



The Willows Primary School

PHYSICAL EDUCATION Curriculum



Subject Leader	Mr Lee Codd
INTENT	
<p>At The Willows Primary School, Physical Education (PE) is an integral part of our Curriculum that is inclusive and engages all pupils, in a supportive and challenging environment. We aspire for children to acquire, develop and refine their practical skills and techniques; to further their knowledge and understanding of PE concepts and principles and develop their overall competence, to enjoy, and excel in, a broad range of sports and physical activities.</p> <p>We believe in a progressive curriculum offer that enables children to acquire fundamental skills in early years, before refining and building on these skills through throughout their time in Key Stage 1. Key Stage 2 offers the children the chance to continue to develop these skills through a wider range of sporting pursuits as well as competition at the various school games levels.</p> <p>We aim to deliver high-quality teaching and learning opportunities which enable all children to succeed; to enjoy their learning; to be resilient and consistently strive to give their best efforts at all times and achieve their potential and personal best.</p> <p>Children participate in competitive sport and through this we teach children how to cooperate and collaborate effectively as part of a team and compete appropriately against others, adhering to the principles of fairness, sportsmanship and respect, values we hope to embed for future life.</p> <p>We understand the importance PE, School Sport and Physical Activity has on children’s’ general health, fitness and mental wellbeing. We provide opportunities for all children to be physically active for sustained periods of time and we teach children the importance of leading healthy, active lives and making informed and appropriate lifestyle choices.</p> <p>Swimming is an important life skill and we aspire for all children to leave primary school being able to swim at least 25 metres.</p> <p>We feel we also deliver a comprehensive ‘Wellbeing’ programme, which we deliver through various events, including children as a ‘pupil</p>	



The Willows Primary School

PHYSICAL EDUCATION Curriculum



voice.’ Our ‘Feel Good Friday’ events are held once a half term, focusing on healthy habits, nutrition, movement and thoughts.

IMPLEMENTATION

- PE at The Willows Primary School provides challenging and enjoyable learning through a range of sporting activities including; Invasion Games, Net & Wall Games, Strike and Field Games, Gymnastics, Dance, Outdoor & Adventure Activities and Swimming
- We aim to achieve two hours of PE for children in our school, during curriculum time throughout the week.
- The Long Term PE Curriculum Overview sets out the PE Units/Activities which are to be taught each half term throughout the year and ensures that the requirements of the National Curriculum are fully met.
- We use and adapt a Scheme of Learning from the ‘PE Passport,’ and make use of high quality external coaches who are experts in their own sporting and physical fields. Through this, children are inspired to achieve their personal best and are subject to high quality knowledge and skills of the sports and activities they engage in. Staff are upskilled through observation and participation in these sessions.
- The emphasis of our PE curriculum is inclusion for all children regardless of sporting ability. We provide suitable learning opportunities for all children, including those with SEND.
- We try to engage a rolling programme of Dance and Gymnastics focus on a two-year rotation basis. While both pursuits are covered by each class, each year.
- We promote both participation and competition through P.E and sport. We ensure all children experience competition at some level,



The Willows Primary School

PHYSICAL EDUCATION Curriculum



individually or in a team, within lessons.

- We have a very strong 'pupil voice' element to our PE focus. Children in year 6 are invited to apply to be Sports Captains, and members of our School Sport Crew. These pupil groups join for regular meetings, attend training to develop as leaders, support the Co-ordinator, complete a School Sport Scrapbook, as well as deliver active clubs to younger pupils.
- Children in KS1 and KS2 and SEND children also have opportunities to participate in the local Trafford School Sports Partnership Inter School sports competitions.
- Children participate in workshops/whole school events, sourced by School and delivered by Outside Providers, covering a variety of sports throughout the year. We hold an annual 'Healthy Bodies Week.' This is an event that enables staff to plan and host exciting opportunities, such as having workshop sessions, assemblies from inspirational visitors, and fun activities to promote healthy active lifestyles.
- All children in KS1 and KS2 have the opportunity to participate in extra-curricular sports activities throughout the year
- We offer a Residential OAA experience for children in Year 6 each year.
- We have an annual inclusive House Sports Day, with the emphasis on participation and achievement for all
- All children participate in whole school weekly sessions of "The Daily Mile " and "5- a Day Fitness, "to promote health, fitness, mental wellbeing and personal challenge and resilience. Children compare their performances with previous ones and strive to improve their personal best. Competing with others fosters a sense of team spirit and cooperation amongst our children

What is taught when?



