

Curriculum Intent for PE

Intent

At Preston Manor Lower School, we teach PE to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

It is our intent to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

From Reception to Year 6, the children will increase their long-term memory by building a bank of knowledge and skills which they can apply across the curriculum. Through teaching these units of learning, the teachers will further develop their subject knowledge of the subjects they are teaching.

By the end of Reception, the children will be able to take risks, be more active and make healthy choices. Staff support children to develop their fine and gross motor control, co-ordination and handling equipment and tools effectively in positive, relevant ways. The children have continuous opportunities to climb, balance, and move to music and develop basic ball skills daily. This lays the physical foundations for our youngest children, which they will continue to develop through more formal sessions in Key Stage 1.

By the end of KS1, the children will be able to 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 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.

By the end of KS2, the children will be able to 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 [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.

Implementation

The curriculum incorporates the statutory requirements of the National Curriculum 2014 and other experiences and opportunities which best meet the learning and developmental needs of the children in our school.

PE is planned and taught each half term. Teachers use the Val Sabin scheme of work to plan from. Educational visits and visitors are arranged to enhance the children's learning experiences. Displays will support, reflect and celebrate the children's learning.

CPD has been planned across the year to support the teaching and learning process, focussing on planning, challenge, questioning and developing cultural capital.

Impact

Enjoyment of the curriculum promotes achievement, confidence and good behaviour. Children feel safe to try new things.

In PE, the children will be very clear about why they are learning the content taught to them. By the end of the unit of learning, the children will have acquired new vocabulary and new knowledge, which they will be able to recall and improve their long-term memory. They will be able to use the skills they have learned across the curriculum. Children will make progress over time, which will be clear in their books. The subject knowledge and pedagogy of learning for teachers will be improved. Individual teachers will have been supported through targeted CPD.

Teachers will evaluate each lesson to ensure it has had the intended impact.