

PE Subject Overview

Progression of Skills and Knowledge

<i>As a PE learner, in EYFS I have...</i>	<i>As a PE learner, in KS1 I can...</i>	<i>As a PE learner, in LKS2 I can...</i>	<i>As a PE learner, in UKS2 I can...</i>
<p>...physical competence (skills).</p> <ul style="list-style-type: none"> ✓ Develop basic movement skills such as running, jumping, throwing, and catching. <p>...confidence.</p> <ul style="list-style-type: none"> ✓ Encourage participation and enjoyment in physical activities. <p>...knowledge.</p> <ul style="list-style-type: none"> ✓ Understand the importance of physical activity and healthy living. <p>...teamwork and communication skills.</p> <ul style="list-style-type: none"> ✓ Participate in group activities and learn to follow simple instructions 	<p>... physical competence (skills).</p> <ul style="list-style-type: none"> ✓ Build on basic movement skills (running, jumping, throwing, catching, balance, agility and co-ordination) and start to apply them in different activities. Understand basic tactics and skills (attacking and defending) when participating in team games. Perform dance through simple movement patterns <p>...confidence.</p> <ul style="list-style-type: none"> ✓ Foster confidence in trying new activities and developing skills. <p>...knowledge.</p> <ul style="list-style-type: none"> ✓ Learn about the benefits of regular physical activity and healthy habits. <p>...teamwork and communication skills.</p> <ul style="list-style-type: none"> ✓ Develop basic teamwork and communication skills through group activities (co-operation, fairness, following rules, turn taking). 	<p>... physical competence (skills).</p> <ul style="list-style-type: none"> ✓ Refine and develop a broader range of skills and apply them in different contexts and in different sports. (See below) Develop flexibility, strength, techniques and control, (Through athletics and Gymnastics). Perform dance using a range of movement patterns. <p>...confidence.</p> <ul style="list-style-type: none"> ✓ Build self-assurance in applying skills in various activities and sports. <p>...knowledge.</p> <ul style="list-style-type: none"> ✓ Gain knowledge of different sports and physical activities, and their rules. (Cricket, Football, Basketball, Rounders, Netball, Hockey, Rugby, Tennis, Badminton) <p>...teamwork and communication skills.</p> <ul style="list-style-type: none"> ✓ Further develop teamwork and communication skills in more complex activities and sports. 	<p>... physical competence (skills).</p> <ul style="list-style-type: none"> ✓ Master a range of skills and use them in different situations, including competitive sports. (Cricket, Football, Basketball, Rounders, Netball, Hockey, Rugby) ✓ Children will have opportunities to take part in competitive sports events within the MAT and Local area. ✓ Master flexibility, strength, techniques and control through athletics and Gymnastics. Perform dance using a range of more complex movement patterns. ✓ To be able to swim 25m. Our schools support and promote local sporting organisations and teams. <p>...confidence.</p> <ul style="list-style-type: none"> ✓ Develop leadership and teamwork skills, and confidence in competitive situations <p>...knowledge.</p> <ul style="list-style-type: none"> ✓ Deepen understanding of the impact of physical activity on health and well-being. ✓ Understand how to compare performances with previous ones and demonstrate improvements. ✓ Be able to comment critically on how their peers can improve. <p>...teamwork and communication skills.</p> <ul style="list-style-type: none"> ✓ Demonstrate effective teamwork, leadership, and communication in various sports and activities, including outdoor adventurous activities (orienteeing, climbing, abseiling, Forest schools)



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<p>What makes this subject special here?</p>		<ul style="list-style-type: none"> • To ensure pupils have a love for sport and strive to be healthy pupils who are active for at least 60 hours per day outside of PE lessons through the daily mile and morning/afternoon play. • To provide all pupils, irrespective of ability, opportunities to experience and succeed in positive, enjoyable and stimulating PE and sport. • To provide opportunities, within the school (intra) and between schools (inter), for pupils to participate in a range of competitions. • These opportunities include a range of extra-curricular activities with access to North Somerset PE Association events including multi-skills, gymnastics, tag rugby, football. We also attend KMAT events throughout the academic year against schools within the trust. • Specialist coaches are brought in to help provide expertise to pupils and upskill class teachers (e.g. Cricket and Dance) • Outdoor Adventurous Activities with Mendip – Tobogganing, Forest School, Caving, Archery and Kayaking • We make use of community space for Sports Day by using Worle Rec. Sport’s Days are used as an opportunity to celebrate children’s successes in sport. Parent’s and Careers are invited to watch and celebrate sport. • Bike-ability opportunity to Year 5 and 6. • After-school opportunities with dance, football and dodgeball clubs. • Swimming lessons are provided to Year 3 for 10 sessions a year, this will be extended to Year 2 this academic year. This is seen as an essential life skill. Children from Year 6 are sent who still cannot swim 25 metres. • We support a range of children with SEND in school using a program called Smart Moves which helps develop a child’s gross motor skills. • The school is working towards earning its Platinum School Games mark after achieving gold in 24/25 • Year 6 camp provides a range of enriching and challenging activities for the children to tackle individually and as a team.
<p>Accessibility for All <i>pedagogy scaffolding, resources, enrichment, challenge, equity of access</i></p>		<ul style="list-style-type: none"> • Wide range of equipment (including quidditch and archery) • Enriching activities which challenge pupils and take them out of their comfort zone. • Tracking pupils to ensure equity of access. • Children understand the importance of exercise and the impact it has on the human body. They cross-curricular links to Science and PSHE through sport. • Staff in PE kit dressed prepared and equipped to ensure high quality teaching and engagement which gives opportunity to model the skills taught and lead by example. • A wide range of platforms are used for the planning and delivery of PE across the key stages. This includes: Oak Academy, Twinkl and the use of sports coaches for expertise.



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Assessment



- Quizzing at the start and end of lessons.
- Sports Coaches and teachers building in reflection during lessons.
- Opportunities built into lessons for peer and self-reflection.
- Teachers responding to needs of children and adapting lessons and sequence of lessons accordingly.
- Assessment goes beyond the fundamental skills of PE. It also includes personal skills, social skills and tactical understanding.



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