	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Half Term 1	Target Games 2	Target Games 3	Tennis	Tennis	Dodgeball	Lacrosse
	Net and Wall Games 1	Net and Wall Games Skills 2	Hockey	Hockey	Cricket	Dance -Expressive movement.
Half Term 2	Yoga Storybook	Yoga Storybook	Football	Football	Lacrosse	Dodgeball
	Fundamental Movement Skills	Striking and Fielding Skills 2	Gymnastics - Symmetry and Asymmetry	Gymnastics - Partner Work	Hockey	Netball
Half Term 3	Striking and Fielding Games Skills 1	Yoga	Dance - Romans	Dance - Romans	Dance - The Haka	Gymnastics - Counter Balance and Counter Tension
	Yoga	Invasion Games Skills 2	Health Related Fitness	Handball	Netball / Swimming	Football
Half Term 4	Dance - Pirates	Dance - Pirates	Dodgeball	OAA	Gymnastics - Mirroring, matching and contrast.	Gymnastics - Group sequencing
	Gymnastics - Spinning and balancing on points and patches.	Gymnastics - Pathways, straight zigzag and curving.	Gymnastics - linking Movements Together	Athletics	Athletics/ Swimming	Rounders
Half Term 5	Tag Rugby	Tag Rugby	Athletics	Athletics	Netball / Swimming	Basketball
	Gymnastics -	Gymnastics,	Handball	A Ball 1		Tennis



	Spinning, Twisting and Turning	Spinning, turning and twisting.				
Half Term 6	Tag Rugby	Tag Rugby	A Ball 1	Handball	Athletics / Swimming	Athletics
	Tri Golf	Tri Golf	Cricket	Basketball		Handball

Knowledge and Skills Prior to KS1 - PHYSICAL EDUCATION in EYFS

At The Willows Primary School the benefits of Physical Development are taught from the start of the children's learning journey. Physical development in the Early years is a Prime area of learning and as such is evident across all our provision, both indoors and outdoors. All staff are aware that throughout children's physical development, gross and fine motor experiences develop incrementally and our provision is planned to cater for this. It starts with sensory explorations and the development of a child's strength and coordination and builds as they gain more control.

The EYFS Physical development framework (2021) now focuses on moving and handling and has designated separate goals for the development of gross motor skills and fine motor skills. At the Willows we believe strongly in the importance of developing these skills and giving children daily opportunities to gain strength and coordination that will build over time to aid writing. Across EYFS we implement 'Squiggle while you wiggle' and 'Squiggle me into a writer' which encourages large movements with the whole body and gradually develops strength and coordination for writing in a fun high energy dance based scenario. Enabling children to refine their fine and gross motor skills promotes their independence and equips children with the skills they need to progress within the other areas of learning and development.

Across the continuous provision there are always opportunities for the children to develop both fine and gross motor skills. For example, outside the children have large blocks to lift and transport, brushes varying in size that require a range of physical skills to control, scarves to dance with, chalk to mark make, jugs to pour etc. Inside the children always have access to dough, threading, scissors, mark making equipment etc. Staff also plan carefully for the children's next steps and provide activities to build on prior learning. By using a range of continuous provision and individualized learning adults can support children to develop their core strength, stability, balance, spatial awareness, coordination and agility.

Being outdoors is essential in the early years and at the Willows this is given high priority. Children are given extended periods of time where they can be outdoors and have a range of resources they can access independently. Being outside gives the children freedom and autonomy to move in



ways that may not be possible indoors, and gives children an opportunity to do things on a larger scale.

Skills and Knowledge Progression					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Communication					
Discuss own performances	Evaluate own and others' performances	Communicate and compete with each other	Communicate and compete with each other	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel	Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel
Discuss how to improve in different physical activities	Identify how to improve in different physical activities	Begin to show an understanding of how to improve own and others' performances	Understand how to improve own and others' performances	Evaluate and recognise own and others' success and identify strategies for improvement	Evaluate and recognise own and others' success and identify strategies for improvement
Participation					
Participate in team games Begin to develop simple tactics for attacking and defending	Participate in team games following simple rules Develop simple tactics for attacking and defending	Participate in team games understanding the rules Develop a wider range of tactics for attacking and defending Participate in outdoor and adventurous activities	Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect Understand basic principles suitable for attacking and defending Participate in outdoor and adventurous activities	Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship Apply principles suitable for attacking and defending Participate in outdoor and adventurous activities	Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship Apply range of principles suitable for attacking and defending Participate in outdoor and adventurous activities



Competence					
Practise basic movements including running, jumping, throwing and catching Develop balance and agility	Master basic movements including running, jumping, throwing and catching Develop and apply balance, agility and co-ordination	Begin to use running, jumping, throwing and catching in isolation and in combination Further develop flexibility, strength, control and balance	Use running, jumping, throwing and catching in isolation and in combination Further develop flexibility, strength, technique, control and balance	Use a broad range of skills in isolation and in combination to become physically confident Develop mastery of flexibility, strength, technique, control and balance	Use a broad range of skills in isolation and in combination to become physically confident Master flexibility, strength, technique, control and balance
Performance					
Perform simple dances	Perform dances using simple movement patterns	Perform dances and gymnastic routines on own and with others using movement patterns Compare performances with previous ones Begin to demonstrate improvement to achieve personal best	Perform dances and gymnastic routines on own and with others using movement patterns Compare performances with previous ones Demonstrate improvement to achieve personal best	Perform dances and gymnastic routines on own and with others using a range of movement patterns Evaluate and compare performances with previous ones Demonstrate improvement to achieve personal best	Perform dances and gymnastic routines on own and with others using a range of movement patterns Evaluate and compare performances with previous ones Demonstrate improvement to achieve personal best

