



# Curriculum statement for Physical Education

## **Subject aims: what do we want the children to learn and why**

It is our intention to build an inclusive PE curriculum that enables children to develop knowledge, skills and vocabulary in a broad range of sporting activities, as well as developing values and transferrable life skills such as fairness and respect. As a school, we decided that we felt it was a priority to teach our children the importance of being physically fit and being regularly active. Statistics tell us that children are becoming less active at a younger age. We want our children to understand that being physically active regularly, is something that should be part of their everyday life in school and beyond. It is also something that not only is good for their health, but can also be fun, rewarding and lead to forming strong friendships. Along with good balance, agility and coordination we want them to understand how their body works, how to evaluate performances what makes a good leader. We want our children to care about improving their physical skills so that they can complete competitively at any given activity.

## **How the subject is organised and taught**

All classes have two hours of P.E. set into their timetable. This is split between one hour following the Create Development planning and another hour based on games and skills for particular activities. We have a yearly overview for each year group for the areas of activity that will be taught. These include invasion games, striking and fielding, net/wall games, gymnastics and dance. All teachers have access to the progression document and use these accordingly. Swimming is taught for 10 weeks in years 5,4 and 3. Any child who is unable to meet the Government guidelines of 25 metres will continue to swim with the next year group until they have success with this. One PE session per week for years 1 and 2 is taught by qualified coaches based within our school. Children also have the opportunity for extra physical activity during our 'Wednesday Workshops' whereby they are able to experience activities such as archery and street surfing.

## **What subject-specific characteristics do we want children to develop?**

We realised that some of our children lack fundamental skills of balance and co-ordination. This is why we chose to use the Create PE programme as it has these key skills at the root of every lesson from Reception to year 6. Our use of the Daily Mile Track is a great way of increasing individual fitness, but can also include personal and class challenges. In the past, we have found teaching our children to swim a real challenge as the majority of our children only have the opportunity to swim if the school provides it. Our new approach to swimming means that we do not give up on them if they don't achieve the skill within their given sessions. We also have provided incentives for achieving in this area.