



Curriculum statement for PE (Physical Education)

Intent

At St John's we aim to create positive relationships with physical activity for life

The PE curriculum is planned covering the skills and knowledge/content themes from the National Curriculum for Key Stage 1 and 2 and the EYFS for the Foundation Stage.

We encourage curiosity in PE, all class teachers teach their own PE lessons and we have additional support from Tiny Trekkers. We expose our pupils to a wide range of physical activities that they may not choose to take part in outside of school. All activities planned, develop the skills and control that they need to take part in PE and sport, including competitive sport. Pupils demonstrate their resilience by developing values such as teamwork, honesty, determination, respect, sportsmanship and self-belief. Pupils are encouraged to always try their best regardless of the outcome

We encourage our pupils through the use of personal and team challenges and praise all successes no matter how small. Pupils have the opportunity to demonstrate and share their learning and newly developed skillsets with their peers.

Communication skills are a vital part of physical education. Pupils are required to engage with others through discussion when learning new skills, giving verbal support and feedback to comment on their peer's progress and development. During team games spoken language is vital to ensure a positive outcome or to support team mates

We ensure that children are physically active for sustained periods of time leading to an understanding of the importance of exercise and a love of sports. We endeavour to help children understand that PE and sport are an important part of an active lifestyle needed for a balanced and healthy future



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Key learning outcomes	Develop lifelong participation in activity Help children reach their full potential Develop whole child essential learning skills		
	Acquiring and Developing Skills	Evaluating and Improving	Health & Fitness
	<p>Pupils will learn to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts, swimmers and athletes. Their experiences will also be enriched through opportunities for outdoor and adventurous activities.</p>	<p>Pupils will learn how to compare and comment on skills, techniques and ideas that they and others have used. They will be taught how to use their observations to improve their own work and performances</p>	<p>Pupils will learn the importance of physical activity on their health and be taught to make healthy life choices which will lead to living a healthy and active life.</p>
Implementation	<p>Physical Education develops the pupil's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. Physical Education promotes an understanding in pupils of their bodies in action. It involves thinking, selecting and applying skills and promotes attitudes towards a healthy lifestyle, thus enabling them to make informed choices about physical activity throughout their lives. We develop our PE lessons with supporting planning documents from 'Get Set PE.'</p>		
	<p>Broad and Balanced Curriculum We aim to ensure we provide a broad and balanced curriculum which includes comprehensive coverage of the National Curriculum for Physical Education in KS1 and KS2, and is in line with the Early Learning Goals in the EYFS.</p>	<p>Daily Physical Activity / Active Learning We aim to promote being active every day with the use of focused games and interaction with children at lunch times, and throughout the day. To make sure we are always focused on the right choices for a healthy and active lifestyle.</p>	<p>Cross Curriculum Links Where possible, Links will be made to current topics, in science and RSHE to make sure the children have a broad understanding of the impact of exercise on their physical and mental health and how it supports us in leading a healthy lifestyle.</p>



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		Long Term Plan		
		Spring 2	Summer 1	Summer 2
	EYFS			
	Year 1	Target Games	Net and wall	Athletics
		Fundamental skills	Team building	Striking and Fielding
	Year 2	Target Games	Net and wall	Athletics
		Team building	Team building	Striking and Fielding
	Year 3	Tag Rugby	Athletics	Tennis
		Fundamental skills	Ball Skills	Cricket
	Year 4	Tag Rugby	Athletics	Tennis
		Handball	OAA	Rounders
	Year 5	Tag Rugby	Athletics	Tennis
		Badminton	Handball	Cricket
	Year 6	Tag Rugby	Athletics	Tennis
		Badminton	OAA	Rounders



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Our topics for each half term work as an overarching theme, the focus of each lesson is the fundamental skills they will be learning which come under the categories of;

- Social
- Personal
- Health and fitness
- Cognitive
- Creative
- Applying physical

Impact	<p>Pupils will be able to talk enthusiastically about their P.E.</p> <ul style="list-style-type: none">• Pupils will be able to confidently talk about why Physical Education is important.• Pupils will be able to link skills, techniques and ideas and apply them accurately and appropriately.• Pupils will be able to show good control in their movements.• Pupils will be able to compare and comment on skills, techniques and ideas that they and others have used.• Pupils will be able to use their observations to improve their work.• Pupils will be able to explain some important safety principles when preparing for exercise.• Pupils will be able to explain what effect exercise has on their body.• Pupils will have acquired and developed skills and performed with increasing physical awareness.• Pupils will be able to understand what it takes to persevere, succeed and acknowledge others' success.• Pupils will be able to take the initiative, lead activities and focus on improving performances.• Pupils will be able to excel in a broad range of physical activities.• Pupils will have the understanding of how to lead healthy and active lives and make positive life choices.• Pupils will have developed positive attitudes to participation in physical activity• Pupils will have embedded sporting values such as honesty, determination, teamwork, passion, self-belief and respect.• Pupils will have acquired the appropriate age related knowledge.
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