

Subject

Physical Education

Aims/Intent

At Weston Primary School, Physical Education (PE) is an integral part of our curriculum. We provide a PE curriculum that is inclusive, engages all pupils, in supportive and challenging environment. We aspire for children to be introduced, allowed to explore, to develop and then refine their practical skills and techniques. We want children to enjoy and excel in sports, to gain a deeper knowledge of the PE concepts and principles whilst developing their knowledge and understanding of a range of sports and physical activities.

We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed, we want children to enjoy their learning, to become resilient and consistently strive to give their best efforts. As a small village school, we aim to provide the children with a range of sports and physical activities so that they can experience and develop their skills over time. Pupils will also re-visit learning from prior year groups to reinforce connections and to help them to truly master the learning

We encourage children to participate in a range of competitive competitions with local schools. In addition these competitions all children from Year 1 upwards compete in half-termly house competitions based upon one of the units covered that half term. Through these competitions we teach children how to cooperate and collaborate effectively as part of a team, how to compete appropriately against others, developing the principles of sportsmanship, respect, fairness and inclusivity. We hope to embed these values for their future lives.

We understand the importance of PE, School Sport and Physical Activity has on childrens' health, fitness and mental wellbeing. We ensure that all children have opportunities to be physically active for sustained periods of time. We ensure children learn the importance of leading healthy, active lives, where they can make informed appropriate lifestyle choices. One of these aspects is swimming, as it is an important life skill. We aspire that all children will leave Weston being able to swim at least 25 metres.

Aims

The national curriculum for physical education aims to ensure that all pupils:

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

Curriculum Content -

Pupils in all year groups will be taught the following units:

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Dance: Ourselves		Athletics Sports day Prep		Ball Skills Feet 1	
Year 1 & 2	Striking & fielding: Cricket	Ball Skills: Feet 1	Gymnastics: Wide, narrow and curled	Team building	Gymnastics: Linking	Dance: Explorers	Ball skills: Hands 1	Games for understanding Attack v Defence	Athletics: Sports day prep	Rackets, bats and balls	Ball skills: Hand skills 2	Health and wellbeing
Year 3 & 4	Striking & fielding: Cricket	Invasion: Football	Gymnastics: Symmetry & Asymmetry	Invasion: Netball	Gymnastics: Bridges	Dance: Witches and Wizards	Swimming	Invasion: Hockey	Athletics: Sports day prep	Net & wall Tennis	Invasion: Basketball	Striking & Fielding Rounder's
Year 5 & 6	Striking & fielding: Cricket	Invasion: Football	Gymnastics: Counter balance and counter tension	Invasion: Netball	Gymnastics: Matching and mirroring	Dance: Street dance	Health related exercise	Invasion: Hockey	Athletics: Sports day prep	Net & Wall Tennis	Invasion: Basketball	Striking & Fielding Rounder's

