

# Physical Education

## Curriculum Implementation

As a minimum, Green Ridge seeks to provide children with the following knowledge, skills and understanding as outlined in the [National Curriculum](#) (2014):

### Key stage 1

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.

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 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 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.

In addition to this, all schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should 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.

Pupils have swimming lessons at Aqua Vale in Year 3 during Spring Term and Summer Term. This continues in Year 4 during Autumn Term. At the end of this, they are assessed on their swimming skills in relation to the end of key stage 2 expectations. It is at this point where pupils will be identified for further support and may be offered extra lessons funded by our school. We would

like to give every child the opportunity to swim competently, confidently and proficiently over a distance of at least 25 metres by the time they leave Green Ridge.

### Programme of study

At Green Ridge, we adapt and use 'Primary PE Planning' as a Scheme of Work to support and outline the progression across Key Stage One and Key Stage Two. By doing so, we ensure that teachers have the necessary resources and subject knowledge to support them in their subject teaching. Our PE Long Term Curriculum Overview clearly shows how we ensure the content of the National Curriculum is planned and delivered across both key stages. Within each half term, skills are focused on within the lessons to ensure those skills are embedded and built upon before they apply them within a competitive, game context.

Our PE Curriculum Coverage document clearly details how we ensure the content of the National Curriculum is planned and delivered across both key stages, including the progression of learning (see separate document).

Elements of 'Personal Challenge' are embedded into physical activity within Green Ridge. During PE lessons, or at playtime, pupils are encouraged to improve their performance through student driven, self-led opportunities.

We teach lessons so that pupils:

- have fun and experience success in sport
- have the opportunity to participate in PE at their own level of development
- secure and build on a range of skills
- develop good sporting attitudes
- understand basic rules
- experience positive competition
- learn in a safe environment
- have a foundation for lifelong physical activity, leaving primary school as physically active

## P.E Long Term Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	First PE (Fundamental Movement Skills – agility, balance, co-ordination)	Enjoy a Ball (Games – object manipulation/ sending and receiving)	Multi Skills (Games – Multi Skills Focus)	Gymnastics (Fundamental Movement Skills – agility, balance, co-ordination)	Tennis (Games – object manipulation/ sending and receiving)	Athletics (Fundamental Movement Skills)
Year 1	Ball Skills	Ball Skills Winter Dance	Multi-Skills Jungle Dance	Social Dodgeball Gymnastics	Games Tennis	Athletics Space Dance
Year 2	Ball Skills Gymnastics	Ball Skills Winter Dance	Multi-Skills Space Dance	Social Dodgeball Gymnastics	Games Tennis	Athletics Jungle Dance
Year 3	Football Sports Hall Athletics	Netball Quicksticks	Gymnastics Swimming	Kwik Cricket Swimming	Outdoor Adventure Swimming	Athletics Swimming
Year 4	Football Swimming	Netball Swimming	Multi Skills Tag Rugby	Gymnastics Tennis	Leadership Outdoor Adventure	Athletics Kwik Cricket
Year 5	Football Leadership	Tag Rugby Martial Art Dance	Netball Gymnastics	Multi Skills Outdoor Adventure	Tennis Quicksticks	Athletics World War II Dance

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	Football Leadership	Quicksticks Tag Rugby	Netball Gymnastics	Multi Skills Outdoor Adventure	Kwik Cricket Self Defence	Athletics Dance

### How often is PE taught?

Children in Reception have one lesson taught by our PE Coach every week. Children in KS1 and KS2 have a minimum of 2 PE lessons every week. One lesson is taught by our Green Ridge PE Coach and one lesson is taught by the Class Teacher.

### Wider PE curriculum

We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. This is an inclusive approach which endeavours to encourage not only physical development, but also well-being. We also provide enrichment opportunities from outside coaching companies to ensure children are being given the richest opportunities linked to physical development. Every year, the children have an opportunity to meet an athlete to inspire and encourage pupils.

### Assessment

In each unit studied, the PE Coach and Class Teachers formatively assess pupils' skills against those specified in the unit outcomes. Children are deemed to be either working towards, met or attaining a greater depth in the unit. These outcomes are recorded, and feed into the summative assessment completed at the end of each year giving an overall attainment grade.