

Bolham Primary School PE Curriculum



Intent

Physical Education is a very important part of our lives and daily activity is vital for our health and wellbeing. Physical activities are important to embrace early in childhood as they help to promote healthy growth and development. PE helps build a healthier body composition with stronger bones and muscles. It also improves children's cardiovascular fitness. Children who have higher levels of physical activity during their childhood are more likely to be more active when they are older.

The National Curriculum for Physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy and active lives

Teaching and learning about Physical Education also helps children to communicate, to work as a team, to deal with winning and losing, perseverance, how to deal with their emotions and making mistakes, to build confidence and social skills, how to work out tactics/plans to succeed as well as leadership roles and much more.

Implementation

Bolham Primary School PE Curriculum is structured so that:

In all classes we cover as many curriculum topics as we can as well as offering enrichment to give the provide children a wide variety of new sporting opportunities and to keep them engaged in physical activity.

EYFS and KS1

- Our first curriculum topic is always multi-skills, working on the fundamentals of movement looking at agility, balance and co-ordination before applying this to specific sports.
- We then move onto the topics of Gymnastics and Dance to help the children develop creativity and control in large and small movements. To build their confidence and strength and how to negotiate space indoors and around equipment safely.
- We then look at the specific sport topics like striking and fielding and sports day events where the children must communicate, select and prepare appropriate resources, play and use a range of skills cooperatively, taking it in turns and working together and dealing with competition.

KS2

- For these year groups we map out the national curriculum topics across 2 years to ensure full coverage
- PE will be developed through different topics each term: Invasion Games, Outdoor Ed, Dance, Gymnastics, Striking and Fielding, Net and Wall and Athletics.

- Children gain knowledge through playing and doing - the use of pictures, PowerPoints and videos helps their learning and the acquisition of wider skills.
- The children will work within different pairs and teams throughout the year.
- Dance themes will link to the topics in class and PowerPoints and fact sheets are used in dance to cross-curricular link as much as possible
- Intra-sport competitions are held termly so the children can compete in their house groups along with inter-sports where they would compete against other school children throughout the year.
- When possible, we offer an enrichment block of different sports for the children to try something new. We aim to deliver real archery sessions and an intense outdoor ed program each summer term

Extra-curricular activities and sporting events

We provide extra-curricular sporting activities for pupils after school both through our After- School Club opportunities and local coaching such as football and rugby.

Impact

The impact of our PE Curriculum is:

We measure the impact on the children of being able to be physically active for sustained periods of time by using the Golden Mile and the data produced. Children run/jog/walk the Golden Mile weekly at school. At the end of every term we do an overall baseline measurement assessment and report on all the children's performance.

Measuring impact on competence is done by looking at the assessment of pupils' development of skills and knowledge throughout each unit of the curriculum.

Children learn and understand the reasons behind the importance of leading active lives within their lessons. Competition is added into lessons as much as possible and at end of each term an intra-sport competition is held for all classes to ensure that all the children are engaged in competitive sports and the results are always announced to the children.