

PHYSICAL EDUCATION CURRICULUM

Intent

Our aim is for 'every child to leave school being healthy'. To do this the teaching of PE is split into 3 main areas: sport, health and fitness. The sport aspect teaches children key, transferable skills and movements in the main areas, such as throwing and catching, jumping, running, swimming, balance and agility. The health aspect teaches children about the human body, educating them on how to live a healthy lifestyle and the benefits of doing so. The final aspect, fitness, focuses on being involved in more-rigorous exercise that will enhance their cardio-vascular system and helps to keep the body active and healthy.

Implementation

The PE curriculum is split into 2 sections, which are both taught weekly. Each week the children will have a lesson that focuses on sport, and a lesson on health and fitness. The sport curriculum has been designed so that the children participate in sport-based activities, with a focus on embedding key skills. There is a variety of activities that the children will participate in, such as invasion games (e.g. football and rugby), racket sports (e.g. tennis and badminton) team sports (e.g. cricket and rounders) and dance/gymnastics. These key skills are built upon each year as they revisit topics and sports. The second PE session gives the children an opportunity to learn about the human body and keeping it healthy, which they then put into practice by engaging in a fitness-based activity. These sessions also build on each other every year, as the children are exposed to more information about how their body works and learn different skills across fitness-based activities, such as 'boxercise'. The children are all also taught how to swim in year 3, with the aim of all children being able to swim 25m by the end of KS2.

At the end of every unit there is an assessment lesson, where the children are able to put together all that they have learnt. In the sport unit, this may be a final game-based session where the children can showcase all of the skills they have learnt within a game, or an end routine they have put together in gymnastics/dance. In the health and fitness-based unit, the children can again complete a final activity, with the focus this being on any improvements in their cardio endurance, something that can be compared to the start of the unit to see progress. The children can also complete a quiz or diagram-based activity to demonstrate the knowledge they have taken away from the health unit. All of these end tasks provide an opportunity to observe any misconceptions, or skills that still haven't been embedded. The teacher can then ensure these skills are revisited in a future unit or at an extra-curricular activity.

WHOLE SCHOOL OVERVIEW FOR PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 – 3 Sports	Throwing and Catching 1	Swing Dance	Throwing and Catching 2	Multi-Skills	Active Athletics 1	Active Athletics 2
1 – 3 Health	Body Parts and their Functions	Healthy Mind, Emotions and Goals	Hygiene, Medicine and Exercise	Body Protectors and Body Changes	Relationships with Others and Opinions	Diet and Vitamins
1 – 3 Fitness	Boxercise	Bootcamp	Mighty Movers	Gymnastics	Cool Core	Step to the Beat
4 – 6 Sports	Invaders	Dynamic Dance	Nimble Nets	Active Adventure	Gym Sequences	Young Olympians
4 – 6 Health	Healthy Body: Inside Out	Healthy Mind: Going for Goals	Healthy Lifestyle: You are what you eat!	Healthy Body: Blood and Guts	Healthy Body – Healthy Mind	Healthy Lifestyle: Germ Busters!
4 – 6 Fitness	Boxercise	Bootcamp	Mighty Movers	Gymnastics	Cool Core	Step to the Beat