

Subject Curriculum Vision:

The Physical Education Curriculum at AJK

INTENT

Why should all students learn this subject?

At AJK, we believe that all children should have access to a high-quality physical education. Our Physical Education (P.E.) curriculum aims to ensure that all pupils develop physical literacy and the knowledge, skills and understanding to excel in a wide range of physical activities. Our P.E. curriculum also aims to promote a healthy and active lifestyle, supporting pupils to understand that this can contribute to improved mental and physical well-being. Through P.E., we hope to expose pupils to competition in a supportive environment, allowing them to excel to their full potential.

What is the core knowledge in this subject?

In KS1, pupils need 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

In KS2, pupils additionally are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], 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 their personal best

IMPLEMENTATION

How is this subject taught at AJK?

P.E. is taught for an hour a week. Pupils in Years 2-6 are taught by a specialist coach, who assists with developing staff expertise. As part of lessons, pupils are taught to warm up and cool down safely. They then practise new skills, before applying them in competitive games. In addition, pupils are provided with a range of sporting activities, including football and netball, at lunch times. These are designed to ensure that all pupils are active every day.

In Year 4, each class has one full term of swimming. Their attainment is recorded. This data is used to identify pupils in need of additional lessons at the end of Year 6.

IMPACT

What does assessment look like in this subject?

Pupils in Years 2-6 are assessed using the *P.E. Passport* App. Data from this will be used by school leaders to evaluate the impact of the curriculum and make adaptations as required.



UNIT OVERVIEW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fundamentals	Fundamentals	Bouncing and catching	Dance	Sending and receiving	Athletics
Year 2	Gymnastics	Net and wall	Gymnastics	Invasion	Striking and fielding	Athletics
Year 3	Football	Netball	Football	Tag rugby	Cricket	Athletics
Year 4	Football	Netball	Gymnastics	Tag rugby	Cricket	Athletics
Year 5	Football	Netball	Football	Rounders	Cricket	Athletics
Year 6	Football	Netball	Football	Rounders	Athletics	Athletics