The PE Curriculum at Bridgetown School



Physical Education - PE
The Curriculum at Bridgetown Primary School

The Intent, implementation and Impact of our Curriculum – PE.

PE at Bridgetown aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. It teaches self-discipline and that to be successful you must work hard, show resilience and have the determination to believe that anything can be achieved.

Intent

It is our intent at Bridgetown to teach children life skills that will positively impact on their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed and excel in physical activities, keeping them healthy physically as well as mentally. 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.

Implementation

Pupils at Bridgetown participate in weekly high quality PE and sporting activities. Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. 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, where pupil premium children are positively discriminated, which endeavours to encourage not only physical development but also well-being. Each year we employ a sports apprentice, who runs different activities for all year groups at playtimes and lunch times, using the Mugga. The healthy school club which is run by children from KS2, plan and support additional activities for the other year groups during lunch

time, such as netball, basketball and a skipping club. All year groups also take part in the Daily Mile, where children run or jog for 15 minutes a day using the running track.

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Bridgetown, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

The PE Curriculum at Bridgetown School
Key Stage 1 (y1 and y2)



What the National Curriculum requires in physical education at KS1

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.

A Year 1 Sports Person …	A Year 2 Sports Person …

Games (Autumn) •I can throw underarm. •I can hit a ball with a bat. •I can move and stop safely. •I can throw and catch with both hands. •I can throw and kick in different ways. **Gymnastics (Autumn & Summer)** •I can make my body curled, tense, stretched and relaxed. •I can control my body when travelling and balancing. •I can copy sequences and repeat them. •I can roll, curl, travel and balance in different ways. **Dance (Spring)** •I can move to music. •I can copy dance moves. •I can perform my own dance moves. •I can make up a short dance. •I can move safely in a space. **General** •I can copy actions. •I can repeat actions and skills. •I can move with control and care. •I can use equipment safely.	**Games (Autumn & Summer)** •I can use hitting, kicking and/or rolling in a game. •I can decide the best space to be in during a game. •I can use one tactic in a game. •I can follow rules. **Gymnastics (Spring)** •I can plan and perform a sequence of movements. •I can improve my sequence based on feedback. •I can think of more than one way to create a sequence which follows some 'rules'. •I can work on my own and with a partner. **Dance (Spring)** •I can change rhythm, speed, level and direction in my dance. •I can dance with control and coordination. •I can make a sequence by linking sections together. •I can use dance to show a mood or feeling. **General** •I can copy and remember actions. •I can talk about what is different from what I did and what someone else did.



The PE Curriculum at Bridgetown School
Lower Key Stage 2 (y3 and y4)

What the National Curriculum requires in physical education at KS2
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.

Swimming and water safety 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.

A Year 3 Sports Person …

Games (Autumn & Spring)
- I can throw and catch with control.
- I am aware of space and use it to support team-mates and to cause problems for the opposition.
- I know and use rules fairly.

Gymnastics (Spring & Summer)
- I can adapt sequences to suit different types of apparatus and criteria.
- I can explain how strength and suppleness affect performance.
- I can compare and contrast gymnastic sequences.

Dance (Autumn)
- I can improvise freely and translate ideas from a stimulus into movement.
- I can share and create phrases with a partner and small group.
- I can repeat, remember and perform phrases.

Athletics (Summer)
- I can run at fast, medium and slow speeds; changing speed and direction.
- I can take part in a relay, remembering when to run and what to do.

Outdoor and adventurous (Summer)
- I can follow a map in a familiar context.
- I can use clues to follow a route.
- I can follow a route safely.

A Year 4 Sports Person …

Games (Autumn & Summer)
- I can catch with one hand.
- I can throw and catch accurately.
- I can hit a ball accurately with control.
- I can keep possession of the ball.
- I can vary tactics and adapt skills depending on what is happening in a game.

Gymnastics (Autumn)
- I can work in a controlled way.
- I can include change of speed and direction.
- I can include a range of shapes.
- I can work with a partner to create, repeat and improve a sequence with at least three phases.

Dance (Spring)
- I can take the lead when working with a partner or group.
- I can use dance to communicate an idea.

Athletics (Summer)
- I can run over a long distance.
- I can sprint over a short distance.
- I can throw in different ways.
- I can hit a target.
- I can jump in different ways.

	Outdoor and adventurous (Summer) •I can follow a map in a (more demanding) familiar context. •I can follow a route within a time limit.



The PE Curriculum at Bridgetown School
Lower Key Stage 2 (y5 and y6)

What the National Curriculum requires in physical education at KS2

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.

A Year 5 Sports Person …

Games
- I can gain possession by working a team.
- I can pass in different ways.
- I can use forehand and backhand with a racket.
- I can field.
- I can choose a tactic for defending and attacking.
- I can use a number of techniques to pass, dribble and shoot.

Gymnastics
- I can make complex extended sequences.
- I can combine action, balance and shape.
- I can perform consistently to different audiences.

Dance
- I can compose my own dances in a creative way.
- I can perform to an accompaniment.
- My dance shows clarity, fluency, accuracy and consistency.

Athletics
- I cam controlled when taking off and landing.
- I can throw with accuracy.
- I can combine running and jumping.

Outdoor and adventurous (link with Geography in Autumn Term)
- I can follow a map in an unknown location.
- I can use clues and a compass to navigate a route.
- I can change my route to overcome a problem.
- I can use new information to change my route.

A Year 6 Sports Person …

Games (Autumn)
- I can play to agreed rules.
- I can explain rules.
- I can umpire.
- I can make a team and communicate plan.
- I can lead others in a game situation.

Gymnastics (Spring)
- I can combine my own work with that of others.
- I can link sequences to specific timings.

Dance (Autumn)
- I can develop sequences in a specific style.
- I can choose my own music and style.

Athletics (Summer)
- I can demonstrate stamina.

Outdoor and adventurous (Spring)
- I can plan a route and a series of clues for someone else.
- I can plan with others taking account of safety and danger.

Swimming and water safety (All Year) • I can swim competently, confidently and proficiently over a distance of at least 25 metres •I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] •I can Perform safe self-rescue in different water-based situations.	