

# PE



## Curriculum Booklet

# PE Intent

The National Curriculum states that, “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.”

The intent of Tanners Brook Primary School’s PE curriculum is to ensure that all children leave primary school having experienced a range of sporting activities some of which will foster a lifelong desire to be active. We intend for the children to have a clear understanding of the importance of maintaining a fit and healthy lifestyle and the benefits that this can bring. A study of the weight of year 6 children at Tanners Brook in 2018 found that almost a third were overweight or obese so this intent was made even more crucial to the continued health and wellbeing of children at our school.

We aim for all pupils to:

- be physically active for sustained periods of time
- experience a range of traditional and non-traditional sports
- strive for their personal best in both individual and team sport
- understand and demonstrate the value of teamwork, sportsmanship and fair play
- have the opportunity to participate in competitive sport
- above all else have fun and enjoy being active

The above will be achieved through the delivery of a well-planned curriculum which provides challenge for all and builds on a progression of skills. In the EYFS and key stage 1, children will learn basic skills including agility, balance and coordination; multiskills sessions will develop children’s use of sports equipment; units on dance and gymnastics will also enhance the curriculum. In key stage 2, the children will further develop the skills learnt in key stage 1 by applying them to traditional sports such as football, rugby, basketball and cricket, as well as progressing their dance and gymnastics skills. The curriculum will be further enhanced through after school clubs – some of which will be offered for free funded by the Primary PE and Sport Premium; holding a Sports Week which incorporates Sports Day; and teachers will work alongside specialist PE coaches to enrich pupils’ experiences and the progress they make in PE.

# PE Implementation

The PE curriculum at Tanners Brook is taught through the resources from the PE Hub. This reflects the aims of the National Curriculum but also addresses the skills our children need to achieve their personal best and to adopt a lifelong desire to lead a healthy and active lifestyle.

The fundamentals of PE learning and understanding starts in the Early Years through Physical Development as a key area of learning and the Early Learning Goal (ELG) Gross Motor Skills. Reaching this goal can be demonstrated in many learning opportunities but it is likely to see:

- Daily energetic play outdoors incorporating running, jumping, climbing, skipping, etc
- Talk about being healthy through eating healthily, exercising, sleeping and taking part in wellbeing activities such as breathing techniques
- Learning how to manage space, obstacles and risks safely
- Children choosing to ride bikes, trikes and scooters
- Exploration of formulating and playing games involving a variety of resources such as beanbags, hoops and balls
- Children demonstrating their strength, balancing and co-ordination when playing

Although not a statutory requirement, at Tanners Brook we also deliver stand-alone PE lessons in the Early Years to further develop the physical skills of our children, preparing them to become a sports person. These foundations will support our children when they start to learn the National Curriculum for PE in KS1.

In KS1 and KS2 PE is timetabled for two sessions a week in accordance with government guidance to offer at least two hours of physical activity a week. Two units of PE are covered in each year group each half term which includes outdoor games as well as indoor gymnastics or dance. Early Years have one timetabled PE session a week in addition to daily provision for physical development.

Our provision map provides the opportunity for children to develop competence to excel in a broad range of physical activities; encourages them to be physically active for a sustained period of time; engages them in competitive sport and activities; and lead healthy, active lives. Further enhancement of competition is through Sports Day and Sports Week.

## Whole School Provision Map 2024-25

|           | <b>Autumn 1</b>                   | <b>Autumn 2</b>                    | <b>Spring 1</b>                   | <b>Spring 2</b>                       | <b>Summer 1</b>         | <b>Summer 2</b>                                |
|-----------|-----------------------------------|------------------------------------|-----------------------------------|---------------------------------------|-------------------------|--|
| <b>EY</b> | Changing Spatial Awareness        | Body Management Unit 1             | Speed, Agility, Travel Unit 1     | Cooperation and Solve Problems Unit 1 | Dance Unit 1            | Gymnastics Unit 1                              |
| <b>1</b>  | Gym Unit 1                        | Dance Unit 1                       | Gym Unit 2                        | Dance Unit 2                          | OAA Unit 1              | Run, Jump, Throw: Unit 2 (Sports Day practice) |
|           | Attack, Defend, Shoot Unit 1      | Hit, Catch, Run Unit 1             | Send and Return Unit 1            | Attack, Defend, Shoot Unit 2          | Run, Jump, Throw Unit 1 | Hit, Catch, Run Unit 2                         |
| <b>2</b>  | Gym Unit 1                        | Dance Unit 1                       | Gym Unit 2                        | Dance Unit 2                          | Run, Jump, Throw Unit 1 | Run, Jump, Throw: Unit 2 (Sports Day practice) |
|           | OAA Unit 1                        | Hit, Catch, Run Unit 1             | Send and Return Unit 1            | Attack, Defend, Shoot Unit 1          | Send and Return Unit 2  | Attack, Defend, Shoot Unit 2                   |
| <b>3</b>  | Gym Unit 1                        | Dance Unit 1                       | Gym Unit 2                        | Dance Unit 2                          | Athletics               | Athletics (Sports Day practice)                |
|           | Netball (IG)                      | Football (IG)                      | Hockey (IG)                       | OAA                                   | Cricket (SF)            | Tennis (NW)                                    |
| <b>4</b>  | Gym Unit 1                        | Dance Unit 1                       | Gym Unit 2                        | Dance Unit 2                          | Athletics               | Athletics (Sports Day practice)                |
|           | Basketball (IG)                   | Tag Rugby (IG)                     | Football (IG)                     | OAA                                   | Rounders (SF)           | Tennis (NW)                                    |
| <b>5</b>  | Gym Unit 1 (non-swimming class)   | Dance Unit 1 (non-swimming class)  | Gym Unit 1 (non-swimming class)   | Dance Unit 2                          | Athletics               | Athletics (Sports Day practice)                |
|           | Netball (IG) (non-swimming class) | Football (IG) (non-swimming class) | Netball (IG) (non-swimming class) | OAA                                   | Cricket (SF)            | Tennis (NW)                                    |
| <b>6</b>  | Gym Unit 1                        | Dance Unit 1                       | Gym Unit 2                        | Dance Unit 2                          | Athletics               | Athletics (Sports Day practice)                |
|           | OAA                               | Tag Rugby (IG)                     | Football (IG)                     | Basketball (IG)                       | Rounders (SF)           | Tennis (NW)                                    |

