

# Curriculum Leadership – Subject Vision

## Subject / Curriculum Area: PE

### **Vision**

At Dovers Green we teach all of the children the importance of a healthy lifestyle and the need to exercise regularly. They are taught the skills to improve their balance, co-ordination, and agility. The children take part in weekly Active Lunch sessions, which are taught by children from our local Secondary school. All children take part in 10 minute bursts of skipping, at least three times a week, which improves their concentration and keeps them active.

### **What does this subject area offer the Dovers children?**

The children at Dovers Green have daily opportunities to improve their muscle control, balance, co-ordination and agility. They understand the importance of healthy living and the importance in taking part in physical activity.

### **How does this subject enhance the curriculum?**

Our active curriculum improves the children's concentration, helps them become less fidgety and improves their gross and fine motor skills.

### **What use is it to children later in life?**

The children will be physically able and understand the importance of a healthy lifestyle, which includes eating sensibly and exercising regularly.

### **What are the main skills and knowledge (overarching objectives) to be focused on?**

Children need to be able 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 movements.

# Curriculum Leadership

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## Intent

### **What is being taught?**

#### EYFS:

PE is taught through the Physical Development- Gross Motor strand in the new 2020 Development Matters. In Early Years the children are usually taught two PE lessons a week, often using the schemes of work from the 'Power of PE' and 'I-Moves.' They also have a half termly 'Commando Joe mission' to develop self-discipline, confidence and team work, daily Wake and Shake and ten minute skipping sessions, at least three times a week. The children also have daily access to planned activities within the continuous provision, some of which specifically focus on developing gross motor skills. For example, building their own obstacle courses, using bikes and scooters. They have opportunities to use the trim trail, balance beams climbing apparatus and other equipment such as large and small balls, hockey equipment, basketball hoops, hula hoops, racquets and beanbags. The children also have the opportunity to use Imagination Play equipment, large foam shapes which can be built with and then moved across. In the Autumn term the focus is on getting changed, moving in different ways, throwing and catching a ball and negotiating space. This then moves on to a Power of PE session that fits in with the topic (such as Autumn) and introducing Pilates (taught through I-Moves). In Spring term another Power of PE topic is chosen along with an I-Moves dance topic for Early Years. In the Summer term the children are taught how to use the large gym equipment and another Power of PE topic is chosen. In the second half of the summer term the children are taught the skills needed to participate in Sports Day.

#### Year 1:

PE is taught using the schemes of work, Power of PE and I-Moves in twice weekly PE lessons. Wake and Shake is done daily and at least three times a week the children do 10 minutes skipping. The children also participate in Active Lunch activities every Friday lunchtime which gives them a chance to practise skills they have been taught in their PE lessons. In the Autumn term within Physical skills and knowledge and Team Games, the children learn to improve their throwing and catching. For Dance they are taught some simple Pilates moves to tell a story. In the Spring term in Dance the children are taught to sequence and create movement. Within both Team Games and Physical skills and knowledge the children are taught different multi-skills and to balance and travel in different ways for Gym. Within Team Games the children are taught football and orienteering. In the Summer term the children are taught medieval dance moves in Dance, in Team Games they are taught the basic skills of how to play Rounders and for Physical skills and knowledge the children are taught different athletic skills and they are prepared for the different activities needed for during Sports Day.

#### Year 2:

PE is taught using the schemes of work, Power of PE and I-Moves in twice weekly PE lessons. Wake and Shake is done daily and the children have 10 minutes skipping sessions at least three times a week. The children also participate in Active Lunch activities every Friday lunchtime which gives them a chance to practise skills they have been taught in their PE lessons. In the Autumn term the children are taught to throw, catch and invent their own games in team games. Within Physical knowledge and skills they are taught to create and link movements in gymnastics lessons and for Dance knowledge and skills they are taught to travel and balance in a variety of ways on the floor and on the apparatus. In the Spring term in Team Games and for Physical the children are taught to develop their ball skills, for Physical they are taught to develop their knowledge of gymnastics balances and their ability to hold a balance and for Dance they are taught to develop their co-ordination. In the Summer term for Team Games children are taught to play Rounders and tennis, for Physical knowledge and skills children are taught athletic skills and

prepared for Sports Day activities and for Dance children are taught a Samba dance linked to the carnival topic and they also are taught a Maypole and Country Dancing routine.

#### **How does it cater for PP/SEND and higher attainers?**

PP children can attend additional PE after school clubs for free including multi-skills. There is PE equipment for children with SEND including large gym mats and big soft blocks as well as sensory balls. High attainers are extended by individual teachers during lessons and if appropriate encouraged to participate in clubs and competitions such as the Dance Festival.

#### **Implementation**

The curriculum for PE is split into 3 areas: Physical, Team Games and Dance. These are taught through the Gymnastics, Dance, Multiskills and Team Games. Teaching follows the Physical Development strand in the new 2020 Development matters in Early Years and the National Curriculum in Key Stage 1. In Key Stage 1 the curriculum has been split into age appropriate skills for each year group. Teachers follow the schemes of work, Power of PE and I-Moves to assist with teaching, as well as planning their own lessons when this fits in better with the skills being taught. PE is taught twice weekly in KS1 and usually twice a week in EYFS. The Power of PE and I-Moves comes with progressions for where to start the children and where those children who are capable of progressing can move onto next. Each year groups teaches the same principles at a different level, giving the children a chance to build upon previous learning and extend it further. (See Skills and Knowledge document to support this). The subject is reviewed termly using the action plan to support this. The PE co-ordinator carries out observations of each teacher, each year and gives areas to develop. It has also been organised for the PE lead to team teach with the Year 2 teachers to support them when teaching performance skills in Dance.