

Little Bollington C of E Primary School



Physical Education Curriculum Journey EYFS-Year 6



Little Bollington- How Our Children Learn in PE

Through Faith, we are changing our lives for the better, forever
How is this reflected in our PE Curriculum?

At Little Bollington C of E Primary we recognise the importance PE plays in the curriculum and are committed to providing all children with opportunities to engage fully in Physical Education (PE). PE should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives, as well as the values of sportsmanship, fairness and respect through the sports and activities they undertake.

Our Intent

At Little Bollington, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.

Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values that we hope to embed for future life.

We understand the importance PE, School Sport and Physical Activity has on general health, fitness and mental wellbeing of children. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.

Pupils at Little Bollington have excellent opportunities to engage in a range of extra-curricular clubs throughout the year where they can continue to develop their love of sport. These clubs enable children to try a range of different sports and also give those children who are more reluctant a chance to try a new sport or activity.

At Little Bollington we strive to have every child active for at least 30 minutes a day through lunchtime clubs, daily mile time and activities within classes. We have a Sports crew who run sports clubs for children in both key stages throughout the week.

Swimming is an important life skill and we aspire for all children to leave Little Bollington being able to swim at least 25 metres.

Our Children

Our children come to school from a variety of areas away from Little Bollington and they have varying experiences of different sporting opportunities.

Our Learning Threads

In a recent Research Review Series: PE (March 2022), it was suggested that there are three pillars to an effective PE curriculum. 1: **Motor Competence** – knowledge of the range of movements that become increasingly sport and physical activity-specific; 2: **rules, strategies and tactics** – knowledge of conventions of participation in different sports and physical activities; 3: **healthy participation** – knowledge of safe and effective participation.

Our main focus in EYFS and KS1 is focusing on fundamental skills moving onto tactics and developing those skills across KS2.

Each year throughout school we focus on continued development in:

- Invasion games – eg football/rugby
- Striking and Fielding games – eg cricket/rounders/tennis
- Gymnastics
- Dance

Our Implementation

- PE at Little Bollington provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming
- In EYFS and KS1, pupils are taught fundamental movement skills such as Locomotor skills (eg running, jumping), stability skills (eg twisting & balancing) and manipulation skills (eg throwing & catching) and these are taught and developed throughout EYFS and KS1. Pupils then apply these skills throughout KS2 to embed knowledge and skills into competitive game-based learning. Tactics are developed in KS2. To ensure there is depth as well as breadth of learning, some sports are revisited and developed as the curriculum progresses (Kirk 2010).
- Children participate in two hours of PE each week, covering a range of different sporting activities each half term. Throughout the year, children in years 3-6 will spend one term swimming and life saving skills.
- The Long Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met. Medium term plans and high-quality lesson plans are provided by Primary PE Planning which ensures staff have an excellent subject knowledge and can deliver high quality sessions. Lessons consist of a warm up, being taught a skill, practising that skill and then applying this skill (usually in a competitive game depending on the sport).
- The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.
- We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level, individually or in a team, within lessons.
- Children in KS1 and KS2 and SEND children also have opportunities to participate in the local Warrington School Sports Partnership Inter School sports competitions (WaSSP) and also the Small Schools competitions. We also provide the opportunity for all children to attend after school clubs to increase their levels of participation in new and established sports and activities.
- Children participate in workshops/whole school events, sourced by School and delivered by Outside Providers, covering a variety of sports throughout the year. For example: Yoga, Activity days.
- We offer a Residential OAA experience for children in year 5 & 6 every other year.
- We have an annual inclusive Sports Day, with the emphasis on participation and achievement for all
- All children participate in daily sessions of "The Daily Mile ",to promote health, fitness, mental wellbeing and personal challenge and resilience. - - Children have the opportunity to be active for 30 minutes a day through activities run by our Sports Crew, access to play equipment at lunch time and access to the trim trail.

Our Impact

At Little Bollington, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE is assessed through the different progression of skills documents where class teachers highlight whether children have met expectations, exceeded them or are working towards them. This information is then used to inform future sessions where more targeted coaching and adaptations can be made. Staff are able to access guidance from outside professionals where needed and are able to run programmes such as Motor Skills United.

Extra-curricular clubs are well attended throughout the year and there are also activity sessions run every lunch time for children in both key stages to access. Over the course of the year we attend several competitions and offer children the chance to participate if they wish. We also attend inclusion days regularly through the year for our SEND pupils to experience a range of different activities.

