



Three Peaks Primary Academy

Physical Education

At Three Peaks Primary Academy, we believe that Physical Education (PE), experienced in a safe and supportive environment, is essential to ensure children attain optimum physical and emotional development and good health. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. We want to teach children skills to keep them safe such as being able to swim. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. Our curriculum aims to improve the wellbeing and fitness of all children at Three Peaks, not only through the sporting skills taught, but through the underpinning values and disciplines that we hold dear.



Physical Education

Aims of the Physical Education Curriculum

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.
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Swimming and water safety

At Three Peaks Primary Academy, pupils take swimming and water safety lessons in KS2. 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.
- perform safe self-rescue in different water-based situations.



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At Three Peaks Primary Academy, we use the PE Planning scheme of work from Year 1 to Year 6 which provides high quality primary school PE lessons, which are engaging, active and fun. Every plan used gets a thorough MCA & MPL check... MCA: Maximum Class Activity, MPL: Maximum Pupil Learning. In Reception we use CoachUnlimited to deliver the lessons to all children, whilst also delivering extra sessions to support children identified with additional needs. Premier Education also deliver lunchtime clubs to KS1 and KS2 children to further maximise engagement in physical activity.



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Physical Education—Implementation

At Three Peaks Primary Academy, Physical Education is taught across each year group in blocked lessons that enable pupils to study in depth the key skills, understanding and vocabulary. Each lesson aims to activate and build on prior learning, including EYFS, to ensure better cognition and retention. Each lesson is carefully sequenced to allow for prior learning to be built upon and skills to be practiced and advanced.

Planning

All lessons have a sequenced overview outlining each lesson, with the main learning activity and objective to be achieved during that lesson.. Within lesson plans are key vocabulary and questions, to encourage discussion and use of the correct terminology. These are used for partner and class discussions.

Lessons

All children will have two lessons per week on a different sport each term, giving them the opportunity to engage in twelve sports per year. Some sports are covered in alternate years allowing the children to have a broader access to a wider range of sports

Vocabulary

Vocabulary forms a key part of our wider curriculum. Progression of Physical Education vocabulary allows teachers to be aware of what vocabulary has already been introduced and how they build on this already learnt vocabulary. Children are encouraged to use the correct vocabulary when discussing their work, others work and skills.

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Impact will be assessed through :

Ongoing Teacher Assessment

Teachers assess pupils throughout each session . Pupils who are identified as needing support will be supported either during post teaching interventions or in the following session as appropriate