



South Hykeham Community Primary School Physical Education (P.E.) Curriculum

Expectations

Level Expected at the End of EYFS

In our Foundation Stage, this involves following the 'Statutory framework for the Early Years Foundation Stage', and the following are expected:

Physical Development

ELG: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Expressive Arts and Design

ELG: Being Imaginative and Expressive

Children at the expected level of development will:

- Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.

KS1

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.

KS2

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 – KS2

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

Our Physical Education curriculum ensures that children are active, understand healthy living (including mental health) and have the opportunity to develop life-long skills through physical education. They will have:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.

- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE - A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Implementation

Pupils at South Hykeham participate in high quality P.E. and sporting activities. Our long term planning incorporates a variety of sports to ensure all children develop the confidence, tolerance and appreciation of their own and other's strengths and weaknesses. We provide opportunities for all children to engage in extra-curricular activities, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development, but also well-being for pupils.

Some lessons and extra-curricular activities are currently also delivered by our outside agency, provided through School Sports Premium Funding, M.S.P.

Assessments are based on teacher assessments. Pupils are also given time to reflect on their learning and take part in self, peer and group feedback within the lesson. Lessons and planning are monitored regularly by the P.E. Lead.

Impact

Our children have a secure understanding of the benefits of leading healthy lifestyles. Children are able to know more and remember more about the importance of healthy lifestyles. They progress well throughout each year group and meet the NC objectives. They are eager to attend after school clubs and competitive sports events and even the least confident children are keen to attend.

School Sports Premium Funding

The Government is providing each primary school throughout England with additional funding which is to be spent on improving the sports provision within schools. At South Hykeham Primary School, we believe a high quality PE curriculum should be an integral part of the whole school curriculum and one that staff, pupils and parents understand and can contribute to. Our school recognises the values that a high quality PE and school sport curriculum gives pupils.