



## PE Curriculum

### Intent

We teach Physical Education for at least one session per week throughout the school. We believe in children being active because good physical health also leads to good mental wellbeing. We teach PE in our hall, on the playground and on the field. Through high-quality teaching children will be inspired and be provided with opportunities 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. We provide a broad range of sports and activities. Our school has adopted the 'Real PE scheme' which has a child-centred approach to learning that aims to include, challenge and support every child and to give them the opportunity to achieve.

We also participate in the Golden Mile Scheme which is a safe, simple and measurable health and physical activity initiative accessible to all age groups. It promotes 'Personal Challenge' and self-motivation.

We have close links with Somerset County Cricket Club – who provide cricket coaching, SASP (Somerset Activity & Sports Partnership) - who runs Primary sporting festivals and Premier Education – who run the Golden Mile scheme.

## Implementation

Real PE is based on a progression of skills

EYFS	Y1 & Y2	Y3 & Y4	Y5 & Y6
<p><b><u>REAL PE</u></b></p> <p><b>Coordination</b></p> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Ball skills</li> <li>• Sending and receiving</li> </ul> <p><b>Static balance</b></p> <ul style="list-style-type: none"> <li>• One leg</li> <li>• Seated</li> <li>• Stance</li> <li>• Floor work</li> </ul> <p><b>Dynamic Balance</b></p> <p><b>Counter Balance</b></p> <p><b>Agility</b></p> <ul style="list-style-type: none"> <li>• Reaction/Response</li> <li>• Ball chasing</li> </ul> <p><b>Golden Mile</b></p> <p><b>Team Games</b></p>	<p><b><u>REAL PE</u></b></p> <p><b>Coordination</b></p> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Ball skills</li> <li>• Sending and receiving</li> </ul> <p><b>Static balance</b></p> <ul style="list-style-type: none"> <li>• One leg</li> <li>• Seated</li> <li>• Stance</li> <li>• Floor work</li> </ul> <p><b>Dynamic Balance</b></p> <p><b>Counter Balance</b></p> <p><b>Agility</b></p> <ul style="list-style-type: none"> <li>• Reaction/Response</li> <li>• Ball chasing</li> </ul> <p><b>Golden Mile</b></p> <p><b>Team Games</b></p>	<p><b><u>REAL PE</u></b></p> <p><b>Coordination</b></p> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Ball skills</li> <li>• Sending and receiving</li> </ul> <p><b>Static balance</b></p> <ul style="list-style-type: none"> <li>• One leg</li> <li>• Seated</li> <li>• Stance</li> <li>• Floor work</li> </ul> <p><b>Dynamic Balance</b></p> <p><b>Counter Balance</b></p> <p><b>Agility</b></p> <ul style="list-style-type: none"> <li>• Reaction/Response</li> <li>• Ball chasing</li> </ul> <p><b>Golden Mile</b></p> <p><b>Swimming (6 Week block)</b></p> <p><b>Team Games – such as Cricket, Netball &amp; Rounders</b></p>	<p><b><u>REAL PE</u></b></p> <p><b>Coordination</b></p> <ul style="list-style-type: none"> <li>• Footwork</li> <li>• Ball skills</li> <li>• Sending and receiving</li> </ul> <p><b>Static balance</b></p> <ul style="list-style-type: none"> <li>• One leg</li> <li>• Seated</li> <li>• Stance</li> <li>• Floor work</li> </ul> <p><b>Dynamic Balance</b></p> <p><b>Counter Balance</b></p> <p><b>Agility</b></p> <ul style="list-style-type: none"> <li>• Reaction/Response</li> <li>• Ball chasing</li> </ul> <p><b>Golden Mile</b></p> <p><b>Swimming (6 week block)</b></p> <p><b>Team Games – such as Cricket, Netball &amp; Rounders.</b></p>

## **Impact**

At the start of each unit children will share what they already know or can do. Real PE is based on a progression of skills which runs throughout the school and units are revisited and built upon. Assessments are made after each unit. Their learning is documented and evidenced through a collection of photos, which can be shared with parents and visitors to celebrate progress made.