

Physical Education Curriculum



Curriculum Vision and Rationale

At Kingsthorpe Grove we aim to provide children with an exciting, ambitious, broad and balanced PE curriculum that is driven by our school drivers of ambition, communication and respect. The curriculum is underpinned by the Key Threshold Concepts of:

- understand the importance of a healthy lifestyle to their own well-being
- developing the fundamental movement skills of travelling, balance and co-ordination
- learning sports specific skills through developing; hand-eye co-ordination, agility, teamwork and an understanding of rule-based games
- understanding the importance of planning, tactics and strategy, how to apply it and how to evaluate success and improve.

Our approach enables all children to become lifelong learners by developing transferable skills to equip them to become successful citizens. We are an inclusive learning community, in which everyone is valued as an individual and supported to achieve their potential. We aim to support our children's learning through offering a wide range of sports clubs and by giving them meaningful, exciting experiences such as; sporting events, competitions and visits to enable them to deepen their learning further.

Through the delivery of the curriculum we highlight the importance of **respect** for ourselves and others. In competition, respect for opponents and the rules of the game are valued. Children are taught the importance of **communication** in team and group work and also how to offer constructive feedback to each other. All children are given the opportunity and encouragement to aspire to achieve to their full potential. Elite athletes are used as role models for the children and where possible links are made with local sports clubs.

Intent

At Kingsthorpe Grove we aim to inspire all children to develop a love of physical activity and sport. The Physical Education curriculum at Kingsthorpe Grove Primary School is based on our three drivers 'Communication', 'Aspiration' and 'Respect'.

We want our children to obtain the values and skills that enable them to celebrate and respect the success of others, as well as feeling pride in their own achievements. We aim to provide opportunity for all children to develop good communication through providing leadership opportunities, officiating opportunities and modelling good team work so they grow into effective team members in all areas of their lives. We develop learners to gain the practical and mental skills needed to lead others well,

Physical Education Curriculum



whilst showing respect, and work together collaboratively within a team. We want children to gain the ability to take the initiative and become excellent young leaders, organising, officiating, motivating and evaluating what needs to be done to improve.

We recognise the importance of children having good role models and aspiring to be the best they can be. We teach the children about sports professionals within their topics, as well as, every day role models and offer as many different experiences in each sport as we can. Through experiencing inter and intra sports events children meet have the opportunity to meet new role models they may relate too. We aim to deepen children's learning through these experiences and raise their aspirations, so they can reach their full potential throughout their primary PE educational journey.

We believe that swimming is a life skill and value the importance of water competency. Many of our children experience swimming for the first time at school and so we aim to provide swimming in at least three year groups. Water safety is taught throughout their school journey linking in with personal development; to ensure each child has a secure understanding of how to be safe around water.

We are dedicated to ensuring children have healthy minds, as well as bodies and support our children's well-being by teaching about resilience and the importance of being able to communicate well. PE works alongside other subjects and whole-school initiatives to support these and encourage children to make healthy choices. We aim to provide children with the knowledge and understanding of how being active for sustained periods of time is important to living a long and healthy life. We have strong links with local clubs and partnerships within our community in a variety of sports and communicate these to families to ensure the children and families receive the support and knowledge they need to be able to continue to be active and reach their potential.

Implementation

- PE is be taught for a minimum of 2 hours every week across the school. We believe this is the best way to build physical fitness, skills, knowledge and support the children in building healthy lifestyles.
- PE is mapped in accordance with the National Curriculum requirements, to ensure sufficient breadth of study and opportunities to revisit and build upon skills taught.
- Swimming takes place in years 3,4 and 5 for one half term per class. This is delivered by external swimming teachers at a local leisure centre.

Physical Education Curriculum



The PE curriculum begins in Reception and is based on delivering the Key Threshold Concepts across a range of sporting disciplines. Progression is mapped out and tracked in each area of the curriculum to ensure that each stage of learning builds on prior learning and prepares children for next. In EYFS and KSI the focus is on developing the fundamental movement skills of travelling, balance and co-ordination and developing a love of physical activity, as well as ensuring the children know the importance of physical activity in keeping healthy. The children also begin to develop co-operation and teamwork skills. Through simple, small sided games and activities they learn the importance of following the rules of the game and how to win and lose. They are encouraged through discussion to talk about things that went well and things that could be better. They are encouraged to reflect on their individual successes and how they might improve in future.

