



Sacred Heart Catholic Primary School

PE

Programme of Study



Purpose of Study

A high-quality physical education (PE) curriculum inspires all pupils to succeed and excel in competitive sport and other physically demanding activities. It should provide 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.

Physical skills are displayed through the development of key fundamental movement skills and the mastering of basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination and apply these in a range of activities. As they move up the school into KS2 the children will learn broader skills and how to use them in different ways, linking them to make actions and sequences of movement. The basic skills should be used in combination to play competitive games, applying basic principles suitable for attacking and defending.

Social skills should be displayed through the ability to collaborate, communicate, and cooperate with others during PE lessons showing respect, kindness, and leadership in any given situation.

Emotional skills should be displayed through the ability to persevere with a task that is challenging, whilst exhibiting confidence, integrity and determination, in a set activity. Development of the pupils emotional skills also covers the development of their empathy and honesty in given situations within PE and sport.

The pupils **Thinking** skills are further developed through the pupils consistent use of decision making, problem solving and reflection, to select and apply the correct actions and skills in an activity or game situation, that will lead them to success. Pupils should also show they can provide feedback and use the feedback they receive to improve their performance. Creativity as well as tactical awareness is also developed within this strand.

Aims and Principles

Aims

Our Physical Education curriculum closely follows the aims of the National Curriculum 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.

Principles

We believe that **Physical Education** is important not only **educationally** but also for the development of the whole child and all round well-being.

By end of their time at Sacred Heart we want every child to be competent and confident physically, and be able to demonstrate enjoyment and commitment when developing and maintaining a healthy and active lifestyle. We also encourage the children to compete

successfully at their own level. We want to aid our children in obtaining the values and skills to celebrate and respect the success of others, as well as modestly celebrating their own successes.

Research has proven that the role PE and sport plays in the development of the whole child and in ensuring all round well-being. The values and skills developed through PE and sport, (for example e.g. determination, honesty, teamwork, respect, responsibility, self-belief among many others) have been seen to transfer into other areas of our children's lives whether that is shown through their academic work or their behaviour.

We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and active lifestyles at secondary school and beyond.

We believe that children enjoy being active, and that by encouraging them to be physically active in their everyday lives, rather than only during their PE lessons, we can ensure they leave us as well-rounded, physically competent, and confident members of society.

Attainment

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Progression

From KS1 to KS3 children should have become physically literate individuals, who are able to remain physically active for a sustained period of time, either competitively or recreationally. The National Curriculum focuses on many different areas of learning within PE as a subject. Children will develop fundamental movement skills, before beginning to link these to make actions and sequences applying them in various sporting opportunities and situations.

By the end of 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.

At 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.

Subject Content

Key Stage 1

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 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.

At Sacred Heart

Our core intent at the heart of the Physical Education (PE) Curriculum is to ensure that pupils are making consistently strong progress, developing secure knowledge, understanding and skills, considering their different start points as well as implementing long terms plans.

In 2018/19 the GetSet4PE scheme was tested out in KS1 on a trial basis to decide if it was the best way to support staff with their PE teaching and assessment of students.

In 2019/2020, it was decided to further support the teaching and learning in PE through the introduction of our GetSet4PE across the whole school from Year 1-6. EYFS incorporate some of the lesson plans into their own planning and provision.

The scheme of work and assessment grids for each year group is available for staff on the GetSet4PE website.

Our focus this year is on monitoring participation in PE across the school and improving results in various school sporting competitions as well as improving children's understanding of the skills they are learning. This will enable them to become more independent learners through providing them with the strategies, resources and skills needed, rather than sport -specific content only. We strongly believe that by inspiring pupils to succeed and excel in physically demanding activities at their own level, they will become physically confident and literate in a way that supports their health and fitness for life.