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#### Curriculum Intent

Learning in Physical Education is underpinned by our Learning Values, the statutory requirements of the National Curriculum/ Early Years Foundation Stage and delivered through our school ethos and values. From our curriculum, pupils will become physically educated through experiencing a range of activity areas that:

- allow children to build the courage to take risks and challenge themselves
- build confidence to take part in physical activity
- develop competence in a range of physical skills
- encourage open-mindedness to the various talents of each and every one of us
- · allow the children to love being active
- encourage partnership between each other and teach children to make positive contributions
- enable children to make decisions about leading a healthy lifestyle

#### **Implementation**

- Children participate in high-quality PE lessons twice a week, covering at least two different sports/skills per term.
- Teachers use, and adapt, whole school PE planning and resources to ensure lessons across years show progression.
- Classes follow the PE long term planning to ensure pupils participate in a variety of sports.
- Children participate in a variety of competitive sports as part of the Oakmoor Championship and attend sports festivals for Key Stage 2. We host KS1 inter-school competitions.
- Annually, children participate in Walk to School Week, encouraging engagement in extra activity and promoting a healthy lifestyle.
- Children are taught by teachers with a range of expertise, for example a designated dance leader. PE leads regularly monitor and support teachers, HLTAs and TAs to ensure up to date knowledge and skills.
- All classes participate in a variety of activities to help students meet the 30 minutes of daily physical activity at school, for example: Jump Start Jonny, Cosmic Yoga, GoNoodle, Golden Mile.
- Our playground leaders (Y4 and Y3) organise physical activities and small games for children to interact with at lunchtime.
- Children attend swimming lessons in Year 5/6.

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- Children in Years 5 and 6 participate in Bike Ability sessions.
- All children participate in termly Forest School Sessions.
- We provide children with opportunities to participate in extra-curricular activities that are inclusive, enjoyable and increase children's physical activity. We track children who attend these sessions and identify target children who may benefit from these. Our staff remove barriers to taking part in these events, offering encouragement, full equipment (including clothing) and transportation.
- Annually, the school celebrates 'Sports Day' to educate and promote a healthy lifestyle and physical activity. Children engage in a wide range of inclusive, competitive activities and sports. A very strong emphasis is placed on Sportsmanship, Teamwork and Sporting Attitude as well as sporting ability.

#### **Impact**

The impact of our school physical education curriculum can be seen on this curriculum map, the whole school long term plan and within our sports premium document.

Sport Premium (20/21): 2020--2021-sports-premium-plan.pdf

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Curriculum Elements	Element 1	Element 2	Element 3	Element 4	Element 5	Element 6
	Physical Skills	Courage	Cooperate and Collaborate	Creativity	Compete and Perform	Health and Fitness
	Pupils will develop the confidence and independence to move in a range of ways so they are successful to take part in physical tasks and activities.	Pupils will develop personal skills to give them the courage to extend and expand their personal goals.	By working together children will be open to learn new ways of working, respecting the different contributions that everyone has and taking on roles and responsibilities in varying activity contexts.	Through reflections and discussions, pupils will use a range of resources to explore different possibilities for success. They will use a growth-mindset and curiosity to develop different outcomes.	Pupils will challenge themselves to beat personal targets. Showing courage and resilience to perform in a range of contexts, aspiring to achieve goals.	Pupils will show understanding of the purpose and effects of their actions. They will show respect towards their own body and those of others, celebrating all achievements in a safe, inclusive environment.

