

# KS1 & KS 2 Rolling Programme (Physical Education) 2021/2022

## Intent:

Our intent is to provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physical activities. It will provide opportunities for pupils to become physically confident in ways which support their health and fitness. There are opportunities to compete in sport and participate in physical activities that will build character and help to embed values such as fairness and respect.

## Aims:

- To develop competence in a broad range of physical activities.
- To ensure pupils are physically active for sustained periods of time.
- To enable pupils to engage in competitive sports and activities lead healthy, active lives.
- To develop healthy lifestyles and wellbeing. (RSHE links see programme of study).

## To support physical development and healthy lifestyles choices:

- Daily fruit is provided for all pupils.
- All pupils in KS1 and KS2 have 19 swimming sessions per year, in 3 blocks, at Halo Leisure Centre in Leominster.
- Active Forest School sessions take place throughout the year in our nearby woodland.
- Specialist dance teacher provides weekly dance lessons in KS1 and at KS2 pupils have scheduled blocks of dance / gymnastics.
- Upper KS2 pupils have weekly P.E. lessons with a qualified rugby coach
- Welly boot racks are provided in KS1 and KS2 - allowing outdoor play, on the large field for all pupils all year.
- Before school and during break times, all pupils have access to outdoor play equipment.
- All Y5/6 pupils can participate in a PGL residential trip, providing opportunities such as water sports and zip wire adventure

- Sporting achievements are regularly shared with the school in a weekly celebration assembly, every Friday.

## **Targets:**

### **Key stage 1**

Pupils develop fundamental movement skills and become increasingly competent and confident in a broad range of activities. This improves agility, balance and coordination. They engage with others and participate in competitive and co-operative physical activities, in a range of increasingly challenging situations.

#### **Pupils are 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.
- Develop their understanding of the impact of physical exercise and healthy lifestyle on well being

### **Key stage 2**

Pupils 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 can communicate, collaborate, and compete. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

#### **Pupils are taught to:**

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [football, hockey, netball, rounders and rugby], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance.

- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity including individual and team challenges
- further develop their understanding of the impact of physical exercise and healthy lifestyle on well being

### To help pupils achieve in swimming and water safety

All pupils receive swimming instruction throughout key stage 1 and key stage 2 - lessons provided by three qualified Halo swimming instructors.

#### Aims for the end of KS2:

- pupils become competent, confident and proficient over a distance of at least 25 metres
- pupils use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
- some pupils will be able to perform safe self-rescue in different water-based situations and in everyday clothes.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Infants	Team and Ball Skills/Netball Football Dance	Team and Ball Skills Football Dance	Dance/ Gymnastics PE Football Dance	Team and Ball Skills Hockey Dance	Ball Skills/ Rounders Gymnastics Dance	Rounders Athletics/Sports Day /House activities Dance
Year 3&4	Hockey/Football	Netball Football Cricket	Dance/ Gymnastics Football Cricket	Hockey Football Cricket	Rounders Cricket	Rounders Athletics/Sports Day/ House activities
Year 5&6	Hockey/Football Tag Rugby	Hockey Football Tag Rugby	Dance/ Gymnastics Football Tag Rugby	Hockey Football Tag Rugby	Rounders Tag Rugby	Rounders Athletics/Sports Day/House activities Tag Rugby

## Regular Activities:

- After school sports club for KS2, emphasis on football training - all year every Monday
- Two after school sports clubs for KS1 and EYFS - all year every Thursday
- Lucton Cross Country & Weobley Cross Country
- Weobley Cross Country
- Tag Rugby Tournaments
- Infants 19 weeks swimming lessons
- Juniors 19 weeks swimming lessons
- KS2 daily mile during summer months

## IMPACT

- Low levels of obesity and wellbeing issues.
- High levels of participation in sports clubs.
- High levels of water competence.

