



Intent

At Calmore Junior School, we deliver 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.

Implementation

Using the National Curriculum, we will ensure that children receive a rich physical education curriculum that build on skills and knowledge from Year 3 to Year 6. Physical Education will be taught in topics ensuring the integrity of the subject remains at the forefront.

Our physical education units will include our curriculum principles:

- **Enrichment/Enjoyment** (Learning from professional coaches, competing in house matches in lessons, competing with class mates, competing in competitions against other schools, school games day)
- **Depth & Challenge** (A depth of experience is gained through learning skills such as creating activities/games to challenge themselves and their class mates, designing games for younger children, developing their core skills to then apply in sporting contexts, appraising their perform and others, questioning the suitability of activities and questioning other pupils tactics and decision, experimenting with their performances, analysing the strengths and weaknesses of their performances and of others)
- **Quality Outcome which gives purpose to the learning** (House competition for each sport at the end of each unit)
- **Personalisation** (Giving children choice and a passion for following own lines of enquiry- choice for which level to start the lesson FUNS cards, creating their own activities using a choice of resources and outcome)
- **Connections** (links to prior units, building on the skills they have developed already)
- **Relevant to our children and context** (Giving the children opportunities to take part in competitions and have experience with professional coaches.)

Impact

At the end of Key stage 2 we want our children to know/understand:

- Apply and develop a broad range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Communicate, collaborate and compete 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],
- 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.