

Physical Education

Purpose of Study

- High-quality Physical Education will support pupils' academic outcome; inspiring pupils to succeed and excel.
- Physical Education supports the aims of the school's broad and balanced curriculum, which :
 - a) promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society.
 - b) prepares pupils for the opportunities, responsibilities and experiences of later life.
- Our Physical Education curriculum enables pupils to develop their confidence and character and embed values of fairness and respect, as well as support their health and fitness.

Aim

- To develop individual competence to excel in a broad range of physical activities;
- To create opportunities increase sustained stamina and perseverance in physical activities over longer periods of time;
- To engage in group and wider opportunities to compete in a range of sports and activities;
- To understand and be express how to lead healthy and active lives.

Attainment target

- Pupils' progress is assessed through skills being taught, ensuring that each and every pupil is successful.
- Attainment and progress are linked to the National Curriculum expectations.

Useful Links

The Body Coach – Youtube

<https://www.youtube.com/user/thebodycoach1>

Cosmic Kids – Youtube

<https://www.youtube.com/user/CosmicKidsYoga>

BBC Super Movers

<https://www.bbc.co.uk/teach/supermovers>

BBC Teach

<https://www.bbc.co.uk/teach/ks2-physical-education/zj2n92p>

Go Noodle – Youtube

<https://www.youtube.com/user/GoNoodleGames>

Youth Sport Trust

<https://www.youthsporttrust.org>

Jump Start Johnny

<https://www.jumpstartjonny.co.uk/home>

Jack Hartman

<https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QIQ>

Active Kids

<https://www.activekids.com/fitness/articles/full-body-conditioning-exercises-for-kids/slide-3>

Yoga with Adriene – Youtube

<https://www.youtube.com/watch?v=dF7O6-Qablo>

KIDZ BOP – Youtube

https://youtu.be/sHd2s_saYsQ

The Ballet Coach

<https://www.youtube.com/channel/UCjoXKtJLuyb6gAG3sQIlyq0Q>

Oti's Dance Class – Youtube

https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g

Nuffield Health – Youtube

<https://youtu.be/aHVR2FnTpdK>


Nike Active – Kids Do Better

<https://www.activekidsdobetter.co.uk/active-home>

NHS Change 4 Life

<https://www.nhs.uk/change4life/activities>

Scheme of work

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|  | <h3>Sports Specialists Coaching</h3> <p>SCS has been awarded the UK Enterprise Award for Best Sports Coaching Provider in Essex 2023.</p> |
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Intent

- At Dr Walkers C of E Primary School, we intend to deliver high-quality Physical Education that will support pupils' physical health and wellbeing.
- Pupils will become successful in participating in elements beyond the physical aspects; such as rules, strategies and tactics.
- Physical Education is a vocabulary-rich subject and promotes literary skills; encapsulating both tier 2 and tier 3 vocabulary, which promotes inclusivity for all.
- Pupils will understand how to enhance their current and later healthy participation; developing their knowledge of the human body and physical activities and strengthening their ability to analyse and make informed choices.

Implementation

- Physical Education is delivered twice a week; each session is 1 hour.
- SCS Sports Coaching Specialists deliver the sessions and provide after school clubs.
- In KS1, pupils master basic movements; running, jumping, throwing and catching, participate in team games attacking / defending and perform dances.
- In KS2, pupils develop movements; Run, jump, throw and catch in isolation and in combination. The children play competitive games; attacking / defending; they develop flexibility, strength, technique, control and balance – athletics / gymnastics and perform dances.
- All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2. Pupils are required to be able to do the following:
 - Perform safe self-rescue in different water based situations
 - 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.
- Pupils in Year 6 complete residential and outdoor activities.
- All year groups participate in various sporting events throughout the year.

Impact

- Pupils will have a mentally and physically healthy lifestyle whilst being taught a range of skills being taught and developed across the curriculum.
- Pupils will experience a range of sports through Physical Education lessons and will then be confident to compete against their peers and the wider community.
- Pupils will gain the social skills to work as a team and also self-critique their own performance whilst using the correct vocabulary.
- Pupils will experience winning and losing and how to behave in each situation, which will develop their knowledge of their own emotions.
- In KS2, they will have the opportunity to experience new sports through extra-curricular activities.

An Exceptional Place to Flourish
Believe - Engage - Excel

Though your beginning was small, your future will flourish indeed – Job 8:7



Long Term Plan

| CYCLE A | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------------|--------------------|--------------------|-------------|-----------------------|----------|----------------|
| Reception | Introduction to PE | Gymnastics | Ball Skills | Fundamentals – Unit 1 | Dance | Games – Unit 1 |
| Years 1 / 2 | Ball Skills | Gymnastics / Dance | Fitness | Invasion Games | Yoga | Athletics |
| Years 3 / 4 | Netball | Gymnastics | Fitness | Football | Cricket | Athletics |
| Years 5 / 6 | Netball | Gymnastics / Dance | Fitness | Basketball | Cricket | Athletics |

| CYCLE B | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-------------|--------------------|--------------------|-------------|-----------------------|-----------------------|----------------|
| Reception | Introduction to PE | Gymnastics - | Ball Skills | Fundamentals – Unit 1 | Dance | Games – Unit 1 |
| Years 1 / 2 | Ball Skills | Gymnastics / Dance | Fitness | Net and Wall | Striking and Fielding | Athletics |
| Years 3 / 4 | Hockey | Gymnastics / Dance | Fitness | Tennis | Orienteering | Athletics |
| Years 5 / 6 | Hockey | Gymnastics / Dance | Fitness | Football | Rounders | Athletics |

- In addition to the timetabled PE lessons, pupils in Upper Keys Stage 2 will receive swimming and water safety lessons.

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