



## Salford Priors Church of England Academy



### Physical Education (PE) Curriculum

#### Our curriculum drivers – Christian Values and Learning Qualities

FAITH	HOPE	COURAGE	FORGIVENESS	PEACE	GENEROSITY
Resilience	Curiosity / Determination	Curiosity / Determination	Respect / Responsibility	Respect / Responsibility	Resourcefulness

*'Rooted in love and faith – Growing in hope and courage – Thriving in light and harmony'*

Rooted	Growing	Thriving
To provide a curriculum rooted in delivering high quality teaching and learning opportunities that inspire all children to succeed in Physical Education and in developing life skills. developing the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future.	To ensure children learn how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values.	To improve the well being and fitness of all children at Salford Priors, not only through developing their sporting skills, but through the underpinning values and disciplines PE promotes.

Our Physical Education (PE) curriculum aims to:

- **Develop positive attitudes** towards PE
- **Engage and inspire participation** in PE lessons
- **Enable participation** in a wide range of physical activities
- **Encourage a lifelong love** of physical activity, sport and exercise.

Regular physical activity not only improves health, but also reduces stress, improves concentration, and promotes growth and development. Participation in regular exercise has been shown to have a positive influence on academic achievement and physical and mental wellbeing. PE teaches our pupils about the importance of cooperation, teamwork and collaboration particularly in small, sided games. We promote an 'everybody active' attitude amongst the children and encourage them to develop a keen interest in sport and be willing to partake in sporting activities. Through our P.E. curriculum we aim to develop confidence and self-esteem in P.E. lessons and when children are representing the school/house team in sporting competitions.

Our curriculum ensures that any new knowledge and skills taught builds upon our pupils' previous learning. This allows our pupils to develop specific sporting skills across a wide range of physical activities. Throughout the curriculum, there is a focus on agility, balance, control and coordination, which begins in the Early Years where Physical Development focuses on exploring space, developing pupils' spatial awareness and their gross and fine motor skills. In Key Stage 1, pupils will continue to develop their fundamental movement skills and then in Key Stage 2, pupils will apply these skills across a variety of sports; developing their understanding of group concepts and skills in attacking and defending.

PE is valued in our school and all children receive at least two hours of high-quality PE lessons per week. At least one of these lessons will be with a specialist PE coach. The second lesson is taught by either a specialist coach or the class teacher following the Get Set 4 PE scheme which provides a variety of engaging lessons and deploys a wide range of teaching strategies. During the first half of the summer term all pupils in KS2 go swimming with

the aim that all can swim 25m unaided by the end of Year 6. We also offer a multitude of PE based after school clubs that children can choose to join.

**Get Set 4 PE** – a scheme of work used in school to help teachers to plan and teach PE effectively. These schemes of work have been written with careful consideration of the aims of the National Curriculum, to ensure that children are given a wealth of opportunities to develop their physical skills as well as developing the whole child. Each lesson has progressive activities that are designed to inspire and engage pupils, allowing them to explore and develop skills and embed knowledge.

Get Set 4 PE has enabled the school to develop a broad PE curriculum which covers all the skills children need to acquire. It enables continuity throughout the school and supports the less confident teacher of PE whilst enabling the confident teacher to use it and adapt it to their situation. <https://www.getset4pe.co.uk/>

Our long-term plan does not follow two distinct cycles across each of our mixed age classes. Instead, we have purposely chosen to repeat each sequence of units twice to allow purposeful practice and the secure development of knowledge and skills.

### PE - Long Term Planning Cycles

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
KS1 Year 1 and 2	Gymnastics – Combine Year 1 & 2 units	Ball Skills Combine Year 1 & 2 Units	Athletics Combine Year 1 & 2 Units	Dance Combine Year 1 & 2 Units	Striking and Fielding Games Combine Year 1 & 2 Units	Invasion Games Combine Year 1 & 2 Units
	Teambuilding Combine Year 1 & 2 Units	Fundamentals Combine Year 1 & 2 Units	Yoga Combine Year 1 & 2 Units	Target Games Combine Year 1 & 2 Units	Sending and Receiving Games Combine Year 1 & 2 Units	Net and wall games Combine Year 1 & 2 Units
LKS2 Year 3 and 4	Tag Rugby Mixed Age 3/4 Unit	Dodge Ball Mixed Age 3/4 Unit	Gymnastics Combine Year 3 and 4 Units	Dance Combine Year 3 and 4 Units	Swimming Bespoke – aiming for 25m	Outdoor Adventurous Education – Combine Year 3 and 4 Units
	Netball Mixed Age 3/4 Unit	Fundamentals Mixed Age 3/4 Unit	Football Mixed Age 3/4 Unit	Tennis Combine Year 3 and 4 Units	Cricket Mixed Age Unit	Athletics – Combine Year 3 and 4 units
UKS2 Year 5 and 6	Tag Rugby Mixed Age 5/6 Unit	Dodge Ball Mixed Age 5/6 Unit	Gymnastics Combine Year 5 and 6 Units	Dance Combine Year 5 and 6 units	Cricket Mixed Age Unit	Outdoor Adventurous Education – Combine 5 and 6 Units
	Netball Mixed Age 5/6 Unit	Badminton Mixed Age 5/6 Unit	Football Mixed Age 5/6	Tennis Combine Year 5 and 6 units	Swimming Bespoke – aiming for 25m	Athletics – Combine Year 5 and 6 Units