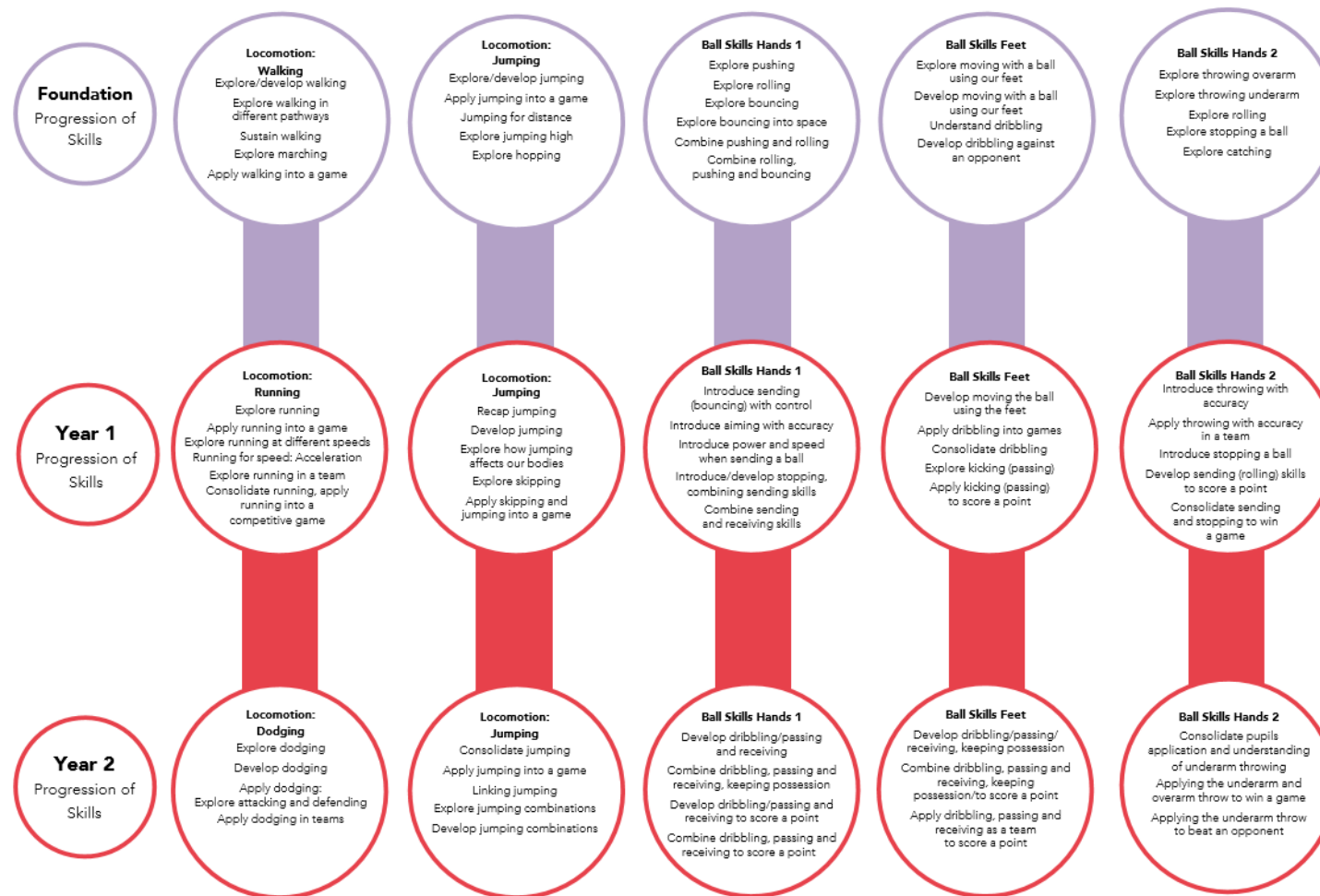
Swimming - A block of weekly lessons of swimming will happen every other year for children in Year 3 and Year 4 (including in 2023-2024).

Outdoor adventurous activities (OAA) - will be taught during week-long residential trip for Year 6s to Kingswood, and during focus days.

Inter-house competitions - When children are in Year 1 they are put into a house and throughout the year the children will compete in inter-house competitions based on one of the units they have studied that term.

