



# Somerdale Educate Together Primary School

## Physical Education Programme of Study

### Intent

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 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.

### **Key stage 1**

Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### **Key stage 2**

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

### Implementation

#### Sports Coaches

Children from Year One upwards have weekly sessions on specific sports led by qualified sports coaches through the provision of Bristol Sport. Children will have the opportunity to develop their skills in a range of competitive and co-operative sports throughout the year.

Alongside sessions with sports coaches, children from Y1 upwards will have an additional PE session to ensure that children engage in a wide variety of physical education. Teachers will use the Somerset Activity and Sports Partnership activity programme as guidance of how to structure sessions over time to ensure that there is clear progression and that sessions are challenging for all children in relation to their developmental stage.

	Autumn Term*		Spring Term*		Summer Term*	
Pre-School	Opportunities to develop fundamental movement skills throughout the year					
Reception	Dance	Gymnastics	Dance	Multi-skills	Multi-skills	Outdoor Adventure
Year One	Dance/ Gymnastics (covering FUNS 1-7)		Multi-skills (covering all FUNS)		Athletics (covering FUNS 8-12)	Outdoor Adventure
Year Two	Dance/ Gymnastics (covering FUNS 1-7)		Multi-skills (covering all FUNS)		Athletics (covering FUNS 8-12)	Outdoor Adventure <i>Orienteering</i>
Year Three	Dance/ Gymnastics (covering FUNS 1-7)		Multi-skills (covering all FUNS)		Athletics (covering FUNS 8-12)	Outdoor Adventure
Year Four	Dance/ Swimming (covering FUNS 1-7)		Multi-skills (covering all FUNS)		Athletics (covering FUNS 8-12)	Outdoor Adventure
Year Five	Dance/ Gymnastics (covering FUNS 1-7)		Multi-skills (covering all FUNS)		Athletics (covering FUNS 8-12)	Outdoor Adventure
Year Six	Dance/ Gymnastics (covering FUNS 1-7)		Multi-skills (covering all FUNS)		Athletics (covering FUNS 8-12)	Outdoor Adventure

\*Alongside, children also take part in an additional PE session each week led by a qualified sports coach, focussing on team games & sports including principles for attacking and defending where applicable. During Autumn term, gymnastics is taught by a qualified gymnastics coach.

### Swimming

All children will be provided by swimming instruction in Key Stage Two where children will be taught to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

	TERM 1		TERM 2		TERM 3	
Nursery	Introduction to PE : Unit 1 [ ]	Fundamentals : Unit 1 [ ]	Gymnastics : Unit 1 [ ]	Games : Unit 1 [ ]	Ball Skills : Unit 1 [ ]	Dance : Unit 1 [ ]
Reception	Introduction to PE : Unit 2 [ ]	Fundamentals : Unit 2 [ ]	Gymnastics : Unit 2 [ ]	Games : Unit 2 [ ]	Ball Skills : Unit 2 [ ]	Dance : Unit 2 [ ]
Year 1	Fundamentals + Ball Skills	Gymnastics + Sending and Receiving	Dance + Target Games	Fitness + Invasion	Athletics + Yoga	Team B... + Striking Field
	Fundamentals + Ball Skills	Gymnastics + Target Games	Dance + Invasion	Fitness + Sending and Receiving	Athletics + Net and Wall	Team B... + Striking Field
Year 2	Fundamentals + Ball Skills	Gymnastics + Target Games	Dance + Invasion	Fitness + Sending and Receiving	Athletics + Net and Wall	Team B... + Striking Field
Year 3	Gymnastics + Ball Skills Y3/4	Dodgeball + Fundamentals	Dance + Basketball	Football + Fitness	Athletics + Tennis	Round... + Handl...
	Gymnastics + Ball Skills Y3/4	Dodgeball + Fundamentals	Dance + Basketball	Football + Fitness	Athletics + Tennis	Round... + Handl...