



# Physical Education

## Curriculum Intent, Implementation and Impact Statement



### Intent

King David School believes that experiencing Physical Education (PE) in a safe and supportive environment, is essential to ensure children achieve the greatest physical and emotional development as well as maintaining good health. We aim to provide high-quality teaching and learning opportunities to inspire all children to succeed in physical education and to develop life skills in an inclusive and engaging way. Through competitive sport we aim to teach children how to cooperate and collaborate with others as part of an effective team. Our curriculum aims to improve the wellbeing and fitness of all children at King David School not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. By the time the children leave King David School we aim for children to have gained skills in competitive games such as net and wall, invasion games and striking and fielding games. We aim for them to be able to take measured risks gained through outdoor adventurous activities. To have gained control and coordination skills through fundamental movements taught in gymnastics and dance. King David school actively encourages skills such as being able to swim in line with the national curriculum.

Physical Education aims to support and promote the ethos of the school, living up to our motto of "Where Stars Shine."

### **Key Stage 1 National Curriculum Expectations**

*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 National Curriculum Expectations**

*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*

*Swimming and water safety*

*In particular, 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*

## Implementation

PE at King David Primary School provides challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, athletics, swimming and outdoor adventurous activities.

COVID restricted some of this implementation including the running of after school clubs, the Golden Mile, play leaders crossing bubbles and inter school competitions.

The long term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are met. Pupils participate in one high quality PE lesson each week, aiming to cover two sporting disciplines every term, and an additional shorter timetabled PE lesson each week, which aims to support the objectives of the main PE lesson, as well as promoting fitness and flexibility. This may also include the Golden Mile, which helps meet the government target of all children being active for at least 60 minutes a day, 30 minutes in school and 30 minutes outside of the school day.

Children are also encouraged to participate in the extracurricular activities available at King David School. After school Sports clubs are available including football, netball and multisports, three evenings per week.

Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

Each year a group of children in Year 5 are trained as Play Leader to encourage more active play times.

Children in Year 2, 3, 4, 5 and 6 undertake swimming lessons for a term and extra sessions for less able year 6 swimmers and for the most able capable of participating in competitive swimming. In the academic year 2023/24, due to the imminent temporary closure of Moseley Road Baths, an intensive series of swimming lessons has been arranged for the children in Years 4, 5 and 6.

For children in Year 5 and 6, the PE curriculum is also supplemented by their residential visit to Redridge where the children enjoy a range of team building and outdoor adventurous activities.

We have ongoing support from our local SGO, Derek McDermott from whom we receive subject expertise with regular support from Bishop Challoner. As part of the support from the Bishop Challoner Partnership twilight sessions are available each year for all staff.

Teachers use the PE hub lesson plans to support them in their planning. These lessons are progressive, coherent and apply fundamental movement skills which are year group appropriate.

Sports Premium Funding has been used to increase the competency of staff and children, provide staff with training, resources and equipment, and to augment the teaching assistant provision within PE lessons..

<i>Year Group</i>	<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
<i>Year 1</i>	HIIT	Gym	Run, jump, throw	Dance	Hit, run, catch	Attack, defend, shoot
<i>Year 2</i>	Dance	Gymnastics	Athletics	Games	Swimming	Swimming
<i>Year 3</i>	Swimming	Swimming	Dance (Gymnastics)	Hockey	Volleyball	Athletics (OAA)
<i>Year 4</i>	Gymnastics	Netball	Swimming	Swimming	Tennis	Tennis
<i>Year 5</i>	Dance	Dance	Swimming	Swimming Red Ridge - OAA	Tennis	Tennis/ Athletics
<i>Year 6</i>	Swimming	Swimming	Gymnastics	Gymnastics Red Ridge - OAA	Rounders, Cricket, Hockey Swimming (non-swimmers and swim team)	Athletics Swimming (non-swimmers and swim team)

## Impact

At King David our intended impact is for the children to grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE. The impact of our curriculum will be to improve the wellbeing and fitness of all children at King David School. This will be through the sporting skills taught, and also through the underpinning values and disciplines PE promotes. Within the lessons, children are taught about self-discipline and that to be successful they need to take ownership and responsibility of their own health and fitness. Our impact is to motivate children at King David School to apply these underpinning skills in an independent and efficient way in order to live happy and healthy lives. We are in the process of monitoring the impact of the PE curriculum using a triangulation of outcomes; pupil voice, assessment and recording achievements against the Key Skills. In addition to this, we are planning learning walks and discussions with the teaching staff, pupils and parents. The Key Skills for Physical Education are available in a separate document.