



Oak Hill Church of England

Primary School

'Jesus said, "I have come that you may have life in all its fullness'

(John 10:10)

**Faith- Values- Action**

## PE Curriculum

### **Intent**

Our PE curriculum develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. These include dance, games, gymnastics, outdoor and adventurous activity challenges, swimming and water safety and athletics.

Oakhill's PE curriculum inspires all children to succeed and excel in competitive sport (against themselves and others) and other physically demanding activities. It promotes an understanding in children of their bodies in action. It involves thinking, selecting and applying skills, and it promotes positive attitudes towards a healthy lifestyle. Encourages pupils to be courageous and resilient learners.

### **Implementation**

Our PE curriculum provides opportunities for each child to take part and be successful where effort, participation and development is supported.

The PE 2 year rolling plan sets out the PE units taught each year in each class. We teach the National Curriculum within these units using Get Set 4 PE. These documents are progressive, coherent and apply fundamental skills, which are age group appropriate.

All children have at least two hours of quality PE sessions a week, following the Get Set 4 PE plans, with adaptations when required. In a PE sessions you may see:

- Consistency in routines, including an introduction and warm up, skill development and review/plenary
- Collaboration and opportunity for partner discussion
- Opportunities for children to work independently and together
- Opportunity for children to perform and feedback
- Subject specific vocabulary that builds on previous learning/year groups
- Progression in equipment used with year groups

During KS2, children will have a series of structured swimming sessions to ensure that they are confident in the water.

## **Impact**

By the end of year 6, Oakhill Primary School children will have:

- Developed an in-depth knowledge of a variety of sports, the rules associated with sports, the skills that can be implemented and how they can be successful from their starting point.
- An understanding of the importance of physical health and its direct impact on well being.
- A passion for PE that enables them to demonstrate a good level of physical skills as well as possessing positive behaviours and social skills.
- By the end of KS2, all pupils will be able to swim competently, confidently and proficiently over a distance of at least 25 metres and perform safe self-rescue in different water-based situations.