



Intent

What we expect the children to learn

- Our PE curriculum promotes resilience, relationships, risk-taking and resourcefulness, set in meaningful contexts that support or enhance our school's curriculum and promote personal development.
- We aim to expose children to a wide variety of sports and activities in the hope that they will develop an overall love for leading an *active lifestyle* and potentially find things that they can pursue, engage with and enjoy in the future.
- Children will develop a range of fundamental movement skills including running, jumping, throwing, catching as well as developing balance, agility and co-ordination and begin to apply these skills.
- They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- The Intent develops as the children move through school, with the focus shifting from an emphasis on developing Fundamental Movement Skills in the Early Years and Year 1 through to application and performance in a range of different contexts in KS2
- Children will understand the physical effects of exercise on their bodies and see the positive role that exercise can have on their health.

Implementation

How the subject will be taught

- The Lancashire Scheme of Work for PE is used to plan and deliver a series of skills progressive sessions throughout the year groups, enabling all the children to have a sound grounding with the Key Fundamental Movement Skills that are required to access games and activities in Key Stage 2, where the idea is that these skills can be transferred into a wide variety of sports specific games.
- All children are encouraged to be active learners, engaging at a level that is appropriate to their age, ability and experience.
- Being physically active forms the basis for much of the PE curriculum, with the younger Foundation Stage and Key Stage 1 children developing their Key Fundamental Movement Skills that will enable them to access small sided games as part of the Key Stage 2 curriculum.
- PE is taught through a series of skills developments that can be adapted to meet the needs of a variety of sports, where all learning is underpinned by the National Curriculum, with subject-specific KLIPs (Key Learning Indicators of Performance) being used to structure the experiences, with additional challenges posed for those exceeding expected levels of attainment.
- Children learn to apply their skills from skills based sessions, using these to work as part of a team to outwit opponents when engaged in small-sided games.
- Our curriculum gradually builds children's skills and our programme of study allows the children to access a wide variety of sports and activities, where they can challenge themselves physically, emotionally and collaboratively, where working as part of a strong team is essential to gain the ideal results, developing their own sense of team work, offering support and guidance for team-mates.
- Lower Key Stage 2 – In Year 3 and 4 games the focus is to develop children's attacking skills through a range of sports and activities. However, this will be delivered through uneven sides, i.e. 3v1, 4v2. They will also develop their knowledge of simple attacking tactics, which are transferable across similar categories of games, i.e (Target, Invasion games, Net/Wall, Target and Striking and Fielding). In Year 3 and 4 dance and gymnastics the emphasis is to develop children's performance and sequencing skills. All the skills are applied through the relevant Core Tasks which are linked to age expectations.
- Upper Key Stage 2 – In Year 5 and 6 games the focus is to continue to develop children's attacking skills when they are working as a team and to develop their knowledge of defending strategies. These are delivered through modified mini-versions from uneven sides to even sides, i.e. 5v3, 5v4,4v4, 5v5 etc. The learning the children receive through the different categories of games leads to playing an intra-school competition and for some children moving to inter-school competitions. In Year 5 and 6 dance and gymnastics the focus is to develop children's performance and composing longer sequences of movements with a partner and group. All the skills are applied through the relevant Core Tasks, with are linked to age expectations.
- High expectations are always set within PE sessions, with progressive aspiration and differentiation allowing all children to succeed at their own level, often competing against themselves to improve personally.
- The level of competition available throughout the school calendar offers plenty of opportunities for all children to have the chance to represent their school, promoting pride and a real sense of achievement, pushing boundaries to try new things and working at a level beyond children's regular range of experiences.
- All local PE competitions offer the opportunity for successful teams to represent the Lancaster District on a larger scale, where the children can come together to become part of a wider community and continue to develop their love and enthusiasm for sporting achievement.
- Sports specific coaches and experts are used throughout school to support teaching staff with CPD and continue to promote and develop standards throughout the school.

Impact

What children know and remember (and how we know)

- The PE curriculum through school is planned for using the Lancashire Scheme of Work, supported by the subject leader; this enables progression to be clearly built in to all activities, with starting points building on previous learning through the use of the Core Assessment Tasks built into the plans.
- The Core Tasks are used to assess the children in PE and can be used to inform future planning at key development stages, where children working at greater depth can be identified and encouraged to attend out of school hours clubs / teams through the Schools Sports Network.
- Early Years – The Foundation Stage focuses on developing gross and fine motor skills. Lancashire has developed a Fundamental Movement Skills resource to support Foundation teachers in understanding the 5 FMS. These 5 skills along with opportunities to develop a wider range of physical skills will ensure that they are ready for KS1 PE.
- Key Stage 1 – (Year 1 baseline) In Year 1 a baseline of 10 Fundamental Movement Skills is established as the children enter Year 1. From this baseline the teacher can design or adapt their PE Curriculum and have a focus on the FMS the children are less proficient in. The focus is to develop the weaker areas and to support children in understanding how to apply newly developing skills.
- End of Key Stage 1, the children's progress in line with FMS is reviewed and the information shared with the Y3 teachers.