

## Curriculum Statement for Physical Education at Earley St Peter's CE Primary School



### Intent

At Earley St Peters, we consider Physical Education (P.E.) as an essential part of our curriculum. We believe that P.E. inspires all pupils to succeed and excel in physically demanding activities and helps them to become confident in a way which supports their physical health, mental health and fitness throughout their lives. Therefore, we believe that our children should be physically active every day. This is through daily activities such as P.E. lessons, break times, lunch times and extra-curricular activities. We also believe that children should have the opportunity to compete in sport and other activities that build character and help to embed values and good foundations such as healthy lifestyles, team-work, fairness and respect.

### Implementation

In Key Stage 1, the children will develop their fundamental skills which will give them the building blocks to become competent and confident in a range of physical activities. The children will develop these skills in three main areas: mastery of basic movements (moving in a range of ways which include; running, jumping, throwing and catching), stability (balancing) and control (sending, receiving and controlling an object).

These skills will act as building blocks to enable children to participate in team games and give them the knowledge and ability to develop simple tactics for attacking and defending. In addition to this, they will learn and perform dances using simple movement patterns and sequences.

In Key Stage 2, the children will continue to develop and apply their rich reservoir of knowledge. They will broaden their knowledge which will involve developing fundamental skills and linking them together to make actions and sequences. The skills and knowledge they obtain will act as a platform for them to participate in a range of competitive games (cricket, football, hockey, netball, rounders



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**Respect**

and tennis) and within these sports, they will apply and demonstrate the basic principles of attacking and defending. In addition, children will develop their flexibility, strength, technique, control and balance and will performing dances that use a range of movements. In P.E. lessons children will communicate, collaborate and compete with each other and they will be given the opportunity to evaluate their performances, recognising how they can improve their performance and celebrate their success and the success of others.

Furthermore, in both Key Stage 1 and 2, children will be taught to swim by qualified instructors. During their lessons, they will be taught to swim competently, confidently and proficiently, using a range of strokes effectively. These include front crawl, backstroke and breast stroke.

In Key Stage 2, children participate in a range of outdoor and adventurous activities. These promote collaboration, problem solving and allow positive attitudes to be developed towards physical activity and additionally towards the basic understanding of leading a healthy lifestyle.

### **Impact**

Pupils will leave Earley St Peter's with a good foundation for leading a healthy lifestyle and a passion for engaging in physical activities. Pupils will have a clear understanding of the importance of exercise and the necessity of maintaining a balanced diet which will positively impact on their physical and mental health. They will enjoy engaging in competitive sports and activities and develop and understand the importance of the core skills of communication, collaboration and cooperation which will enable them to compete and excel not only in a broad range of physical activities but in their day to day life.

### **Assessment**

Assessments of the children's knowledge and understanding will be ongoing throughout the year. Assessment will include observations, discussions and written outcomes. A summative assessment of whether a child is working at age related expectations plus their attitude to learning in P.E. will be reported to parents/carers in a written annual report.

Written by Miss B Parmar

Subject Leader for Physical Education.



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