



National Curriculum Aims:

The National Curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Subject content

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.

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.

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.

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.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be 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.

Intent

As a Federation of schools, we take the power of sport, physical education and activity very seriously and see it as an integral part of our curriculum, ensuring our children are physically and mentally healthy and develop to become successful learners, confident individuals and responsible citizens. Teaching them good habits from an early age is key to this.

Our curriculum is designed sequentially to build on knowledge and skills. We know that children learn best when they are able to review and revisit learning. Interleaved practice is purposefully planned so that children can strengthen previously learnt knowledge and skills.

We firmly believe that children's character is developed through experiences and setbacks as well as achievements. For us, participation in competitive sport is key to this. All children within our federation will take part in a range of competitive sporting activities that will provide a context in which they can fail, learn from failure and begin to develop a growth mindset. Failure, practice and effort are crucial elements of the learning process.

Additional opportunities to play competitive sport are also provided through seasonal lunchtime and after school clubs over the course of the year: including Dance Club, Football Club, Cricket Club and many more.

Our curriculum is wide and varied, covering: striking and fielding, net and wall games, dance, gymnastics, multi-skills and athletics. To complement this, we give our pupils the best possible opportunities through drawing on outside expertise such as sports coaches and professional dance teachers.

Children in KS2 attend Richmond Swimming Pool, weekly, during the Autumn term, where they work towards the goal to swim competently, confidently and proficiently over a distance of at least 25 metres.

P.E Curriculum

Class 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception and KS1 (2021-2022)	Locomotion Walking 1 Locomotion Running 1	Locomotion Dodging 1 Dance Nursery Rhymes	Dance Ourselves Gymnastics High, low, over, under	Gymnastics Moving Ball skills Hands 1	Ball skills Hands 1 Ball skills Hands 1	Team Building KS2 Invasion Unit (year 3) could be pupils' choice
KS2 (2021-2022)	Basketball Dodgeball Swimming	Basketball Handball Swimming	Dance Football	Gymnastics Football	Games Striking and Fielding Cricket Invasion Tag Rugby	Athletics Throwing & Jumping Running Outdoor adventure activities