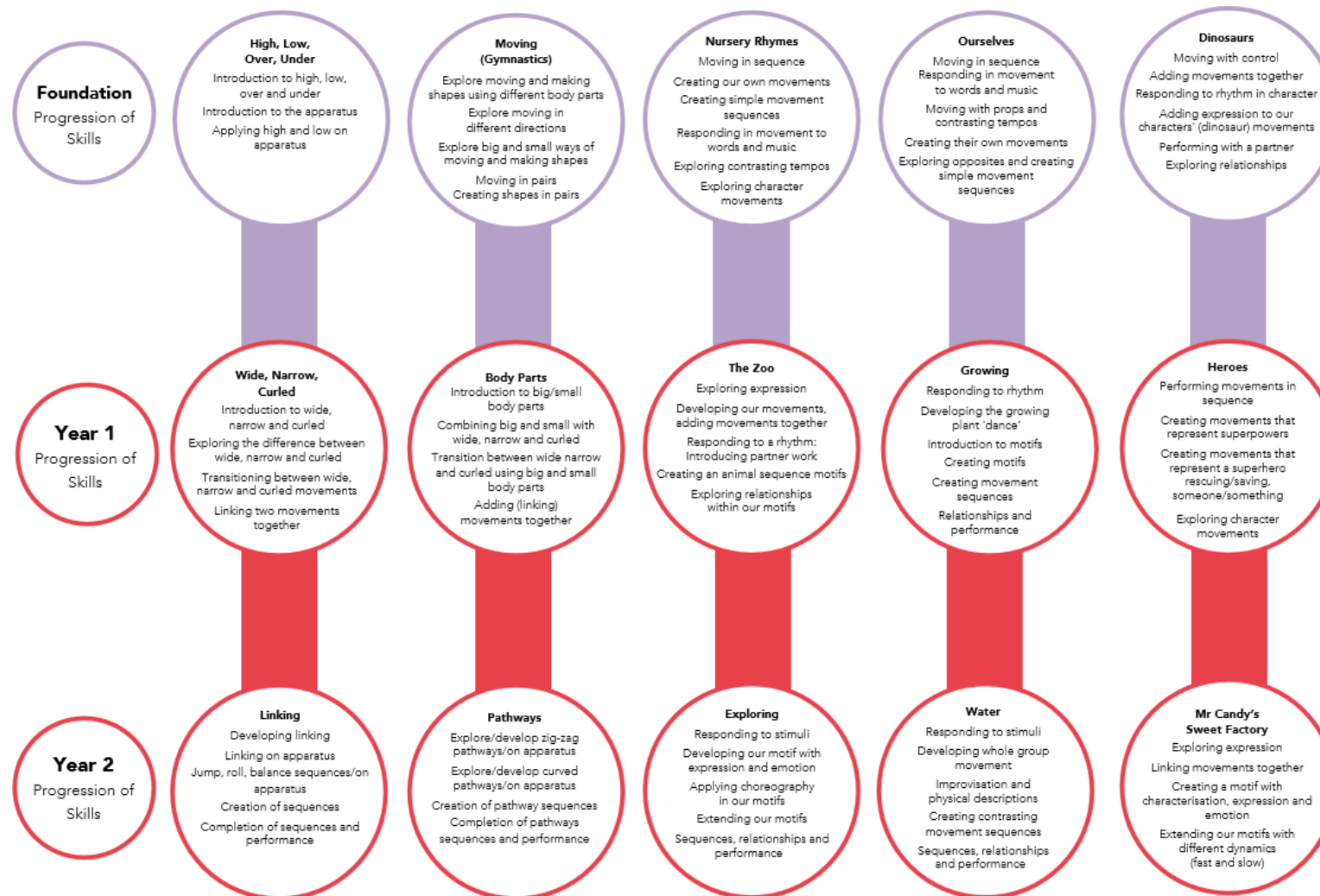
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Everyone: Football	Y1 & 2 - Team skills Rest - Netball	Everyone: Dodgeball	Y1 & 2 - Hand skills Rest - Hockey	Everyone: Tennis	Everyone - sports day

EYFS, KS1 and KS2 Progression of skills overviews are shown on the following pages - please note that pupils will also re-visit learning from prior year groups to reinforce connections and to help them to truly master the learning.

