

Our Physical Education Intent, Implementation and Impact @ St. Andrew's

"I have come that they may have life, and have it to the full. John 10:10"

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 Christian values. At St Andrew's Primary School, it is our intent to teach children life skills that will positively impact on their future. A high-quality Physical Education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Our curriculum, linked with the objectives of the National Curriculum, provides 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.

Through the teaching of Physical Education, St Andrew's primary School intends to:

- Enable children to develop and explore physical skills with increasing control and co-ordination.
- Encourage children to work and play with others in a range of group situations.
- Develop the way children perform skills and apply rules and conventions for different activities.
- Show children how to improve the quality and control of their performance.
- Teach children to recognise and describe how their bodies feel during exercise.

Our aim is to ensure all children enjoy and are engaged in Physical Education and Sport. Through Physical Education, we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of physical activities. We aim to improve health and well-being, promote active participation and lifelong learning, and for each child to fulfil their potential. We aim to ensure that the children's experience of Physical Education is positive and motivating and that children's attitudes to a healthy lifestyle are firmly embedded in our curriculum.

Our Physical Education Implementation

Each child receives 2 hours of PE curriculum time on a weekly basis; this is carefully planned and mapped out to ensure a broad and full range of skills and activities are taught.

Teaching of PE in the Foundation Stage:

Pupils within EYFS undertake daily physical exercise within a specialised external play area and classroom. They also have use of the fully equipped sports and school hall for structured activities at least twice a week. Cross curricular links enable PE activities to take place during English and maths.

Teaching of PE in KS1:

Pupils in KS1 are given ample opportunities to develop their fundamental movement skills and extend their agility, balance and coordination. They engage in competitive and cooperative physical activities through games, dance and gymnastics.

Teaching of PE in KS2:

In KS2, pupils continue to apply and develop a broader range of skills such as running, jumping, throwing and catching. These skills are incorporated into competitive games, performances using movement patterns and evaluations of their own and others' work. Pupils communicate and collaborate with each other and develop an understanding of how to improve in physical activities. There are many opportunities across the year for children to take part in personal challenges and inter and intra school competitions, as well as festivals/tournaments. Children's successes in sports are

celebrated. Sports Leaders are trained in Y6 and they actively promote sport throughout the school. Sports council members meet once per term to discuss all aspects of sport at St Andrew's Primary.

Children in Year 4 attend swimming lessons where they are taught to swim competently, confidently and proficiently over a distance of 25m using a range of strokes.

Extra-curricular activities

In addition to PE in curriculum time, we also strive to provide opportunities for children to access extra-curricular physical activity through a wide range of sporting and active clubs. We also encourage active playtimes through the use of Sports Leaders to ensure that we are giving children at our school the best possible chance of achieving the recommended 60 minutes of physical activity each day.

Our Two-Year Curriculum Overview

YEAR A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball skills – Rugby	Ball skills – Football	Ball skills - Basketball	Multi-skills – Throwing & catching	Athletics: running, jumping & throwing	Multi-skills – bat and ball skills – aiming and striking
	Gymnastics - travelling	Dance – Irish dance & Great Fire of London	Gymnastics - sequencing	Dance – Journey Through Space & Antarctica	Dance – In the Jungle: animal movements	Dance – In the Jungle: animal movements
Year 2	Multi-skills – throwing, catching and aiming	Ball skills - Basketball	Multi-skills- Dribbling, kicking and hitting	Multi-skills- Dribbling, kicking and hitting	Athletics: running, jumping & throwing Personal Challenges	Tennis – linking movements together
	Gymnastics – travelling high/low & balancing	Dance – Irish dance & Great Fire of London	Gymnastics – Pathways: straight, zig-zag & curved	Dance – Journey Through Space & Antarctica	Dance – In the Jungle: animal movements	Gymnastics – turning, spinning & twisting
Year 3	Gymnastics – 5 basic jumps, travelling tasks, rolls and balances	Gymnastics – 5 basic jumps, travelling tasks, rolls and balances	Dance – Dances Around the World: Salsa, Bachata	Dance – Dances Around the World: English Country Dance, Irish Dance	Dance – Vikings	Gymnastics – Symmetry & Asymmetry
	Real PE Unit 1: Personal skills	Real PE Unit 2: Social Skills	Real PE Unit 3: Cognitive Skills	Real PE Unit 4: Creative Skills	Tennis - skills	Athletics: short unit Rounders
Year 4	Basketball - skills	Tag Rugby	Football - skills	Hockey - skills	Tennis – net work	Athletics– Personal Challenges
	Basketball – invasion games	Swimming	Football - invasion games	Hockey - invasion games	Tennis – scoring	Athletics – Intra School Games Y3/Y5
Year 5	Football - skills	Gymnastics - balances	Hockey - skills	Gymnastics – travelling sequences	Basketball - skills	Athletics– Personal Challenges
	Gymnastics - balances	Dance – Lindy Hop	Hockey - skills	Gymnastics – travelling sequences	Gymnastics –	Athletics – Intra School Games/Y4/Y6
Year 6	Football - games/rules Indoor: Dodgeball	Rugby – games/rules Indoor: Benchball	Hockey - games/rules	Basketball - games/rules	Cricket - games/rules	Athletics– Recording & improvement
	Dance – Lindy Hop 3 step elements	Dance – Performing	Gymnastics – travelling sequences: equipment	Netball - games/rules	Sailing	Athletics – Intra School Games/Y5

