression of learning throughout the school which is assessed termly. Children are supported in their understanding through the introduction of specific vocabulary year on year which is mapped to each unit of work. We provide opportunities to develop and broaden the foundation of learning that takes place in school through sports day, competitions and a variety of after school clubs. Children are provided with a variety of competitions (intra and inter) and festivals to embed the key fundamental movements learnt which are rooted in agility, balance and coordination, as well as the skills of teamwork, respect, self-belief, determination, passion and honesty. Competition is positioned to bring out the best in pupils and spur innovation but also embed our school values.

Long term plan

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 3	Real PE Personal	Real PE Social Real Gym	Real PE Cognitive Real Gym	Real PE Creative Real Dance	Real PE Physical	Real PE Health and Fitness
Year 4	Real PE Personal	Real PE Social Real Gym	Real PE Cognitive Real Gym	Real PE Creative Real Dance	Real PE Physical	Real PE Health and Fitness
Year 5	Real PE Cognitive Real Dance	Real PE Creative Real Gym	Real PE Social Real Gym	Real PE Physical Swimming	Real PE Personal Swimming	Real PE Health and Fitness
Year 6	Real PE Cognitive	Real PE Creative Real Gym	Real PE Social Real Gym	Real PE Physical Real Dance	Real PE Personal	Real PE Health and Fitness