



Curriculum Summary Overview for Physical Education

Why we believe PE is important

At Cavalry Primary School, PE provides inspiration and opportunities for children to have a healthy active lifestyle even after their primary education. Our PE curriculum supports personal, social, health and fitness, applying physical, cognitive and creative skills as well as the key progression of fundamental movement skills and games knowledge. We aim to provide a high quality PE education, which helps children to understand why physical activity is so important for our health as well as give the children the skills for many games that offer them the opportunity for a pathway for long term involvement in physical activity.

Intent - each child can

- Access the teaching and learning of progressive fundamental movement skills - stance, floorwork, ball skills, sending and receiving, jumping and landing, counter balance in pairs, footwork, seated balance, ball chasing, reaction and response, 1 leg balance, dynamic balance on a line.
- Access the teaching and learning of games (KS2) - tag rugby, football, netball, hockey, cricket, athletics and rounders.
- Use skills learnt to achieve positive outcomes in gaming situations.
- Develop their personal, social, health and fitness, applying physical, cognitive and creative skills to support progression in PE.
- Develop practical knowledge and skill by practising and refining PE techniques, building automaticity over time.
- Cope with both success and failure in competitive, individual and team based physical activities.
- Work well within a team using teamwork.
- Strive for excellence in each stage of their learning.
- Be inspired and engaged through inclusive learning experiences to continue and promote a healthy active lifestyle.
- Have the opportunity to learn to swim and swim 25m by the end of KS2.

Implementation -how do we do this?

- All children are taught in mixed attainment groups using a curriculum that focuses on two strands - fundamental movement skills and games. It is important for all pupils to become proficient in PE.
- Skills are covered and developed sequentially allowing children to develop all skills further.

- Exciting learning experiences which give opportunities to gain greater understanding and proficiency.
- All children experience intra-school opportunities and many experience inter-school competitions outside of school linked to the skills they have learnt in lessons.
- Staff are supported by the subject leader for PE, The Elliot Foundation, Witchford Sports Partnership and our links with local sports clubs.
- Enough time is spent on age related PE skills to ensure there are no gaps in knowledge and ability.
- All children in KS2 attend swimming lessons for an 8 week block or more.
- Extra-curricular clubs are offered to all children to continue their engagement and motivation in physical activity.

Impact

- Pupils are achieving the best possible outcomes and progress.
- Pupils show a positive attitude towards PE.
- Pupils have an age-related understanding of subject specific knowledge.
- Pupils have age related PE skills and know how these skills can be developed.
- Pupils feel valued, celebrated and have increased self esteem.
- Pupils achieve great success when competing in competitions (both in and out of school).
- Children show a great increase in knowledge after a games topic.

This curriculum overview maps out the units of work taught across the year group showing the fundamental movement skills and the games units learnt.

For each unit of work, teachers follow a scheme of work that has been produced by RealPE (fundamental movement skills) and the PE lead (games) to teach all skills that are outlined in the curriculum.

This also guides the assessment of children's progress across all areas.

For each area of PE, there is a progression of skills, knowledge and vocabulary which feeds into the schemes of work so that children can build on prior learning.

		<i>Autumn 1</i>	<i>Autumn 2</i>	<i>Spring 1</i>	<i>Spring 2</i>	<i>Summer 1</i>	<i>Summer 2</i>
Reception	<i>Indoors</i>	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 4 (learning focus - creative)	Core real PE - Unit 5 (learning focus - physical)	Core real PE - Unit 6 (learning focus - health and fitness)
	<i>Outdoors</i>	Core real PE - Unit 1 (learning focus - personal)	Core real PE - Unit 2 (learning focus - social)	Core real PE - Unit 3 (learning focus - cognitive)	Playground games Orienteering	Sports Day Practice	Parachute games, sport specific tasters
Year 1	<i>Indoors</i>	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 4 (learning focus - creative)	Core real PE - Unit 5 (learning focus - physical)	Core real PE - Unit 6 (learning focus - health and fitness)
	<i>Outdoors</i>	Core real PE - Unit 1 (learning focus - personal)	Core real PE - Unit 2 (learning focus - social)	Core real PE - Unit 3 (learning focus - cognitive)	Playground Games Orienteering	Sports Day Practice	Parachute games, sport specific tasters
Year 2	<i>Indoors</i>	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 4 (learning focus - creative)	Core real PE - Unit 5 (learning focus - physical)	Core real PE - Unit 6 (learning focus - health and fitness)
	<i>Outdoors</i>	Core real PE - Unit 1 (learning focus - personal)	Core real PE - Unit 2 (learning focus - social)	Core real PE - Unit 3 (learning focus - cognitive)	Playground games Orienteering	Sports Day Practice	Parachute games, sport specific tasters
Year 3	<i>Indoors</i>	Core real PE - Unit 1 (learning focus - personal)	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	Core real PE - Unit 2 (learning focus - social)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 3 (learning focus - cognitive)
	<i>Outdoors</i>	Tag Rugby	Football Orienteering	Netball	Hockey	Cricket Athletics	Cricket Tennis
	<i>Swimming</i>			9 Week Block - Every Thursday			

Year 4	Indoors	Core real PE - Unit 4 (learning focus - creative)	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	Core real PE - Unit 5 (learning focus - physical)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 6 (learning focus - health and fitness)
	Outdoors	Tag Rugby	Football Orienteering	Netball	Hockey	Cricket Athletics	Cricket Tennis
	Swimming	9 Week Block - Every Thursday					
Year 5	Indoors	Core real PE - Unit 1 (learning focus - personal)	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	Core real PE - Unit 2 (learning focus - social)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 3 (learning focus - cognitive)
	Outdoors	Tag Rugby	Football Orienteering	Netball	Hockey	Cricket Athletics	Cricket Rounders
	Swimming	9 Week Block - Every Thursday					
Year 6	Indoors	Core real PE - Unit 4 (learning focus - creative)	real Gym - Unit 1 (6 weeks)	real Dance - Unit 1 (6 weeks)	Core real PE - Unit 5 (learning focus - physical)	real Gym - Unit 2 (6 weeks)	Core real PE - Unit 6 (learning focus - health and fitness)
	Outdoors	Tag Rugby	Football Orienteering	Netball	Hockey	Cricket Athletics	Cricket Rounders
	Swimming						10 Week Block - Every Thursday

Key:

Learning Focus for RealPE - **Personal**, **Social**, **Cognitive**, **Creative**, **Physical**, **Health and Fitness** or optional 'Learning Focus'

Games to prepare students for School Games events

Preparing children to have active breaktimes and lunchtimes

Swimming