



PE Curriculum Statement

		Curious	Creative	Confident
Intent	At Montpelier, PE will provide children with a physical context to their learning, which will lead to healthy and active lives. We believe our children should be inspired to be physically active for sustained periods of time and to engage in competitive sports activities. We want them to develop competence to excel in a broad range of physical activities that build character and help to embed values such as fairness and respect.			
Implementation	What	KS1	KS2	
		<p>Pupils should 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <ul style="list-style-type: none"> Pupils should be 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. 	<p>Pupils should 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 should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <ul style="list-style-type: none"> Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. In particular, pupils should be taught to: 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. 	
	How	<p>Through 2 hours of timetabled curriculum PE lessons- one of which shall be indoors and one outdoors(indoor space used if inclement weather) Through use of outside agencies (such as Plymouth Argyle, Plymouth Raiders, Devon Cricket and the Plymouth Schools Sports Partnership (PSSP)) Cycle training through Balanceability and Bikeability schemes, associated with PSSP Through organising a range of competitions: Level 0- virtual, Level 1- intra-sport, Level 2- inter sport, Level 3- regional, SEN competition, A,B and C teams Swimming unit and 'top-up' swimming sessions at the Plymouth Life Centre Using 'Leap into Life' scheme of work in KS1 to instil fundamental movement skills (see fingertip knowledge)</p>		

	Fingertip Knowledge	Running- with speed in short bursts or endurance for longer periods	Jumping- to jump from either or both feet and land appropriately with control	Coordination- to be able to strike objects with implements such as rackets or bats	Balance- to control the body's position within space to allow effective movement control	Agility- able to change direction quickly and with control	Throwing a range of objects for distance and/ or accuracy	Catching a range of objects from increasing distances, speeds and trajectories
Assessment		Pre and post unit summative assessment		Photos and recording		Competition/ end of unit assessment results (Level 0 and Level 1)		
Impact		Quality of education		Behaviour and attitudes		Personal development		
		In accordance to government guidelines, children are physically active for 60 minutes every day, of which at least 30 minutes is at school.		Children show 'sportsmanship' and evidence of fairness, respect and a perseverance and determination to improve and succeed. Children also develop teamwork skills and experience the different roles within a team.		Children will be aware of the importance of a healthy, active lifestyle and will make choices in the future to continue this idea.		