

St John the Baptist
Curriculum Vision
Subject: PE



Vision

Our aim is that children leave our school ready to build on previous skills and learn new skills with a positive mindset. They will be resilient when applying these skills and will show respect during both team and individual events. They will leave school with the knowledge and skills to make healthy lifestyle choices, both in body and mind.

Context

The area has some of the highest childhood obesity statistics therefore we offer a very active PE curriculum to educate children about healthy lifestyles. This is closely linked to our PSHE curriculum. We use sports coaches to offer a range of sports to children, that they may not get opportunity to experience, and use these coaches as positive role models. Competitive sports are offered to teach children all of our core values of readiness, respect and resilience to ensure they are ready to compete in a healthy manner, they show respect to their competitors and a resilient so they don't give up easily.

Therefore, in EYFS...

During EYFS children will be offered a wide variety of activities and experiences to develop their gross motor skills as well as their independence when getting changed for a PE session. Children will explore moving in a variety of ways such as running and jumping and practise some ball skills such as throwing and catching.

By the end of EYFS children will be able to negotiate space and obstacles in a safe way, demonstrate strength, balance and co-ordination and move in a variety of ways such as running, jumping and skipping. Children will talk about how their body feels during activity and understand that physical activity is good for them.

In KS1...

During KS1 children will build on refining movements taught in EYFS such as running, jumping, throwing and catching as well as continuing to develop skills such as balance, agility and co-ordination. Children will also be introduced to team games that include attacking and defending. Throughout KS1, children will experience dance and gymnastics.

By the end of KS1 children will be able to apply the basic movements and skills as stated above in a range of activities. They will respectfully take part in team games and will confidently use simple movement patterns to perform a dance routine. Children will be able to confidently talk about how their body feels during physical activities.

In LKS2...

During LKS2 children will learn various jumping techniques, practise making movements clear and fluent and begin to communicate their ideas through expression and movement. Within games and athletics children will learn to throw, catch, field and stop a ball with accuracy. They will learn the importance of following rules in games and the concepts of both teams and opponents. They will begin to evaluate their own physical activity and performance. They will begin their swimming lessons and also represent school in competitive sporting events.

By the end of LKS2 children will begin to sequence moves and linking actions such as jumping. They will work individually, in pairs and in groups to perform a sequence of movements. They will follow the rules in team games and will be accurate when throwing, catching and striking a ball. Children will be able to talk about the importance of warming up before any activity and cooling down following a sporting activity.

In UKS2...

During UKS2 children will practise fluency, control and co-ordination when travelling and balancing. They will have the opportunities to be creative and use their imagination when composing sequences that convey mood or feeling. Time will be given for children to plan, rehearse and perform and evaluate their sequences. In games and athletics, children will have the opportunity to build previous taught skills to incorporate speed and power when throwing and kicking. Children will be given time to work as a team to plan how to attack, defend and gain possession within a team game.

By the end of UKS2 children will be able to modify their skills and techniques to improve their performance as well as showing willingness to develop and improve. They will use a range of criteria to judge their own and others' work. Children will be able to monitor their own heart rate and breathing as well as understanding how heart rate and breathing changes during and after exercise.

Developing spirituality and British Values

Through well planned PE lessons, children will be able to develop their spirituality by respecting and reflecting on their own and others feelings. They will have the opportunity to use their imagination and creativity in their learning. Children will reflect on their PE experience after every lesson. All four British Values will be addressed through the PE curriculum to ensure children know how to behave in a socially acceptable manner. They will be taught the rules of a variety of games and show their own understanding of the need for rules. Children will be encouraged to respect individual differences in the sporting world and will be exposed to both male and female role models to stop stereotyping. They will also be given the chance to express themselves in movement using a variety of cultural dance techniques.