Key Vocabulary Progression					
Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<u>Games</u>	<u>Games</u>	<u>Games</u>	<u>Games</u>	<u>Games</u>	<u>Games</u>



The Willows Primary School

PHYSICAL EDUCATION Curriculum



<p>Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules, defence, overarm, release, catching, own space, team, speed, direction, passing, control, shoot, score.</p> <p><u>Gymnastics</u> Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent, equipment, shapes, forwards, backwards, sideways, rolls, slow, body parts, jump, stretch, narrow, wide. Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling, music, sequence, patterns, travel, stillness, direction, space, body parts, levels, speed.</p>	<p>Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules, defence, overarm, release, catching, own space, team, speed, direction, passing, control, shoot, score.</p> <p><u>Gymnastics</u> Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent, equipment, shapes, forwards, backwards, sideways, rolls, slow, body parts, jump, stretch, narrow, wide. Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling, music, sequence, patterns, travel, stillness, direction, space, body parts, levels, speed.</p>	<p>Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics, co-ordination, agility, opposition, pass, keeping score, create space send and receive, travel, points, rules, batting, fielding, bowling, defending.</p> <p><u>Gymnastics</u> Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve, stretch, push, pull, step, , leap, crawl, still, slowly, tall, long, high, low, copy, landing. Dance Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate,</p> <p><u>Athletics</u> Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay, combination. Outdoor and Adventurous Follow, route, appropriate equipment, safely, familiar context, manage risks/problems, communication, cooperate.</p>	<p>Throw, catch, control, awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics, co-ordination, agility, opposition, pass, keeping score, create space send and receive, travel, points, rules, batting, fielding, bowling, defending.</p> <p><u>Gymnastics</u> Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve, stretch, push, pull, step, , leap, crawl, still, slowly, tall, long, high, low, copy, landing. Dance Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate,</p> <p><u>Athletics</u> Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay, combination. Outdoor and Adventurous Follow, route, appropriate equipment, safely, familiar context, manage risks/problems, communication, cooperate.</p>	<p>Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy, support, marking, offside, pitch, court, pressing, pressure.</p> <p><u>Gymnastics</u> Complex extended sequences, combine, perform, consistency, audience, link, vault, spring, evaluate, control, core, muscles, joints, flexibility, symmetrical, counter-balance, rotation, turn, take-off, dismount, flight. Dance Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and consistency. Style, interpret, precise and posture, pace, timing, improvisation, reaction, motifs, technique, rhythm, variation, unison, canon.</p> <p><u>Athletics</u> Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina, pace, communication, angle of release. Outdoor and Adventurous Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership</p> <p><u>Outdoor and Adventurous</u> Follow, route, appropriate equipment, safely, familiar context, manage risks/problems, communication,</p>	<p>Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy, support, marking, offside, pitch, court, pressing, pressure.</p> <p><u>Gymnastics</u> Complex extended sequences, combine, perform, consistency, audience, link, vault, spring, evaluate, control, core, muscles, joints, flexibility, symmetrical, counter-balance, rotation, turn, take-off, dismount, flight. Dance Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and consistency. Style, interpret, precise and posture, pace, timing, improvisation, reaction, motifs, technique, rhythm, variation, unison, canon.</p> <p><u>Athletics</u> Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina, pace, communication, angle of release. Outdoor and Adventurous Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership</p> <p><u>Outdoor and Adventurous</u> Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership.</p>
--	--	--	--	---	--



The Willows Primary School

PHYSICAL EDUCATION Curriculum



				cooperate. <u>Swimming</u> Swim, unaided, basic stroke, movements, coordinate breathing, surface, safety, rescue, streamline, front crawl, breaststroke, butterfly, backstroke, kick, pull, sink, float.	
--	--	--	--	---	--

IMPACT

At The Willows Primary School, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities. PE lessons are fun, enjoyable and challenging and all children can achieve, to the best of their ability, in a supportive, safe and stimulating environment. We feel our curriculum offer is 'broad and balanced' and makes effective use of the current 'PE Premium Funding.' Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing. We aspire for all children to enjoy PE and develop a love of sport and physical activity, which hopefully becomes part of their future life outside of Primary School. Children have opportunities to participate in sport after school can also represent the school at sporting events from local to county level. In PE, we also measure impact by:

- Pupil questionnaires
- PE Premium spend analysis
- Analysis of participation at after school clubs and LSSP competitions



The Willows Primary School

PHYSICAL EDUCATION Curriculum



- Photo records of children's practical work