Children have the knowledge and the skills necessary to lead active, healthy lives and are able to communicate effectively, demonstrating our school values. Children are physically literate, motivated and have good all-round well-being. Staff note that almost all children are active during play times. In addition to PE sessions, every pupil is active for at least 30 minutes each day due to access to our daily mile track, playground and trim trail.

EYFS

MULTI-SKILLS

FIRST PE

SUPERHERO DANCE

GYMNASTICS

ENJOY-A-BALL

ATHLETICS

Year 1/2

DODGEBALL
FOOTBALL
FUNDAMENTALS
WINTER DANCE
BALL SKILLS

GYMNASTICS
MULTI-SKILLS
FITNESS
RUGBY
FUNDAMENTALS

ATHLETICS
SPACE DANCE
OUTDOOR
ADVENTURE
TENNIS

GYMNASTICS
BALL GAMES
RUGBY
FAIRY TALE
DANCE

PIRATE
FITNESS
BALL SKILLS
MUAY THAI
TENNIS

JUNGLE DANCE
KWIK CRICKET
FOOTBALL
ATHLETICS

Year 3/4

INDOOR
ATHLETICS
SCIENCE
DANCE
BASKETBALL
TENNIS

OLYMPIC
DANCE
HANDBALL
FOOTBALL
GYMNASTICS

TAG RUGBY
SWIMMING
QUICKSTICKS

TUDOR DANCE
KWIK CRICKET
TENNIS
GYMNASTICS

TAG RUGBY
SWIMMING
QUICKSTICKS

INDOOR
ATHLETICS
FOOTBALL
MULTI-SKILLS
GREATEST
SHOWMAN

Year 5/6

NETBALL
ROUNDERS
ATHLETICS
MARTIAL ARTS
DANCE

TAG RUGBY
GYMNASTICS
TENNIS
STOMP DANCE

FOOTBALL
SWIMMING
DODGEBALL

FOOTBALL
ROUNDERS
ROMAN
DANCE
ATHLETICS

HANDBALL
SWIMMING
EGYPTIAN
DANCE

TAG RUGBY
TENNIS
GYMNASTICS
NETBALL

PE Overview Year A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	FIRST PE	MULTI-SKILLS	SUPERHERO DANCE	GYMNASTICS	ENJOY-A-BALL	ATHLETICS
Year 1 Year 2	DODGEBALL FOOTBALL FUNDAMENTALS	WINTER DANCE BALL SKILLS	GYMNASTICS MULTI SKILLS AND FUNS	FITNESS RUGBY FUNDAMENTALS	ATHLETICS SPACE DANCE	OUTDOOR ADVENTURE TENNIS
Year 3 Year 4	TAG RUGBY TENNIS	GYMNASTICS NETBALL	HANDBALL SWIMMING	EGYTIAN DANCE SWIMMING	FOOTBALL ROUNDERS	ROMANS DANCE ATHLETICS
Year 5 Year 6	FOOTBALL SWIMMING	DODGEBALL SWIMMING	TAG RUGBY GYMNASTICS	TENNIS STOMP DANCE	NETBALL ROUNDERS	ATHLETICS MARTIAL ARTS DANCE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	FIRST PE	MULTI-SKILLS	SUPERHERO DANCE	GYMNASTICS	ENJOY-A-BALL	ATHLETICS
Year 1 Year 2	GYMANSTICS BALL GAMES	RUGBY FUNDAMENTALS FAIRY TALE DANCE	PIRATE FITNESS BALL SKILLS	MINI MUAY THAI TENNIS	JUNGLE DANCE KWIK CRICKET	FOOTBALL FUNDAMENTALS ATHLETICS
Year 3 Year 4	INDOOR ATHLETICS FOOTBALL	MULTI-SKILLS GREATEST SHOWMAN	TAG RUGBY SWIMMING	QUICKSTICKS SWIMMING	TUDOR DANCE KWIK CRICKET	TENNIS GYMNASTICS
Year 5 Year 6	TAG RUGBY SWIMMING	QUICKSTICKS SWIMMING	OLYMPIC DANCE HANDBALL	FOOTBALL GYMNASTICS	INDOOR ATHLETICS SCIENCE DANCE	BASKETBALL TENNIS

PE
Overview
Year B