

Physical Education

Curriculum Intent

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It will 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.

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.

At Clifford Road Primary the PE curriculum is planned and sequenced so that new knowledge and skills build on what has been taught before. The development and progression of skills and knowledge identifies the learning about to happen, and a summary of what has already been learned. These retrieval links help teachers remind pupils of their previous learning as well as identifying what personal knowledge they bring to the new learning. The knowledge and skills are organised as follows:

For Key Stage One:	For Key Stage Two:
■ Gymnastics	■ Competitive games
■ Basic movement and team games	■ Athletics
■ Dance	■ Gymnastics
■ Athletics	■ Outdoor adventure
	■ Dance
	■ Swimming
	■ Evaluating and understanding

The aim is that the children master subject-specific knowledge and build transferable skills as a by-product.

Curriculum Implementation

At Clifford Road Primary the PE curriculum is delivered by a specialist instructor. The lessons are designed to be active, challenging and inclusive. The curriculum is designed so that the children will revisit and build on PE skills and knowledge in order to embed and deepen understanding.

Swimming: Specialist swimming coaches teach our children, the children use Fore Street or Crown Pools deep water swimming pools and work towards their end of KS2 swimming assessment of the following objectives:

- 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.

Once children have achieved these objectives, priority is given to children who have yet to achieve them.

The programme of study is organised with each year group studying up to six units over the course of a year. The units have key learning questions identified. To create continuity and progression, the topics are designed to cover national curriculum requirements:

Key Stage 1	Key Stage 2
■ 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.	■ use running, jumping, throwing and catching in isolation and in combination ■ play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending ■ develop flexibility, strength, technique, control and balance ■ perform dances using a range of movement patterns ■ take part in outdoor and adventurous activity challenges both individually and within a team

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| | <ul style="list-style-type: none"> ▪ compare their performances with previous ones and demonstrate improvement to achieve their personal best. |
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Enriching the PE curriculum

The curriculum is further enhanced by PSHE and design and technology lessons that focus on healthy eating and active lifestyles. By including enrichment activities, we give the children opportunities to access their learnt knowledge, thereby helping the knowledge 'stick'.

In addition to the PE and swimming lessons, the children take part in personal challenges. Children take an individual activity such as skipping, jogging or star jumps and, after taking a baseline measure, practise to improve their fitness over the term.

PE is further enriched with a range of before, during and after school clubs. A Wellbeing Fortnight promotes healthy lifestyles and children take part in a range of fitness activities.

Cycle training is offered with trainers approved by Suffolk County Council Road Safety Team: Bikeability level 1 and 2 for years five and six children.

Belong, Develop and Competitive Events

At the end of the school year, all children take part in either the KS1 or KS2 Sports Days. Children represent the school in a number of local and national competitive events, including:

Multi skills competitions	Tag rugby festival	Panathlon
Cross country races	Basketball festival	Football Cup (boys and girls)
Interschool football tournaments	Dodgeball tournaments	Rounders tournament
Quadkids athletics festival	Football leagues (boys and girls)	Swimming gala

The school applies each year for the School Games Mark and is currently assessed at Silver.

Information regarding the Sports Premium and Strategy plan is on the school's website at www.cliffordroadschool.org.uk/pe-sport-premium.

Curriculum Impact

The School's PE curriculum is purposeful, relevant, carefully designed and is planned to demonstrate progression and build on and embed skills and knowledge. Progress is defined by the children knowing more and remembering more. We measure this through the following methods:

- What we observe - learning walks and drop ins
- What the pupils say - Pupil discussions/interviews with pupils about their learning
- What the children produce - pupil outcomes

The process will also include:

- Reflective discussions with staff and feedback;
- A reflection on standards achieved against the planned outcomes.