

Physical Education Curriculum

Vision Statement

'Physical education is for every youngster- to help them learn about themselves, learn about their bodies and learn ways to become physically active.' George Graham

Our vision is for all children at Berridge Primary and Nursery School is to experience excellent physical education, school sport and physical activity that will lead to life-long participation.

Physical education encourages pupils to be active and supports them in their understanding of how to participate safely and effectively. Our PE curriculum is inclusive to ensure that pupils of all abilities access the range of activities on offer and that they are physically active for sustained periods of time in order to encourage them to lead healthy, active lives.

Regular participation in sport and physical activity can help to reduce the risk of heart failure; improve physical fitness; help with weight management and promote good health. However, the positive effects of PE are not only physical, participating in sport and physical activity from a young age will benefit many different areas of a child's life, from a social aspect, performing better in the classroom and even mental health benefits.

The overarching theme for our curriculum is **People & Places** - Understanding the world that we live in and the people who inhabit it. Our school's Core Values are **Considerate, Creative, Motivated, Reflective, Resilient and Respectful**. Our PE curriculum has been planned with these in mind.

We believe that sport is the perfect vehicle to carry these values as our children start their journey with us and prepare for their life ahead.

Intent

'Take care of your body. It's the only place you have to live.'
Jim Rohn

It is our intention that our pupils enjoy being physically active, have opportunities to experience a variety of sports and physical activities and understand the long term benefits of leading a healthy lifestyle on their physical, mental and social well-being.

Our PE Curriculum, along with PSHE and science, teaches children about the importance of healthy living and learning about the need for good nutrition. At Berridge we aim for children to develop the necessary knowledge and skills which will have a positive impact on their future by becoming physically active citizens to benefit their long-term health and well-being.

*Emphasis is placed on children to be **motivated** to achieve their personal best and be **resilient** when faced with challenges. We encourage pupils to be **considerate** team players and to be **respectful** towards opponents. In dance and gymnastics pupils have to opportunity to be **creative** when collaborating on sequences of movement. Pupils are encouraged to **reflect** regularly on their skills development.*

[National Curriculum PE](#)

Implementation

'Fitness is not about being better than someone else, it is about being better than you used to be'

The PE Curriculum is led and overseen by the PE subject leaders who will monitor, evaluate, review and celebrate good practice over the year. The Curriculum incorporates the statutory requirements of The National Curriculum 2014.

The teaching, learning and sequencing of the curriculum is as follows:

Pupils in KS2 participate in two high quality PE lessons each week, covering two sporting disciplines every half term. In KS1, children have one PE lesson following the Complete PE scheme of work and a longer PE session, with a sports specialist every 3 weeks.

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 fully met.

Each lesson is a progression that builds upon previous knowledge and skills taught in the session before or the last academic year. Lessons start with a review, they then include a warm up activity, introduction of a new skill and then build on this skill whether in a game or adding it into a sequence. Primarily, this is taken from the Complete PE scheme of work, but is also complimented by lesson planning from the LTA, British Orienteering, Somerset Cricket Board and the Cambridge Scheme of work.

Opportunities to learn through a range of sporting activities including; locomotion, invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure.

During breaks and lunchtimes, children are encouraged to be physically active and understand that this contributes towards the governments requirement of 60 minutes physical activity during the school day. Children across both Key Stages have year group sports equipment bags, playground markings and signs to motivate children to keep on the move.

In KS1 children use the trimtrails, boulder wall and have a range of activities which are used, supported by playground staff.

In KS2 cricket, basketball, football, trimtrail, and multigym are timetabled for each year group. All children have the opportunity to take part in a sports day, which is a mixture of intra-class competitive races and personal best challenges.

Year 6 children visit Walesby for a residential during the summer term where they take part in a variety of outdoor activities including, climbing, activities on the lake, zip wire and a variety of team building activities.

[Complete PE](#)

Impact

'Exercise is the key not only to physical health but to peace of mind'
Nelson Mandela

The impact of our PE curriculum is through assessment, that is built into the Complete PE schemes of work, achievements are measured in a variety of ways: questioning during lesson time, observation of pupils during PE lessons linked to lesson success criteria, pupils personal best journals and pupil surveys.

By the end of KS2 pupils should:

- be able to reflect on their own performance and that of others, always looking for ways to improve skills.
- be considerate and respectful of their own team members and opposing teams in order to develop an understanding of good sportsmanship and fair play.
- understand how sport and healthy eating can have an impact on the rest of their lives and give them the knowledge to make positive choices about their future.
- be resilient when faced with sporting challenges that may test them physically or mentally, knowing that this particular value can be applied to all areas of their life, throughout their lives.