

NORTHWOOD PRIMARY SCHOOL

PE Curriculum Overview



a world of opportunities

What is the intention of the KS1 and KS2 PE Curriculum?

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Through the teaching of PE Northwood Primary intend to:

- enable pupils to develop and explore physical skills with increasing control and co-ordination
- encourage pupils to work and play with others in a range of group situations
- develop the way pupils perform skills and apply rules and conventions for different activities
- show pupils how to improve the quality and control of their performance
- teach pupils to recognise and describe how their bodies feel during exercise
- develop the pupils enjoyment of physical activity through creativity and imagination
- develop an understanding in pupils of how to succeed in a range of physical activities and how to evaluate their own success
- allow the pupils to recognise and share their knowledge of the skills they have learnt
- assess pupils learning, analyse and interpret the results to inform future planning and lessons

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

How will this be implemented at Northwood?

PE develops a child's knowledge, skill and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. A varied curriculum is in place at Northwood to support this, with activities including: dance, athletics, gymnastics, games, and swimming.

EYFS

We encourage the physical development of our pupils in the EYFS as an integral part of their work. We relate the physical development of the pupil to the objectives set out in the Early Learning Goals, which underpin the curriculum planning for pupils aged three to five years of age.

We encourage the pupils to develop confidence and control of the way they move, and the way they handle equipment. We give all pupils the opportunity to undertake activities that offer appropriate physical challenge, both indoors and outdoors, using a wide range of resources to support specific skills.

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- swim proficiently for at least 25m
- use a range of strokes effectively

At Northwood, PE is an important subject in which pupil learn the importance of an active lifestyle and have the opportunities to play in competitive sport.

All pupils (Year 1-6) receive a minimum of 2 hours of PE teaching a week and in Reception Class receive at least 1 hour.

We use a variety of teaching and learning styles in PE lessons. Our principle aim is to develop the pupil knowledge, skills and understanding and we do this through a mixture of whole-class teaching and individual/group activities. Teachers and Coaches model sporting skills then provide pupils with opportunities for them to practise their newly learnt skills. Teachers and coaches draw attention to good examples of individual performance as models for the other pupils and we encourage the pupil to evaluate their own work as well the work of other pupils. Skills are taught in a sequential order which support outcomes and knowledge progression.

Additional PE Opportunities

Our academy provides a range of PE-related activities for pupils at the end of the school day. These encourage pupils to further develop their skills in a range of the activity areas. These sporting clubs change each term in the school year. In addition, outside providers (e.g.: dance, gymnastics, sailing, cricket) provide sports clubs after school. As well as sporting opportunities within the school community, pupils also enter partnership and county sporting events. The pupils have opportunities to competitively play in athletics, basketball, cricket, cross country, football, handball, netball, sportshall athletics, tag rugby, tennis, as part of the School Games initiative. These experiences allow for pupils to apply their sporting skills, develop team skills and learn how to play competitively.

How will we judge the impact of the PE Curriculum?

Pupils have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all pupils by matching the challenge of the task to the ability of the child and in doing so raise pupils' health (considering childhood obesity) and fitness levels, improve skills and develop pupils' resilience, teamwork and perseverance (school values).

Using assessment, questionnaires and surveys (pupils and staff) and by talking to pupils, the quality of lessons and confidence in the teaching of PE improves and as a result the enjoyment and positive outcomes increases.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	Multi Skills Movement Fine & Gross Motor Skills	Multi Skills Movement Fine & Gross Motor Skills	Multi Skills Gymnastics Yoga	Multi Skills Gymnastics Yoga	Multi Skills Athletics	Multi Skills Athletics
Y1	Multi Skills Games Tai Chi	Multi Skills Games Tai Chi	Multi Skills Gymnastics Dance Yoga	Multi Skills Gymnastics Dance Yoga	Athletics Ball & Raquet Skills	Athletics Ball & Raquet Skills
Y2	Multi Skills Games Tai Chi	Multi Skills Games Tai Chi	Multi Skills Gymnastics Dance	Multi Skills Gymnastics Dance	Athletics Ball & Raquet Skills	Athletics Ball & Raquet Skills
Y3	Fitness Games Tag Rugby	Fitness Games Tag Rugby	Multi Skills XC Gymnastics Dance	Multi Skills XC Gymnastics Dance	Athletics Raquet Skills Cricket	Athletics Raquet Skills Cricket
Y4	Fitness Games Tag Rugby	Fitness Games Tag Rugby	Multi Skills XC Gymnastics Swimming	Multi Skills XC Gymnastics Swimming	Athletics Tennis Cricket	Athletics Tennis Cricket
Y5	Fitness Tag Rugby Dance	Fitness Tag Rugby Dance	Basketball Netball Gymnastics XC	Basketball Netball Gymnastics XC	Athletics Tennis Cricket OAA	Athletics Tennis Cricket
Y6	Fitness Tag Rugby Dance	Fitness Tag Rugby Dance	Basketball Netball Gymnastics XC	Basketball Netball Gymnastics XC	Athletics Tennis Cricket OAA	Athletics Tennis Cricket
EXTRA CURRICULA	Football Tag Rugby	Football Tag Rugby	Football Basketball Netball Gymnastics	Football Basketball Netball Gymnastics	Football Cricket Dance	Cricket Sailing Laser Quest