



Knighton Fields Primary Academy **Physical Education Policy**

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We aim to provide opportunities for pupils to become physically confident in a way which supports their health and fitness. We aim to offer a range of opportunities to compete in sport and other activities, build character and help to embed values; such as, fairness and respect.

National Curriculum Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Enrichment

At Knighton Fields, we aim to provide enrichment opportunities to enhance the experiences and learning of all pupils.

In PE, we aim to do this through:

- Offering a range of clubs at lunch and after school that cover a range of sports and exercises (football, badminton, hockey, netball, tag rugby multi-sports, athletics, etc.).
- Competing in local events and tournaments; whenever possible. (cross country, football, athletics, badminton, netball, etc.).
- Ensuring that children have opportunities to cook and eat healthy food.

Further details of our PE provision can be found under our Sports Premium tab on our website.

Key Stage 1 Subject Content

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.

Year 1	
Dance – Autumn 1	
Perform dances using simple movement patterns	
Gymnastics – Autumn 2	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
Team Games – Spring 1 & 2	
Participate in team games	
Developing simple tactics for attacking and defending	
Athletics – Summer 1 & 2	
Master & develop basic movements – running	
Master & develop basic movements – jumping	
Master & develop basic movements – throwing	
Master & develop basic movements – catching	

Year 2	
Gymnastics – Autumn 1	
Balance, agility and co-ordination, and begin to apply these in a range of activities	
Dance – Autumn 2	
Perform dances using simple movement patterns	
Team Games – Spring 1 & 2	
Participate in team games	
Developing simple tactics for attacking and defending	
Athletics – Summer 1 & 2	
Master & develop basic movements – running	
Master & develop basic movements – jumping	
Master & develop basic movements – throwing	
Master & develop basic movements – catching	

Lower Key stage 2 Subject Content

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:

Year 3	
Swimming – Autumn 1 & 2	
Swim competently, confidently and proficiently over a distance of at least 25 metres	
Use a range of strokes effectively [front crawl, backstroke and breaststroke]	
Perform safe self-rescue in different water-based situations	
Dance – Spring 1 & 2	
Perform dances using a range of movement patterns	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Team Games (Rounders & Netball) – Summer 1	
Play competitive games, modified where appropriate [rounders and netball]	
Apply basic principles suitable for attacking and defending	
Athletics – Summer 1 & 2	
Use running, jumping, throwing and catching in isolation and in combination	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

Year 4	
Swimming – Autumn 1 & 2	
Swim competently, confidently and proficiently over a distance of at least 25 metres	
Use a range of strokes effectively [front crawl, backstroke and breaststroke]	
Perform safe self-rescue in different water-based situations	
Dance – Spring 1 & 2	
Perform dances using a range of movement patterns	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Team Games (Cricket & Football) – Summer 1	
Play competitive games, modified where appropriate [cricket and football]	
Apply basic principles suitable for attacking and defending	
Athletics – Summer 1 & 2	
Use running, jumping, throwing and catching in isolation and in combination	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

Upper Key stage 2 Subject Content

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:

Year 5	
Dance – Autumn 1	
Perform dances using a range of movement patterns	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Gymnastics – Autumn 2	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Team Games (Basketball & Tennis) – Spring 1 & 2	
Play competitive games, modified where appropriate [basketball and tennis]	
Apply basic principles suitable for attacking and defending	
Athletics – Summer 1 & 2	
Use running, jumping, throwing and catching in isolation and in combination	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	

Year 6	
Team Games (Hockey & Badminton) – Autumn 1 & 2	
Play competitive games, modified where appropriate [hockey and badminton]	
Apply basic principles suitable for attacking and defending	
Gymnastics – Spring 1	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Athletics – Summer 1	
Use running, jumping, throwing and catching in isolation and in combination	
Develop flexibility, strength, technique, control and balance	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
take part in outdoor and adventurous activity challenges both individually and within a team	
Dance – Summer 2	
Perform dances using a range of movement patterns	
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	