### **Curriculum Content and Progression**

Age Phase	Element 1 Physical Skills	Element 2 Courage	Element 3 Cooperate and Collaborate	Element 4 Creativity	Element 5 Compete and Perform	Element 6 Health and Fltness
Year R	Pupils will be able to:  • perform fundament al skills with	Pupils will be able to:  • begin to work towards	Pupils will be able to:work in small groups	Pupils will be able to:  take part in their own creative	Pupils are able to: <ul><li>apply skills</li><li>under</li><li>increasing</li><li>pressure</li></ul>	Pupils will be able to:  • know why we warm up

control and accuracy  apply and adapt movement skills in multiple activity contexts  explore varying dynamics of movement including changes to speed, direction, pathways, body shape and levels  be able to change direction and speed to navigate around an object or person  be able to use coordination to complete simple tasks  be able to use control to complete simple activities	achieving a simple goal  know how to develop their personal goal with support through teacher feedback	communicate     with others in their     group     respond to peers     by adapting their     task or supporting     others	physical activity  • adapt their activity through peer feedback	responding to the specific rules of the activity  understand and apply terms such as attacking and defending in a game and apply simple tactics to different game situations  show motivation to take part in a range of modified and formal games	and cool down  can begin to dress in appropriate PE kit independen tly  work safely around others  begin to understand why it is important to exercise  participate in physical activities run by play leaders  explore the outdoors through Forest School sessions, and the importance of being in the environment

Year 1	Pupils will be able to:  • perform fundament al movement skills with control and accuracy • apply and adapt movement skills in multiply activities • explore varying dynamics of movement including changes to speed, direction, pathways, body shapes and levels. • use coordination to complete tasks • use the space provided and	Pupils will be able to:      confidently work towards simple goals     apply skills to new game contexts with confidence     be motivated to take part     pupils will adapt or change their personal goals from peer or teacher feedback  •	Pupils will be able to:  work successfully in small groups  communicate in turn with others  take on specific roles in small groups  understand how to work against others successfully  know the term competition and what it means to compete fairly against others  begin to understand the correct equipment needed for certain skills/games	Pupils will be able to:  • work with others to adapt or change skills • begin to use their imagination to improve or create short sequences	Pupils are able to:  apply skills under increasing pressure responding to the specific rules of the activity  understand and apply terms such as attacking and defending in a game and apply simple tactics to different game situations  show motivation to take part in a range of modified and formal games	Pupils will be able to:  • know why we warm up and cool down • dress in appropriate PE kit independen tly  • work safely around others • understand why it is important to exercise • respond to different demands of an activity • begin to understand what happens to our bodies during exercise • participate in physical activities run by play leaders • explore the outdoors

navig succe to avo others	essfully Did				through Forest School sessions, and the importance of being in the environment
Year 2  Pupils will be to:  Perform fundam movemskills with control accurate apply a adapt movemskills in mactivity context:  explore varying dynamic movemincludin change speed, direction pathwall body shelp levels (explore)	to:	<ul> <li>Work successfully and effectively in small groups.</li> <li>Communicate with others in an effective way.</li> <li>Take on a number of different roles within a game, beginning to show a wider understanding of the activity</li> <li>Know the terms competition and communication and explain they are key to a successful team.</li> </ul>	Pupils will be able to:  discuss the work completed by themselves and others suggest their ideas to a team use their imagination to add short sequences to longer sequences Experiment with their work and evaluate with others -	Pupils will be able to:  • apply skills under increasing pressure responding to the specific rules of the activity • understand and apply terms such as attacking and defending in a game and apply simple tactics to different game situations • show motivation to take part	Pupils will be able to:  • know that different activities will affect the body in different ways  • know and describe the short term effects of different exercise activities on the body  • know why we warm up and cool down and respond to warm up

<ul> <li>be able to change direction and speed to navigate around an object/person (agility and coordination)</li> <li>Confidently navigate the working space, beginning to effectively use the space</li> </ul>	Be able to use the correct equipment to set up simple games and activities.	with teacher feedback	in a range of modified and formal games  Compete in small sided games	tasks with support  work safely and be able to adapt to different environment s independen tly.  participate in or organise physical activities run by play leaders  explore the outdoors through Forest School sessions, and the importance of being in the environment

Age	Element 1	Element 2	Element 3	Element 4	Element 5	Element 6
Phase	Physical Skills	Courage	Cooperate and	Creativity	Compete and	Health and
			Collaborate		Perform	Fitness