YEAR B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball skills – Rugby	Ball skills – Football	Ball skills - Basketball	Multi-skills – Throwing & catching	Athletics: running, jumping & throwing	Multi-skills – bat and ball skills – aiming and striking
	Gymnastics - travelling	Dance – Playground Games Around the World: Toys	Gymnastics - sequencing	Dance – Oceans	Gymnastics – Shapes & rolling: Life Cycle of a Butterfly	Gymnastics – Shapes & rolling: Life Cycle of a Butterfly
Year 2	Multi-skills – throwing, catching and aiming	Ball skills - Basketball	Multi-skills- Dribbling, kicking and hitting	Multi-skills- Dribbling, kicking and hitting	Athletics: running, jumping & throwing Personal Challenges	Tennis – linking movements together
	Gymnastics – travelling high/low & balancing	Dance – Playground Games Around the World: Toys	Gymnastics – Pathways: straight, zig-zag & curved	Dance – Oceans	Athletics: Intra School Games/Y1/Y3	Gymnastics – turning, spinning & twisting: Life Cycle of a Butterfly
Year 3	Gymnastics – 5 basic jumps, travelling tasks, rolls and balances	Gymnastics – 5 basic jumps, travelling tasks, rolls and balances	Dance – Roman Invasion Dance	Dance – Roman Invasion Dance Performance	Dance – Inspired by Dartmoor Legends	Gymnastics – Symmetry & Asymmetry
	Real PE Unit 1: Personal skills	Real PE Unit 2: Social Skills	Real PE Unit 3: Cognitive Skills	Real PE Unit 4: Creative Skills	Tennis - skills	Athletics: short unit Rounders
Year 4	Basketball - skills	Tag Rugby	Football - skills	Hockey - skills	Tennis – net work	Athletics– Personal Challenges
	Basketball – invasion games	Swimming	Football - invasion games	Hockey - invasion games	Tennis – scoring	Athletics – Intra School Games Y3/Y5
Year 5	Football - skills	Gymnastics - balances	Hockey - skills	Gymnastics – travelling sequences	Basketball - skills	Team Games – Including cricket & Rounders
	Gymnastics - balances	Dance – Maya Tribal Dance Pok-ta-Pok Maya game	Hockey - skills	Dance – Traditional Chinese Dance	Gymnastics –	Athletics – Intra School Games/Y4/Y6
Year 6	Football - games/rules Indoor: Dodgeball	Rugby – games/rules Indoor: Benchball	Hockey - games/rules	Basketball - games/rules	Cricket - games/rules	Team Games – Rounders variations
	Dance – Maya Tribal Dance	Pok-ta-Pok Maya skills/rules/games	Dance – Traditional Chinese Dance	Netball - games/rules	Sailing	Athletics – Intra School Games/Y5

Our Physical Education Impact

Our curriculum aims to improve the wellbeing and fitness of all children at St Andrew's, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful they need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

All children at St Andrew's Primary School receive a broad and balanced PE curriculum regardless of year group or ability. Every child accesses all of the key areas of the subject on offer at our school. Teachers plan PE with clear progression of skills and knowledge that we have devised as part of our curriculum offer to ensure that all children access it at an age appropriate level.

Intra and Inter-school festivals and competitions ensure all of our children have the opportunity to take part in a range of sports both in and outside of school whether that be at a competitive or non-competitive level.

We are proud to have achieved the School Games Mark Gold Award in 2019.

