

## **Stoke Prior First School Curriculum Offer for Physical Education (PE)**

The school aims to give children the enjoyment of participating in physical activity, the chance to develop a sense of self-worth, a knowledge of their own potential and ability, an opportunity to work in co-operation with others and an understanding of team spirit. We provide a balanced programme of games, gymnastics, athletics outdoor pursuits, swimming, movement, dance and Forest School. There is also a balance between co-operative and competitive games. We take part in various inter and intra school games and activities.

We regularly employ specialist coaches to deliver PE alongside our teaching staff which enables us to help provide a very rich and varied curriculum, with an emphasis on fun and skills and which gives children the desire to seek physical activity outside the curriculum.

Years 3 & 4 children take part in swimming lessons as part of the PE curriculum.

The National Curriculum states that PE should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.

# **Curriculum – Knowledge, Skills and Understanding**

## **Foundation Stage**

Practitioners use the development statements within Development Matters and children's interests to identify possible areas in which to challenge and extend the child's current learning and development.

### **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.
- Children also try to move in time with music.

#### **ELG: Fine Motor Skills**

**Children at the expected level of development will:**

- **Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;**
- **Use a range of small tools, including scissors, paint brushes and cutlery;**
- **Begin to show accuracy and care when drawing.**

Reception children will have experience of dressing/undressing for PE, using correct pencil grip and gaining control with mark making implements, showing increasing control over an object in pushing, patting, throwing, catching or kicking it, using smaller construction equipment to make castles, bridges etc.

### **Key Stage 1 (Years 1 and 2)**

Pupils will 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 will 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.**

Year 2 children take part in a Gymnastics festival where the children are involved in many different gymnastic activities lead by young leaders from the local middle schools. Children were able to use skills learnt in school and apply them to the range of activities available to them.

- **Participate in team games, developing simple tactics for attacking and defending.**

We attend a Multi-skills festival where children are able to use their knowledge and understanding they have learnt for developing simple tactics for attacking and defending.

- **Perform dances using simple movement patterns.**

Children in Year 1 participate in a Dance Festival. The children are able to perform their class dance and watch other classes from different schools in the local area. Class teachers link dances using simple movement patterns to topics such as; space and The Great Fire of London.

## **Key Stage 2 (Years 3 & 4)**

Pupils will 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 will be taught to:

- **Use running, jumping, throwing and catching in isolation and in combination.**

During Sports Day children are able to use the skills they have been taught in PE lessons and apply them in isolation and in combination. Sports Day gives a great purpose for children to practise running, jumping, throwing and catching.

- **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.**

Children in Years 3 and 4 participate in various local competitions/tournaments such as; tag rugby, football, cricket, hockey which contributes to our 'School Games Mark'.

- **Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].**
- **Perform dances using a range of movement patterns.**

Class teacher's link dances using a range of movement patterns to current topics, such as; Egyptians and Vikings.

- **Take part in outdoor and adventurous activity challenges both individually and within a team.**

Year 4 children experience a residential pursuit which allows children to take part in a range of outdoor activities. With our school being close to the canal, children in Year 4 participate in a bell-boating regatta in the Summer term.

- **Compare their performances with previous ones and demonstrate improvement to achieve their personal best.**

At Stoke Prior First School, children join in with Marathon Kids which encourages children to demonstrate improvement and achieve their personal best with regards to running. Sports Day also gives children the opportunity to compare their performances from previous years.

### **Swimming and water safety**

Stoke Prior First School provide swimming instruction in key stage 2.

In particular, pupils will 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.**

Physical Education is an important part of Stoke Prior First School. Regular tournaments, competitions and festivals always include skills the children have learnt. They are often noticed by staff from other schools for their enjoyment and enthusiasm when taking part in such activities. A lot of children at our school participate readily in Physical Education based afterschool clubs. Physical Education is an enjoyable and integral part of life at Stoke Prior First School.