



PE



How is the Subject Content from the National Curriculum covered?

At St Joseph's, we endeavour to deliver a high-quality PE curriculum, which inspires pupils to have the confidence, self-belief and skills to participate in physically demanding activities and in competitive sport. It provides opportunities for pupils to become physically confident and supports their physical health and fitness along with their mental well-being. PE at St Joseph's develops pupils' physical competence and confidence and their ability to use these to perform in a range of activities. It promotes skilfulness, physical development and knowledge of the body in action. Our PE curriculum provides opportunities for pupils to be creative, competitive, co-operative and face up to different challenges as individuals and in groups and teams. It further promotes positive attitudes toward healthy and active lifestyles. Pupils learn how to think in different ways to suit a wide variety of creative, competitive, cooperative and challenging activities. They learn how to plan, perform and evaluate actions, ideas and performances to improve their aptitudes, abilities, preferences and make choices about how to get involved in lifelong physical activity.

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

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

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

Attainment targets

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.

Subject content

Key stage 1

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 **(KS1, Cycle A & B, Autumn 1 & 2, Spring 1 & 2, Summer 1 & 2)**

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- participate in team games, developing simple tactics for attacking and defending **(KS1, Cycle A & B, Autumn 1, Spring 1 & 2, Summer 1 & 2)**
- perform dances using simple movement patterns **(KS1, Cycle B, Autumn 2)**

Key stage 2

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 **(LKS2, Cycle A & B, Autumn 1, Spring 1 & 2, Summer 1 & 2; UKS2, Cycle A & B, Autumn 1, Spring 1 & 2, Summer 1 & 2)**
- 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 **(LKS2, Cycle A & B, Autumn 1, Spring 1 & 2, Summer 1; UKS2, Cycle A & B, Autumn 1, Spring 1 & 2, Summer 1)**
- develop flexibility, strength, technique, control and balance **(LKS2, Cycle A & B, Autumn 2; UKS2, Cycle A & B, Autumn 2)**
- perform dances using a range of movement patterns **(LKS2, Cycle B, Autumn 2; UKS2, Cycle B, Autumn 2)**
- take part in outdoor and adventurous activity challenges both individually and within a team **(UKS2, Cycle A & B, Summer 2)**
- compare their performances with previous ones and demonstrate improvement to achieve their personal best **(LKS2, Cycle A & B, Autumn 2; UKS2, Cycle A & B, Autumn 2)**

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. **(UKS2, Y5, Autumn & Spring 1; LKS2, Cycle A & B, Spring 2 & Summer)**

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.

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