**PE CURRICULUM Vision & principles**

## **PE VISION**

Through the teaching of Physical Education, children will learn how to become confident, creative and physically active pupils with a clear understanding of a healthy lifestyle. Pupils will develop the ability to work as part of a team/group, manage and control risks, confidently and competently use a variety of sporting equipment and rules; as well as create and perform routines in front of an audience. Children will understand clear links between their learning and real life – understanding how their developing knowledge and skills can be applied today, beyond school and in to adult life, including potential career paths within the sporting field.

Learning will be focused on the following strands – invasion games, athletics, gymnastics, dance, striking and fielding, problem solving, swimming and net games with an overriding them of healthy lifestyles. Children will be inspired by individuals, both historically and current, exposing them to the best of what has been thought, said and achieved in these areas.  Through the evaluation of performance and self-challenge children will develop resilience within physical activity giving all the chance to succeed.

Although physical education is a highly practical subject, learning will be underpinned by core knowledge, skills, concepts and vocabulary on which children will have the confidence to be more creative, making more informed decisions when playing and performing.

## **PE PRINCIPLES**

The following principles underpin everything we do in PE.

#### **CURRICULUM PRINCIPLES**

Life Opportunities      Creativity Confidence Competence

Balanced       Coherent      Real & Relevant

Knowledge Rich       Cognitively Challenging       Inclusive

**PE STRATEGY LIFE OPPORTUNITIES**

Life skills are key to physical education at King Street Primary School. The balanced curriculum we offer allows children to experience a wealth of different physical activities as well as different roles with sports.  We will endeavour to invite professional sports stars into school to showcase the pinnacle of sport as well as more local sporting heroes shows where sport can lead whilst developing our pupil’s ability to work within a team and understand the different strengths and weakness of others and themselves.

#### **CREATIVITY, CONFIDENCE & COMPETENCE** King Street Primary School’s physical education curriculum is designed to build knowledge and skills upon sequencing and progression through the school. This seeks to embed creativity, competence and confidence within the subject. Many aspects of the curriculum are based around local sporting competitions and festivals to prepare the children to be competent when they enter them. Within lessons such as gymnastics and dance, there is the chance for all children to show creativity and perform to peers.

#### **BALANCED** Physical Education is taught for 2 hours each week in all year group during curriculum time with many additional opportunities outside the core teaching time. Within each year, pupils will have the opportunity to develop progressing skills and knowledge in games (invasion/striking and fielding), gymnastics, dance, athletics as well as their ability to analyse their own and the performance of others. Swimming takes part in KS2 year group across the academic year.

#### **COHERENT** Whilst making links to various other subjects, most notably Maths, Science and English, the place and importance of physical education is the core focus. Knowledge, skills, concepts and vocabulary in physical education are coherently planned and sequenced progressively. There is clarity about what getting better at the subject means, with the aim of moving children from novice to expert. The physical education leader has autonomy to build and oversee the PE curriculum, ensuring they have a full understanding of the progressive journey children have through the units planned.

#### **REAL AND RELEVANT** Within PE, real and relevant experiences are plentiful as many units are linked to events and competitions happening within the local community. The school has many local club links to help with pathways to new opportunities for all seeking them. Highlighting successes from ex-pupils, local and national sporting teams and performers gives pupils something to aspire to.

#### **KNOWLEDGE RICH** The PE curriculum seeks to sequence skills and knowledge effectively, ensuring that children have a good understanding of core knowledge to enable them to progress from unit to unit. Core knowledge and skills (procedural knowledge) are specified in detail and laid out in knowledge organisers for the key strands within physical education.

#### **COGNITIVELY CHALLENGING** Units are chosen specifically to stretch children’s knowledge and skills development, with a key focus on core technical vocabulary and understanding of sporting principles and evaluation/analysis.

#### **INCLUSIVE** The Physical Education curriculum is constructed in a way that is ambitious and designed to give all learners, particularly the most disadvantaged and those with special educational needs and/or disabilities (SEND) or high needs, the knowledge and cultural capital they need to succeed in life. Units have been designed to support the development of key life skills which can be used by all pupils in everyday life. For example – teaching first aid and road safety. The knowledge and skills foci seek to overcome barriers of the varied life experiences of children at King Street. The schools also actively seek opportunities to represent the school within a team or a group for disadvantaged children.