



Nythe Primary School **PE Curriculum**

Intent

Why do we teach this? Why do we teach it the way we do?

Nythe Primary School believes that Physical Education (PE), experienced in a safe and supportive environment, is essential to developing the whole child, and showing children how to maintain a healthy, balanced lifestyle.

We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills from EYFS, through to year 6 and beyond. We want to teach children valuable life skills that keep them safe, such as being able to swim. We also want to teach children how to cooperate, to lead, to listen and to apply their learning across a wide range of areas, both in and out of the classroom. Our curriculum aims to improve the well-being and fitness of all children at Nythe, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes.

Implementation

What do we teach? What does this look like?

PE at Nythe aims to provide challenging and enjoyable learning through a range of sporting activities including; invasion games, net & wall games, strike and field games, gymnastics, dance, swimming and outdoor & adventure learning. These will always be taught alongside a skill to develop and apply, in addition to a key personal focus. The long term plan, available below, sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. The dance objectives for the school are met by Real Dance.

Pupils participate in two high quality PE lessons each week, covering two sporting disciplines every half term. On a termly rotation, each class will receive one P.E lesson taught by Swindon Academy coaching and the other lesson will be taught by the class teacher.

Our progression of knowledge, skills and vocabulary can be located on this page.

Once a year, we have a week of activities, called sports week, which culminates in a sports day, during which we invite the parents in to watch their children compete in a variety of activities. Children participate in workshops during sports week, where they get to try out a variety of lower-profile sports which they may not have had access to before, such as skateboarding, martial arts and basketball. Again, providing children with the opportunity to gain fitness and skills and to try something new. Most of these clubs are local, in order to promote sport and activity clubs from the surrounding area.



Each year, year 3 and 6 are provided with the opportunity to have swimming lessons as a class where they will aim to be confident in swimming 25m and are assessed by a qualified swimming instructor.





Children at Nythe take part in the daily mile, in order to build a positive and consistent relationship with exercise. They do this alongside OPAL play at lunch times, which further promotes exercise and to maintain children's focus and energy levels inside and out of the classroom.

Impact

What will this look like?

We help motivate children to participate in a variety of sports through quality teaching that is engaging and fun. We engage with our children regularly to ensure children are enjoying school, and to take suggestions about how we can improve. Through these conversations we constantly learn to implement the new approaches and improve anything they find disengaging or inaccessible. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive inter and intra-school sports. We assess the data termly to ensure the levels of attainment in our lessons are stable and consistent and to assess what areas we can improve across the school. We equip our children with the necessary skills and a love for activity and exercise. Our aim is that they continue this attitude into the rest of their education and adult life.

Concept	Symbol	Definition
Personal development Whole School focus in term 1		This concept focuses on developing every child's ability to try and improve through perseverance and regular practice.
Social Whole School focus in term 2		This concept focuses on developing every child's ability to organise roles and responsibilities within a group.

Cognitive Whole School focus in term 3		This concept focuses on developing every child's ability to use their awareness of space and others to make good decisions.
Creativity Whole School focus in term 4		This concept focuses on developing every child's ability to change tactics, rules or tasks to make activities more fun or challenging,
Physical Whole School focus in term 5		This concept focuses on developing every child's ability to accurately perform different movements and actions that flow together.
Health and fitness Whole School focus in term 6		This concept focuses on developing every child's ability to monitor and record their activity.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Nursery	<p>12 Fundamental skills that the children will be introduced to through continuous and extended provision:</p> <p>One leg balance/seated balances/floor work/stances/balances on a line/jumping and landing</p> <p>Counter balance with a partner/sending and receiving a ball/ ball skills/footwork</p> <p>Ball chasing/reactions and response.</p>					

Reception	Real P.E - Footwork and one leg balance	Real P.E - jumping and landing/seated balances	Real P.E - Dynamic balances and stances Real Gym – Shape/rotation/light/travel	Real P.E - Ball skills and counter-balance Real Dance – shapes/partnering/artistry/circles	Real P.E - sending and receiving/reactions Swindon Academy coaching – invasion games	Real P.E - Ball chasing and Floor work Swindon Academy coaching – invasion games
Year 1	Real P.E - Coordination and balance Real Dance – shapes/partnering/artistry/circles	Real P.E - jumping and landing/seated balances Real Gym – Shape/rotation/light/travel	Real P.E - Dynamic balances and stances Swindon Academy coaching – invasion games	Real P.E - Co-ordination and counter-balance Swindon Academy coaching – invasion games	Real P.E - sending and receiving/reactions Tag Rugby	Real P.E - Ball chasing and Floor work Athletics

Year 2	<p>Real P.E - Footwork and one leg balance</p> <p>Real Dance – shapes/partnering/artistry/circles</p>	<p>Real P.E - jumping and landing/seated balances</p> <p>Real Gym – Balance/rotation/flight/travel</p>	<p>Real P.E - Dynamic balances and stances</p> <p>Swindon Academy coaching – invasion games</p>	<p>Real P.E - Ball skills and counter-balance</p> <p>Swindon Academy coaching – invasion games</p>	<p>Real P.E - sending and receiving/reactions</p> <p>Tag Rugby</p>	<p>Real P.E - Ball chasing and Floor work</p> <p>Athletics</p>
Year 3 & 4	<p>Real P.E - Footwork and one leg balance</p>	<p>Real P.E - jumping and landing/seated balances</p> <p>Real Dance – shapes/partnering/artistry/circles</p>	<p>Real P.E - Dynamic balances and ball skills</p> <p>Real Gym – Balance/rotation/flight/travel</p>	<p>Real P.E - sending and receiving/counter balance</p> <p>Swimming</p>	<p>Real P.E - reactions and floor work</p> <p>Swindon Academy coaching – invasion games</p>	<p>Real P.E - Ball chasing and stances</p> <p>Swindon Academy coaching – invasion games</p>
Year 5	<p>Real P.E - Ball skills and reactions</p> <p>Swindon Academy</p>	<p>Real P.E - Dynamic balances and counter-balances</p>	<p>Real P.E - Stances and footwork</p>	<p>Real P.E - Seated balance and floorwork</p> <p>Real Dance – shapes/partnering</p>	<p>Real P.E - Jumping and landing/one leg balances</p> <p>Tag Rugby</p>	<p>Real P.E - sending and receiving/ ball chasing</p>

	coaching – invasion games	Swindon Academy coaching – invasion games	Real Gym – Partner work low apparatus	ng/artistry/circles		Athletics/Cricket
Year 6	<p>Real P.E - Ball skills and reactions</p> <p>Swindon Academy coaching – invasion games</p>	<p>Real P.E - Dynamic balances and counter-balances</p> <p>Swindon Academy coaching – invasion games</p>	<p>Real P.E - Stances and footwork</p> <p>Real Gym – Partner work low apparatus</p>	<p>Real P.E - Seated balance and floorwork</p> <p>Swimming</p> <p>Real Dance – shapes/partnering/artistry/circles</p>	<p>Real P.E - Jumping and landing/one leg balances</p> <p>Tag Rugby</p>	<p>Real P.E - sending and receiving/ ball chasing</p> <p>Athletics/Cricket</p>

