

## Physical Education 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.'*

*Department of Education, National Curriculum.*

### Intent

Two Moors Primary School provides a broad and balanced physical education curriculum, that is fully inclusive for every child from nursery to year 6, and encourages children to develop their physical and mental health. Our Early Years curriculum and provision is designed to support children's physical development. We offer daily playful opportunities for the children to engage in physical activities both indoors and in our large outdoor environment using a wide range of resources all year round and in all weathers to support the development of gross and fine motor control and confidence. Physical activity is developed through a range of opportunities and games which supports children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. The children have healthy snacks each morning to develop their understanding of the importance of a balanced and healthy lifestyle.

We offer a range of physical activities and experiences to inspire children to succeed and become confident and competent movers. These include gymnastics, dance, games, swimming, athletics and outdoor and adventurous activity. Taking part in these activities allows children to think carefully, select and apply skills and make informed choices about a healthy lifestyle.

Teachers use the interactive Jasmine platform to plan, show videos and ensure challenge is a part of all PE lessons. Planning is informed by assessments, building on skills and achievements from previous lessons and year groups. We motivate and equip our children with the necessary skills to participate in a variety of sports through quality teaching that is engaging and fun. From the lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. Encouraging and developing a love for a range of sports will enable our children to grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

The curriculum is further enhanced by participation in numerous sporting tournaments with other schools in the area. Some year groups are taught by sports coaches and a range of after school clubs are also provided by sports coaches, offering an enhanced range of sports and games. Year 5 and 6 play leaders supervise sports activities at lunchtime, using specially provided equipment. A wide range of equipment is available for all age groups and children are expected to wear PE kit with appropriate footwear during PE lessons. Swimming is taught from Reception to year 6 in the Summer term, developing water confidence, water safety and stroke technique. Children from Reception to year 6 all take part in the Golden Mile, increasing their fitness and resilience. Children are assessed termly in order to measure fitness and determine focus groups for clubs and interventions, and to celebrate success and improvements.

The PE curriculum encourages children to:

- Explore and develop physical skills with increasing control and coordination.
- Demonstrate a good level of agility, balance, coordination and appropriate speed.
- Work and play with others in a range of situations.
- Be proficient in sport specific skills, strategic understanding, teamwork and evaluation.
- Understand the importance of aesthetics in dance and gymnastics and develop performing skills.
- Apply rules and justify their decisions and actions.
- Increase resilience through practice, rehearsal and improving quality of skill.
- Celebrate their successes and evaluate performances.
- Recognise and describe how their bodies feel during exercise.
- Feel positive about PE and sport and be aware of the link between physical activity and good mental health and understand its significance as part of a healthy lifestyle.
- Are able to enjoy the competitive nature of sport in a safe environment.
- Children demonstrate proficiency in a range of swimming strokes and can swim 25m unaided.
- Develop skills that can be used and advanced through their lives.

### **Implementation**

At Two Moors, children are taught by class teachers using Real PE, developing fundamental movement skills. Teacher's build on prior learning, introducing new components in each lesson, assessing and developing fundamental movement skills.

### **Impact**

Children are supported and challenged to help them meet age-related expectations each year. We monitor the impact of our PE teaching through:

- Using pupil voice to discuss individual work and fundamental skills.
- Monitoring pupils' achievements and assessments.
- Moderating assessments for attainment and progress across year groups and across the key stages.
- Visits to PE lessons
- Monitoring the knowledge and understanding the children retain over time and the number of children who are successfully meeting the end of year milestones.
- Monitoring the number of children who are successfully meeting the end of year expectations.