

Physical Education Curriculum Statement



Intent

At Kensington Avenue Primary School our Physical Education curriculum is an integral part of daily life. It delivers high quality lessons which not only provide pupils with the exercise and physical skills they require but also promotes self-esteem and mental wellbeing. We aim to embed Physical Education throughout all areas of the school curriculum through our 'Learning Journeys' for example through science pupils learn about dietary needs.

Implementation

Pupils from all year groups partake in a Physical Education lesson with their class teacher once a week, along with a session delivered by a specialist sports coach. Each year group follows a tailored scheme of work, in line with the National Curriculum. The skills taught are scaffolded and developed upon as pupil's progresses throughout the Key Stages. The fundamental areas of learning are as follows:

Early Years – dance, enacting a story, using a parachute, large motor skills, fine motor skills, circle games, action rhymes, health and bodily awareness.

Year 1 and 2 – dance, team games, balance and ball skills, gymnastics, athletics

Year 3 and 4 – invasion games, team games, field games, gymnastics, swimming and water safety, outdoor and adventurous activities.

Year 5 and 6 – health and safety, dance, invasion games, field games, net/wall games, gymnastic activities, swimming and water safety, athletics activities, outdoor and adventurous activities.

At Kensington Avenue Primary School we combine these high quality lessons with knowledge and skills taught in the classroom based on the importance of a healthy mind and positive mental wellbeing. Pupils are taught the importance of healthy living, including diet, hygiene, sleep and exercise. They learn key life skills such as; communication, teamwork, competition, sportsmanship and a positive self-belief. Pupils learn to respect all adults and peers, as well as any equipment and areas that they use. Physical Education lessons support children in other areas of learning such as personal, emotional, mental and social aspects of life. We run an 'Active Maths' and 'Active English' scheme where one lesson a week will be delivered without pens/pencils/workbooks.

Every day we give the children the opportunity to exercise through our Daily Mile programme. This is a nationwide initiative, where children spend time every day being active and outside in the fresh air, with most pupils averaging a mile or more. This helps to improve fitness while encouraging them to be aware of their health, physical and mental.

Impact

Our Physical Education curriculum creates a basis for lifelong learning which will enable them to continue to have a physically active life. Pupils also understand the importance of looking after their mental wellbeing, the need to set challenges and achieve goals and eat a healthy and well balanced diet to be successful in life. The opportunities provided to compete in sport and other activities here at school also build character and help to embed values such as fairness, teamwork and respect.