Year 3	Pupils will be able to:  • perform fundamental movement skills with control and accuracy • apply and adapt movement skills in multiple activity contexts • explore varying dynamics of movement including changes to speed, direction, pathways, body shape, levels (etc.) • be able to change direction and speed to navigate around an object/perso	Pupils are able to:	Pupils are able to:	Pupils are able to:  describe and evaluate the work completed by others  suggest ideas for how they can develop their own and others' work  talk in more detail about how improvements can be made using a rich vocabulary (adjectives, verbs, adverbs) and subject specific language  develop imaginative movement ideas related to a theme or topic  try out new ideas and strategies  experiment with movement	Pupils are able to:  understand and apply terms such as attacking and defending in a game and apply simple tactics to different game situations.  Show motivation to take part in a range of modified and formal games (invasion, net and wall and striking and fielding game situations).  compete in small sided games and activities (3vs3 or 4vs4)  set targets to achieve personal bests that inspire them to	Pupils are able to:  respond to the different demands of an activity (speed, stamina, suppleness, strength and skill)  know that different activities will affect the body in different ways  know and describe the short term effects of different exercise activities on the body  know why we warm up and cool down and respond to warm up tasks independently.  can organise their own kit, equipment in a timely way

	n (agility and coordination)			patterns and equipment	improve and achieve	<ul> <li>work safely and with due consideration to others</li> <li>participate in or organise physical activities run by play leaders</li> <li>explore the outdoors through Forest School sessions, and the importance of being in the environment</li> </ul>
Year 4	Pupils will be able to:  • know and perform fundamental movement skills with consistent control and accuracy  • demonstrate specialised skills across travel, balance and object control  • apply a range of fundamental	Pupils will be able to:  • show determination and commitment to challenging tasks  • Confidently take on different roles in activities.  • persist in meeting a goal/target/scor e even if first unsuccessful • Follow maps in a	Pupils will:  consolidate skills in communication and collaboration in a positive manner and know the benefits/differe nces of each.  work together in small group situations to plan, perform and evaluate their learning	Pupils will be able to:  use more technical vocabulary related to the activity and to extend their knowledge.  make connections in their physical learning to wider curriculum areas (literacy,	Pupils will be able to:  • play a range of modified, made up and structured games that have specific rules and strategies  • apply basic principles of attacking and defending across different games contexts	Pupils will be able to:  • know and describe what an effective warm up and cool down is, and how to do this safely.  • recognise what activities help to build speed, strength, stamina and why they are important

outdoors through Forest School sessions, and the importance of	movement skills effectively across activity areas • run, jump and throw in isolation and with power and speed for distance and accuracy • confidently apply skills in combination • Demonstrate contrasting actions	demanding familiar context	confidently take on different roles in activities including performance, officiating and organisation	science, maths, history, art, music etc.)  • suggest a variety of ways in which they and others can improve their work  • create and perform original sequences of movement that connect to a theme, story, topic or concept	strive to meet challenging targets  outwit an opponent in 1:1 situations  track an opponent to close down space  attempt to score points for their team  show sportsmans hip, fairness and respect	School sessions, and the
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			being in the
			environment

Age Phase	Element 1 Physical Skills	Element 2 Courage	Element 3 Cooperate and Collaborate	Element 4 Creativity	Element 5 Compete and Perform	Element 6 Health and Fltness
Year 5	pupils will be able to:      execute     movement skills     with precision     and accuracy      perform and     create more     complex     patterns to     include twists,     lifts, turns and     rotations with     control and     confidence      perform a     range of     specialised skills	Pupils will be able to:  apply skills in challenging concepts of space, relationships, with different equipment and effort (forces)  communicate and participate with growing confidence  show determination and commitment to a task/activity  follow maps in an unknown location with confident	Pupils will be able to:  • work with others and communicate their ideas and feelings positively with growing confidence  • identify their individual and collective strengths and weaknesses as part of a team  • confidently discuss and share group ideas	Pupils will be able to:  • describe, analyse, interpret and evaluate others work (use of iPad/tech where appropriate), showing an understanding of the techniques and skills being used).  • adapt performances to suit an audience  • suggest parts of a game play that need improving and begin to suggest	pupils will:  have knowledge of a variety of competitive games: their structure, rules and roles within them  apply basic principles of attacking and defending confidently.  set personal bests and targets that change across activity context  use specific vocabulary to evaluate performance. Perform expressively, using dynamic	Pupils will be able to:  organise warm up and cool down activities to suit the demands of the activity  link science learning to the importance of the warm up and cool down and how to do this safely.  identify different aspects of fitness required to take part in physical activity  show flexibility, strength, stamina,

