

Physical Education (PE) Curriculum at Canterbury Cross Primary school

Aim of the PE curriculum:

At Canterbury Cross, we aim for pupils to perform in a range of physical activities with increasing competence and confidence. These include dance, games, gymnastics, athletics and outdoor adventure activities and swimming and water safety. PE involves thinking, selecting and applying skills, and developing an understanding of the relationship between activity, fitness and long term health. We recognise that excellent physical education, school sport and physical activity provision not only improves health, reduces stress and improves concentration, but also promotes positive physical growth and development. We also recognise that exercise has a positive influence on academic achievement and the overall health and well-being of our pupils.

How is the PE programme of study implemented?

The National Curriculum sets out our programmes of study stating what pupils should learn and experience during Key Stage 1 and 2. In Nursery and Reception, the pupils participate in PE lessons following the requirements stated in the Early Years Foundation Stage framework.

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Our Lessons

We use a variety of teaching and learning styles in our PE lessons at Canterbury Cross. Our principal aim is to develop the pupils' knowledge, skills and understanding through a mixture of activities. We aim to ensure all lessons are active with a key focus on skill development and pupil participation. Teachers draw attention to good examples of individual performances as role models for the other pupils, and we encourage the pupils to evaluate their own work as well as the work of others.

In all classes, pupils have a wide range of physical ability. Whilst recognising this fact, we provide suitable learning opportunities for all pupils, in the curriculum and extended curriculum, by matching the challenge of the task to the ability of the child.

We achieve this through a range of strategies:

- Lessons are planned so that all pupils can participate fully and effectively. Activities are adapted, modified or alternative activities or approaches are used to ensure that the equal opportunities and inclusion legislations are adhered to
- Setting tasks of increasing difficulty whilst responding to individual needs through differentiation using the STEP framework (Space, Task, Equipment, People)
- Lessons are planned to provide challenge for the more able pupils and appropriate levels of support in order for all pupils to make progress
- A variety of teaching styles are used to engage the learners, providing them with the opportunity to learn from visual, auditory and kinaesthetic activities
- For KS2, tasks will include both competitive and non-competitive activities, contact and non-contact sports

We work alongside the King Edward Partnership, who provide continuing professional development, and specialist coaching programs to support our teachers.

Pupils in KS2 attend swimming sessions. They are taught how to swim competently, confidently and proficiently over a distance of at least 25 metres.

How is PE assessed focusing on prior knowledge and progression?

Here at Canterbury Cross, we have created vertical plans, which act as our schemes of work for PE. The vertical plans ensure that the teaching and learning of every unit is sequential and progressive. The PE objectives and activities build upon prior learning of the pupils. While there are opportunities for pupils of all abilities to develop their skills, knowledge and understanding in each activity area, there is progression planned into the vertical plans, so that the pupils are increasingly challenged as they move up through the school. Additionally, the pupils' knowledge and skill development is tracked throughout the school using the school's summative assessment system.

How do we ensure the PE curriculum is for everyone?

At Canterbury Cross, inclusivity is fundamental, and teachers provide adapted, modified or alternative activities or approaches to learning in PE. Teachers follow the STEP framework to personalise activities to meet the needs of all pupils, as well as extend their learning. Advice can be sought from the lead practitioner/ SENDCO, where the physical need is substantial. If specialist equipment is required, the lead practitioner is informed in advance and specialist provision is put into place.

How do we ensure key content is remembered as pupils move through school?

The programmes of study for PE are set by the National Curriculum and followed across the key stages. The subject content is re-visited throughout the year and built upon. Our vertical plans for each unit of work show progression as core skills are built upon as pupils move up through the school.

As the gymnastics unit re-occurs in every year group, we follow the KSSP scheme of work, which ensures lessons are sequential and the knowledge and skills are progressive, building on the pupils' prior learning in the previous year.

See below for our yearly overview:

P.E Units - Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Kick and pass Dance	Hit and catch	Gymnastics Send and return ball skills	Gymnastics Send and return ball skills	Attack defend and shoot	Run jump and throw (Athletics)
Year 2	Kick rounders skills	Dance Send and return ball skills	Gymnastics Attack, defend and shoot	Gymnastics Attack, defend and shoot	Athletics	Bowl, hit and run
Year 3	Gymnastics Dance	Dance Gymnastics	Rounders Badminton	Netball Athletics	Cricket	Swimming every afternoon 3 weeks
Year 4	Gymnastics Netball	Gymnastics Hockey	Dance Cricket	Badminton	Swimming every afternoon 3 weeks	Athletics Rounders
Year 5	Gymnastics Rounders	Dance Gymnastics	Hockey Badminton	Tennis Football skills	Football game Basketball	Cricket Athletics skills/circuit
Year 6	Gymnastic Football skills and game	Dance Gymnastic	Hockey	Tennis	Rounders	Basketball Athletics skills/circuit

*OAA units are covered through orienteering experiences (Ackers and Woodlands - Yr 4, Yr 5 and Yr 6)

How will the PE curriculum prepare children for the future and allow children to apply the key skills learnt?

Upon leaving Canterbury Cross, we hope all pupils develop the necessary skills to work collaboratively when participating in team work. We hope our pupils develop a good understanding of fitness and the importance of physical activity in promoting long-term health and well-being. We also hope pupils know how to remain safe in and around water by being able to competently swim 25 metres upon leaving school as well as learn how to ride a bike safely on the road.