KS2 builds on from the fundamentals of movement and develops children's knowledge and understanding of sports specific skills. Through the delivery of a variety of different sports (see overview below) the children learn to use specific equipment and deepen their understanding of specific sports. Over time the games and skills increase in complexity. The children are also given increasing responsibility for developing and managing their skills around communication, co-operation and teamwork. In upper key stage two there is an increased focus on tactics and strategy, where children are taught specific defensive and attacking skills and how to apply them into a game situation. The children are expected to be able to reflect honestly about their own performances and be able to talk about how they could improve. They are also encouraged to offer support and suggestions to peers on how they could improve.

Long, medium and short term plans lay out the teaching sequences for each unit and assessment grids, to allow for the tracking of progression, are completed.

Impact

In PE, children are active and confident individuals that have the knowledge and skills to live a happy, healthy life. They will understand the importance of diet and exercise and the impact it has on their bodies over time. They will develop their strength, balance, agility and coordination skills in a range of physical disciplines. They will be able to work as a team towards a shared goal and celebrate the successes of themselves and others. They will learn from their mistakes and practise reflection skills in order to move on and find ways to improve in the future. The curriculum is spaced and the children will revisit and build upon the different physical disciplines each year.

Physical Education Curriculum



EYFS

We aim to provide children with a good level of physical development by teaching the children a broad range of topics in line with the National Curriculum and school values. Children are taught the importance of good health of physical exercise, a healthy diet and develop knowledge and understanding to be able keep healthy and safe. Within PE lessons children are taught to able to dress themselves and gain increasing independence.

SEND Unit Provision

PE is delivered weekly to the children in our SEND unit. Most of the children in the unit are working below National Curriculum expectations and so their lessons and objectives are individualised and drawn from both the engagement steps and progression steps, as appropriate. Individual tracking is completed in each child's profile.

Long Term Curriculum Overview

KGPS Curriculum Framework - Whole School Overview – PE 2023-2024

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	7 weeks	7 weeks	6 weeks	6 weeks	5 weeks	7 weeks
Reception	Instruction games	Throwing and catching	Movement patterns and finding space	Gym- Climbing, strength, coordination & balance	Ball skills, reaction & response	Dance – imagination & moving to beat

Physical Education Curriculum



Year 1	Gymnastics – shape & Travel	Target games & inventing games	Tri-golf – aiming & putting	Hockey skills – ball movement & stick control	Dance – moving to beat and creating motif	Gymnastics – flight & rotation
	Football skills – ball control & ball movement	Tag rugby skills – space finding & handling	Racket skills – racket control, serving & aiming	Basketball skills – dribbling & ball skills	Athletics – Running & jumping	Cricket skills – rolling, throwing & catching
Year 2	Gymnastics – shape & travel	Target & inclusive games	Tri-golf – aiming & putting	Hockey skills – ball movement & stick control	Athletics – jumping & throwing	Gymnastics – flight & rotation
	Football skills- ball control & ball movement	Tag rugby skills – Invasion & handling	Racket skills – racket control, serving & aiming	Basketball skills – dribbling & ball skills	Dance – create motif with partner	Cricket skills – bowling & batting
Year 3	Gymnastics – balance and shape	Sports hall athletics	Hockey	Dance	Swimming	Swimming
	Football	Tag Rugby	Basketball	Tri-Golf	Athletics & Tennis	Athletics & Tennis
Year 4	Gymnastics – balance and shape	Sports hall athletics	Swimming	Swimming	Hockey	Athletics
	Football	Tag Rugby	Dance & Tennis	Dance & Tennis	Handball & Dodgeball	Cricket

Physical Education Curriculum



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	7 weeks	7 weeks	6 weeks	6 weeks	5 weeks	7 weeks
Year 5	Gymnastics – spinning, turning, jumps and rolls & Tag Rugby	Gymnastics – spinning, turning, jumps and rolls & Tag rugby	Archery & Sports hall athletics	Handball & Dodgeball	Dance - Topic	Athletics
	Swimming	Swimming	Football	Basketball	Tennis	Cricket
Year 6	Gymnastics – spinning, turning, jumps and rolls	Tag rugby	Basketball	Orienteering & team building	Dance – topic	Athletics
	Football	Sports hall athletics	Hockey	Handball & Dodgeball	Tennis	Cricket
DSP	Jumping & Landing	Running & Movement	Hitting & Kicking	Throwing & Rolling	Dance	Partner/Group Games

Physical Education Curriculum

