



Goosewell
Primary Academy

Rise To Greatness

PE
Curriculum

Overview

At Goosewell Primary Academy, we know active, healthy children achieve more. It is essential to us that Physical Education supports the philosophy of our school, develops the whole child and ensures that every pupil feels included, challenged and supported. It is important that we can demonstrate and evidence the clear impact of learning, perceptions and positive behaviours and make the very best sustainable use of our Sports Premium. We believe we can create an enabling environment in PE where young people feel included, valued, challenged and supported to achieve their maximum potential in school, the wider community of Plymouth and in life. We want to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

EYFS

In the Early Years, Physical Development is one of the prime areas where children learn to explore, experiment and refine their core strength, co-ordination, gross and fine motor skills. Children are encouraged to access a wide range of physical activity throughout the indoor and outdoor provision as well as taking part in more formal PE sessions using the real PE scheme to mirror the wider school.

The outdoor provision provides space and activities to enhance gross motor skills such as dance, cycling and skipping. Alongside this, large loose blocks offer opportunity for children to lift, build, balance and manipulate as they choose. Through enhancements, other opportunities for both gross and fine motor development are on offer. For example, the children use gardening tools to plant and weed.

The enabling environment indoors provides a wide range of resources for children to work on their fine motor development – for example, using glue, tape and scissors in junk modelling, manipulating playdoh in the finger gym area and refining their pencil grip using pens, pencils and paintbrushes in the creative area.

Key Stage 1

Our pupils 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 are able to engage in competitive (both against self and against others) and co-operative physical activities in a range of increasingly challenging situations.

Through our REAL PE programme and other activities such as Sports Days, Balance-ability and PSSP events, children:

- 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

Lower Key Stage 2

Our pupils continue to apply and develop a broader range of skills, including static and dynamic balancing, agility, ball skills, reaction/response and coordination. Children perform dances using a range of movement patterns linked to curriculum projects – Fire Maker’s Daughter (Year 3) and Animals (Year 4) – and seasonal events such as May Day (Maypole). Year 4 are also taught (by instructors at Plymouth Life Centre) to swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes.

Throughout our REAL PE programme and other activities such as Sports Days, swimming and PSSP events, children:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [cricket, football, hockey, netball, rounders and tag rugby] and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Upper Key Stage 2

Our pupils continue to apply and develop a broader range of skills, including static and dynamic balancing, agility, ball skills, reaction/response and coordination. Children perform dances using a range of movement patterns linked to curriculum projects: Earth and Space (Year 5) and Britain at War (Year 6). Year 5 participate in Bikeability Level 1 (which focuses on controlling and mastering their bikes on the school site) or Level 2 (which teaches children to ride safely on the roads). Year 6 engage in an indoor rowing session and outdoor and adventurous activity challenges both individually and within a team during the summer term either in school or on residential.

Through our REAL PE programme and other activities such as Sports Days and PSSP events, children:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [cricket, football, hockey, netball, rounders and tag rugby], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [through athletics and gymnastics]
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Additional opportunities

Throughout the year, children have opportunities to take part in inter-school competitions and events such as athletics, basketball, rowing, tag rugby and gymnastics.

All children are offered spaces in a variety of extra-curricular clubs run by professional coaches (PSSP).

An activity-based residential is available to Year 6 children.