In addition to these units, each child in year 5 participates in a ten-week swimming block, as required by the Government, with aim for every child to be able to swim 25 metres by the end of Year 6.

In order to enhance the delivery and pupil experience of PE, Sports funding is used to allow us to have qualified coaches working alongside teachers to deliver units of PE as identified by teachers' CPD requirements.

Some children with SEND might find accessing the PE curriculum difficult. Their barriers may include:

- Difficulties with attention/concentration
- Understanding of language, in particular subject specific vocabulary
- Difficulties with retaining new information
- A disability that impairs movement

At Tanners Brook we will support all our children to reduce these barriers through:

- Utilising specialist sports coaches
- Clear modelling of tasks with examples, including videos and pictures of specific movements and holds
- Minimising distractions in the classroom, the hall and the playground
- Designing tasks into manageable chunks, leading to learning of a new skill or sport over time
- Incorporate practical resources to support understanding
- Following a clear lesson structure in all lessons

# PE Impact

By the time children leave Tanners Brook, they have a good knowledge of how they can keep themselves fit and healthy. They will have experienced a wide range of different physical activities in both a competitive and non-competitive way and will have developed many skills which can be used to participate in a variety of different sports. Our aim is to motivate all pupils to participate in many different sports through quality teaching that is engaging, challenging and rewarding.

We recognise the fact that children possess a wide range of physical abilities and endeavour to match the challenge of the task to the ability of the child. As a result, we hope that the children live a happy and healthy lifestyle, utilising the skills and knowledge through their PE experiences at Tanners Brook. We additionally aim to develop the underpinning values and disciplines that PE promotes including self-discipline, ownership and responsibility of their own wellbeing alongside sportsmanship and fair play.



*Children taking part in a circuit of multiskilled activities during Sports Week run by our partners at Solent University.*

*All year groups have had the opportunity to participate in a gymnastics sessions held at and run by Southampton Gymnastics Club. These ran successfully in 2022-23 and again in 2023-24, using our Sports Premium Funding to give our children this opportunity.*







*Children putting their teamwork skills to the test with a fun yet semi-competitive javelin race.*

*Year 4 working on their gymnastics skills with a coach from our partner coaching company Performing Sports.*



### **Impact - Pupil Voice**

During a recent VIP meeting with Mrs. Dowse, children were asked about their thoughts and experiences of PE at Tanners Brook. Here are some of their responses.

#### ***Why is taking part in PE so important?***

Year 4: Need to stay active and healthy - good to go out in the fresh air

Year 6: Keeping fit is important - need to keep muscles warm

#### ***Do you have any ideas about how we could encourage everyone in school to be more active?***

Year 3: We need to explain to others that sport is fun Year 6: We could challenge other children to a race

Year 4: Get other children to chase you and play games. Have more active games on the playground

Year 2: Do more star jump challenges Early Years: Do cartwheels in the summer

***What do you like about sports day?***

Jumping in hoops and passing the hoop around. Balancing. The competition side of it. Everything. Target practice. Running races. The children liked that sports day was in houses and that the teams had mixed age groups in them.

***What would you like to be included in sports week?***

More mixing of year groups in the week (big ones with little ones). Fencing again and the inflatable assault course. Hurdles on the field would be fun. A sponsored challenge ie standing on one leg. Tanners Brook Olympics would be exciting.

***How could we improve the lunch time sports clubs?***

More time to play. Little ones could join in. Mix up the sports more. Make sure the coaches are fair.