



## Astley CE Primary School – Physical Education Curriculum

### Our Curriculum Intent:

At Astley CE Primary School, we aim to provide a high-quality physical education curriculum that inspires our pupils to participate in competitive sports, physical demanding activities and develop a lifelong approach towards physical exercise. The children are given opportunities to compete within and outside the school environment in a range of sports throughout the journey at Astley, supporting them to further embed our school values of love and respect, in addition to fairness, collaboration and communication. It allows the children to become physically confident and develop skills and strategies to support their health and fitness as they grow and develop.

### Our Aims:

- The knowledge and experience of making healthy lifestyle choices through regularly exercising, making positive lifestyle choices for example avoiding smoking and eating a balanced healthy diet.
- A desire to be physically active for prolonged periods and understand the correlation of this, in order to promote long-term health and wellbeing.
- The ability to swim at least 25 metres and the knowledge of how to stay safe in and around water.
- A range of competent skills they have developed in a broad range of physical activities.
- The experiences of applying their skills in a wide range of different contexts which include competitions, small groups, real-life resources and in situations working independently.
- Develop suitable attacking and defending skills and apply these basic game principles in order to play competitive sports.
- Develop their leadership skills in order to organise and officiating as well as motivating and instilling brilliant attitudes towards sports in others.
- Develop their understanding of physical activities and sports in order to learn how to improve, evaluate and recognise their own success.

At Astley CE Primary, we follow the National Curriculum and EYFS framework for physical education:

### Early Years Framework:

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives<sup>7</sup>. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

## **Early Learning Goal – Physical Development**

### **Gross Motor:**

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

### **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.

#### **Through our curriculum pupils are taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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.

#### **Through our curriculum pupils are taught to:**

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].
- 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.

### **Swimming and Water Safety**

At Astley, our children are taught swimming and water safety during different terms throughout the year from Year 1 upwards. This provides the children with the opportunity to continually access this provision and develop their skills as they progress through the school each year.

The children at Astley are taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].
- Perform safe self-rescue in different water-based situations.

Astley CE Primary School, use *Get Set 4 PE* to support the planning and delivery of our physical education curriculum from Early Years to Key Stage 2.

### Curriculum Overview – Even and Odd years

Ash class	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Early Years</b>						
Even Year	Introduction to PE 1	Fundamentals Unit 1	Dance Unit 1 / Fabric Dance	Gymnastics 1	Games Unit 1	Ball Skills Unit 1
Odd Year	Introduction to PE 2	Fundamentals Unit 2	Dance Unit 2 / Fabric Dance	Gymnastics 2	Games Unit 2	Ball skills Unit 2

Willow Y1/2	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Even Year	Fundamental Ball skills	Gymnastics Sending and Receiving	Dance 1 (Fabric) Target Games	Invasion Net and Wall	Swimming Athletics	Swimming Striking and Fielding Team Building
Odd Year	Fundamental Ball skills	Gymnastics Invasion	Dance 2 Team Building	Fitness Net and Wall	Swimming Athletics	Swimming Striking and Fielding

<b>Elm Y3/4</b>	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Even Year	Fundamental Ball skills	Gymnastics Dodge Ball	Dance 1 (Fabric) Swimming	Swimming Netball	Tag Rugby Athletics	Cricket Handball
Odd Year	Basket Ball Golf	Gymnastics Football	Dance 2 Swimming	Swimming Hockey	Athletics Tennis	Rounders OAA

<b>Oak Y5/6</b>	Autumn Term 1	Autumn Term 2	Spring 1	Spring 2	Summer 1	Summer 2
Even Year	Swimming Netball	Swimming Gymnastics	Dance 1 (Fabric) Football	Tag Rugby Basketball	Athletics Tennis	Cricket OAA
Odd Year	Swimming Badminton	Swimming Gymnastics	Dance 2 Hockey	Tennis Volleyball	Athletics Handball	Rounders Golf