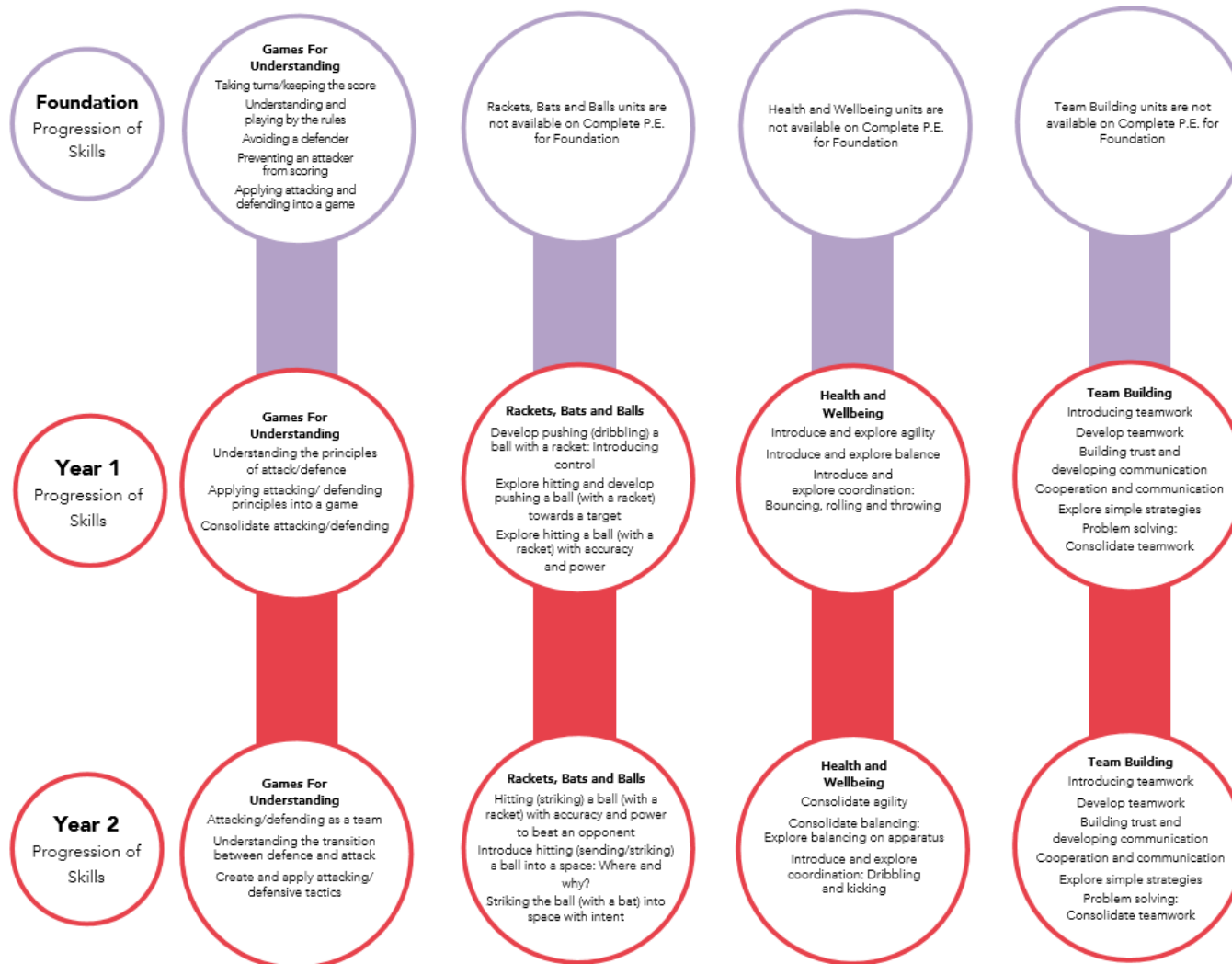


Foundation and KS1 Progression of Skills Overview





Foundation and KS1 Progression of Skills Overview



Foundation and KS1 Progression of Skills Overview



KS2 Progression of skills overview



KS2 Progression of Skills Overview



KS2 Progression of Skills Overview



KS2 Progression of Skills Overview



KS2 Progression of Skills Overview

