

# **Physical Education Curriculum Statement**



## **Intent**

At Kensington Avenue Primary School our Physical Education (PE) curriculum is an integral part of daily life. It offers high quality lessons which not only provide pupils with the exercise and physical skills they require but also promotes self-esteem and mental wellbeing. Our syllabus is designed in a way to encourage children to become confident, independent learners who consistently display the attributes of our school vision: Respect, Responsibility and Perseverance. We aim to embed PE throughout all areas of the school via our 'Learning Journeys' and use our fantastic outdoor spaces as much as possible to enrich and enhance our curriculum with a range of outdoor and adventurous activities. Our PE provision, along with our extra curricula clubs and enrichment activities, enable the entire school community to come together and embrace our unique qualities, demonstrating how, 'Together Everyone Achieves More.' (TEAM)

## **Implementation**

Pupils from all year groups partake in two PE lessons a week with each year group following a tailored scheme of work, in line with the National Curriculum. The skills taught are scaffolded and developed upon as pupils progress throughout the Key Stages. As part of this curriculum we ensure that by the end of Key Stage 2, all pupils have been given the opportunity to have swimming lessons. These lessons are led by professional coaches who work on water safety and ensuring pupils can complete a swim of at least 25 metres. The PE lessons involve using our real PE resources alongside our Commando Joe programme to cover the fundamental skills, knowledge and vocabulary required by the National Curriculum, whilst aiming to instil the motivation and desire to live an active and healthy lifestyle. Our Real PE lessons guide our pupils through the National Curriculum by covering 6 key cogs of learning:

- Personal- Taking responsibility for our learning and embracing challenges.
- Social- Leading and improving ourselves and others.
- Applying Physical- Applying ourselves physically with consistency and fluency
- Cognitive- Analysing our performance and making good decisions.
- Creative- Expressing ourselves with variety and disguise.
- Health and Fitness- Planning our own fitness activities and preparing ourselves for physical activity. The fundamental areas of learning and expected outcomes are as follows:

Early Years – To be able to follow simple instructions, work sensibly with others, understand simple rules, perform a single skill and be aware of why exercise is important. Pupils will do this whilst working on: co-ordination, footwork, static and dynamic balances, ball skills and agility.

Year 1 and 2 – To be able to recognise and order activities, observe, describe and develop movements, follow instructions, practise activities safely, explain the benefits of exercise and describe simple changes. Pupils should also show the ability to stay on task, help and encourage others whilst being able to perform simple sequences and travel in different ways.

Year 3 and 4 – Building on the work covered in Key Stage 1, pupils will learn to take control of their own learning, perform with control, understand simple tactics and recognise and respond to different rules and tasks. They will complete these tasks whilst working on their ability to work well with others.

Year 5 and 6 – Building on the work covered in lower Key Stage 2, pupils will develop the ability to describe how to improve, refining their actions and developing their movements to express their own ideas. They should be able to organise others and perform movements, linking their actions together into flowing sequences. They should also be able to explain the basic requirements of an active healthy lifestyle.

At Kensington Avenue Primary School, we combine these high quality lessons with knowledge and skills taught in the classroom focusing on the importance of a healthy mind and positive mental wellbeing. Pupils are taught the significance of healthy living, including diet, hygiene, sleep and exercise. Our Commando Joe missions focus on active tasks that allow pupils to work on 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. Every day we give the children the opportunity to exercise through our Daily Mile programme. This is a nationwide initiative, in which pupils 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 mental and physical health.

### **Impact**

Our PE curriculum creates a basis for lifelong learning which will enable pupils 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.