	practices in which to do this  • be able to select movements based on their aesthetic quality and creativity  • choose and imaginatively explore different actions in response to a stimulus	qualities and language	technique, control and balance  understand why physical activity is important for physical and mental health and that there are many ways in which to achieve this  sustain participation in physically demanding activity  participate in or organise physical activities run by play leaders explore the outdoors through Forest School sessions, and the importance of being in the environment

Pupils will be able to:  • perform fundamental movement skills with consistent control, precision and accuracy  • perform specialist movement patterns with control and coordination in specific activity contexts  • show variation in their movements to adapt to changes in speed, levels, apparatus, people, force and using different parts of the body	Pupils will be able to:  Iead on tasks and activities  show determination and resilience through play and leadership  communicate confidently with all teammates	Pupils will be able to:  Iead on tasks and activities  be an effective team player, listening to others and contributing to the planning and evaluation of group tasks  communicate ideas, within all tasks and express feelings in a constructive and positive way.  compose and perform dances with a partner, in trios and in groups  ensure everyone is included in activity  lead others in a route, taking	Pupils will be able to:  Iink their movement learning to the wider curriculum and explain how concepts and ideas connect through mood, gesture and expression  refine their own work and others using criteria experience and distinguish different styles and genre of movement (e.g. in dance)	Pupils will be able to:      apply principles of attacking and defending in competitive contexts     understand the rules of activities and suggest their own rules to make tasks harder or easier     understand what makes a performance effective     show appreciation and feedback of others' work     use the STEP model to self-differentiate and challenge their work independently	Pupils will:  understand why exercise is good for fitness, health and wellbeing and make informed decisions that supports their daily and long term health  know that there are different ways to be physically active  regularly take part in activities the enjoy and/or want to improve in  plan, implement and lead activity, warmups and cool downs and know that these vary from

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their safety and	one activity to
others into	another
account	<ul> <li>consider safe</li> </ul>
	practice and
	the welfare of
	others in all
	activity
	contexts
	can organise
	equipment and
	space safely
	and
	independently
	participate in
	or organise
	physical
	activities run by
	play leaders
	explore the
	outdoors
	through Forest
	School sessions,
	and the
	importance of
	being in the
	environment

### **EYFS and National Curriculum Statements**

EYFS	KS1	KS2
Early Learning Goals:	Pupils should develop fundamental	Pupils should continue to apply and develop
	movement skills, become increasingly	a broader range of skills, learning how to use

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- Communication and language development:
  - This involves giving children opportunities to speak and listen in a range of situations and to develop their confidence and skills in expressing themselves.
- Physical Development:

This involves providing opportunities for children to be active and interactive, and to develop their co-ordination, control and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

- Personal, social and emotional development: involves helping children to:
  - develop a positive sense of themselves and others.
  - form positive relationships and develop respect for others.
  - Develop social skills and learn how to manage their feelings
  - understand appropriate behaviour in groups
  - o have confidence in their own abilities.
- Expressive arts and design:

with a wide range of media and materials. It involves providing children with opportunities and encouragement for sharing their thoughts, ideas and feelings through a variety of activities in art, music, movement, dance, role-play and design and technology.

competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative 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, 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.

them in different ways and 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, catching in isolation and 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 adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.