



PE SUBJECT OVERVIEW

We want children to develop competence to excel in a broad range of a range of activities, be physically active for sustained periods of time, engage in competitive sports and activities and lead active lives. Our PE curriculum is based on high expectations, is broad and balanced, creative and enjoyable. It aims to bring out full potential, encouraging a love of sport and physical activity which will help the children to become healthy adults. Children at North Cheshire will learn how to respect their bodies and develop a healthy lifestyle through their opportunities and experiences in PE lessons. They will develop different skills in key areas e.g. gymnastics, games, dance and swimming. Each year group will build on the skills learnt from the previous year. Experienced coaches will be involved in developing staff knowledge and expertise in this area.

Core Threads

- 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.

Links to Reading

- Sports biographies and autobiographies
- Sports reports
- Research of different sports, competitions, athletes and sports men/women
- Sports vocabulary

Inclusive Practice

All activities are inclusive and involve all pupils. Planning recognises different abilities in each area of the PE curriculum. All activities are delivered to girls and boys. Levels of support enable all pupils to participate in individual and team performances.

Knowing more, remembering more

- Recap and rehearse previous learning.
- performances to peers and whole class - peer assessment
- discuss, embed and understand key PE knowledge and PE vocabulary.



Our curriculum is underpinned by our RESPECT VALUES, which are covered across all subjects. The following values are exemplified in this subject:

Resilience: The opportunity to have a positive approach to learn new skills, overcome setbacks and maintain effort.

Empathy: The opportunity to be part of a nurturing and supportive environment. To identify their own feelings and recognise and respect the feelings of others during physical education sessions.

Self-awareness: The opportunity to be aware of the space around them, the effect their behaviour has on others and to express their needs, habits, emotions, strengths and weaknesses

Positivity: The opportunity to be proud of their own performances and to show encouragement to their peers.

Excellence: The opportunity to excel in different sports. To participate in a variety of competitions for NCJPS

Communication: The opportunity to discuss ideas, rules and ideas to their peers. To communicate in different ways during activities.

Teamwork: The opportunity to work as a team in a variety of sports. These teams can be small groups in lessons or school teams.

Sequence of Learning

Early years: Reception follows the Statutory framework for the Early Years Foundation Stage and Development Matters. They learn the prerequisite skills for PE within the national curriculum. Children in reception will be learning to: develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming, use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor, combine different movements with ease and fluency, confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group, know and talk about the different factors that support overall health and wellbeing.

KS1 - Pupils are 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, participate in team games, developing simple tactics for attacking and defending, perform dances using simple movement patterns.

KS2 - Pupils 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.