

PE at Langford Village Community Primary School

Intent

Our P.E curriculum encourages children to develop physical, social and fitness skills through a variety of sporting activities. Each child will develop understanding and enjoyment of their own and others abilities, whilst learning to challenge their own performance. Children will be encouraged to develop a positive competitive spirit whilst understanding the need for resilience, empathy and fair play through teamwork and cooperation. We encourage out of school participation in sports, to further develop skills, self-confidence and fitness, by providing links to events and clubs locally.

Implementation

Physical Education concepts, knowledge and understanding are taught through separate units. Our curriculum map provides full coverage and progression across the full breadth of the PE National Curriculum. Each unit is planned alongside specific skill progression maps. This ensures that our children are given the opportunity to practise existing skills and to build and develop new skills each year. Each half term, pupils have an indoor and an outdoor unit of work – some units may take a full term to deliver – our focus is on delivering fewer skills well.

Pupils in Key Stage 1 learn to develop fundamental movement skills. Competence and confidence is developed through a range of activities to extend agility, balance and coordination. Pupils engage in competitive and co-operative physical activities in a range of increasingly challenging situations.

Pupils are taught to:

- Understand how exercise affects the body and how to stay healthy
- Master basic movements including running, jumping, throwing and catching
- Develop 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



In Key Stage 2, pupils 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 are given opportunities to communicate, collaborate and compete with each other. They continue to develop an understanding of how to improve in different physical activities and learn how to evaluate and recognise their own and others' performance.

Pupils are taught how to:

- Demonstrate knowledge of warm ups and cool downs and lead these within a lesson
- Run, jump, throw and catch in isolation and in games
- Play competitive games such as football, netball, hockey, tag rugby and cricket
- Apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance through athletics and gymnastics
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and suggest possible improvements

Impact

The impact of our curriculum is measured in terms of the extent to which pupils have developed new knowledge, understanding and skills and that they can use and recall this with fluency.

In PE, this will be measured by:

- Assessment of skills using the skills ladder
- Engagement in enrichment activities
- Engagement in competitive sports and activities
- Subject Leader monitoring – including lesson visits, assessment and pupil voice interviews
- Governor monitoring

