

PE Curriculum

EYFS – Key Stage 1

We use the Devon Leap into Life scheme that focuses on developing core skills that link to gymnastics, dance and games. Children receive four 20 minutes P.E sessions weekly. In the summer term these sessions are extended to incorporate more games and athletics activities. Children will also benefit from having lessons delivered by our sports coach. The children in EYFS also benefit from having physical development opportunities within their continuous play provision.

Subject Content

Key stage 1

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.

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

Key Stage 2

The curriculum is planned to ensure that each class focuses on two sports per term, i.e. outdoor and adventurous activities, gymnastics, dance, athletics, swimming or games. There is an emphasis on fair play, sporting behaviours and coaching techniques. The pupils get to experience a range of P.E throughout the year covering sports such as netball, hockey, athletics, tag rugby, tennis, football and basketball, dance and gymnastics, to name a few. We're excited to improve our existing offering to get more children involved in traditional sports, as well as to introduce them to new ones they may never have had the opportunity to try. We follow the national curriculum. Children will also benefit from having lessons delivered by our sports coach.

Subject Content

Key Stage 2

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.

Pupils should be taught to:

- 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
- compare their performances with previous ones and demonstrate improvement to achieve a personal best

Swimming and Water Safety

All schools must provide swimming instruction *either* in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 meters
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations