

## Curriculum Quality

PE

## Subject Leader:

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### Intent

At the Marchant-Holliday School, we believe in delivering a high-quality Physical Education curriculum. We are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to, and participation in, a range of physical education activities in order to reach their own potential. Physical fitness is an important part of leading a healthier lifestyle and promoting mental well-being. It is an opportunity to develop resilience and independent learning skills. The self-discipline, determination and perseverance taught in PE echoes the growth mindset values we believe in and encourages our pupils to have the mindset to believe that anything can be achieved.

### **We fully adhere to the aims of the national curriculum for physical education to ensure that all children:**

- 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

**The overarching concept for PE at The Marchant-Holliday School is** to develop the knowledge and skills necessary for mental, emotional, social and physical wellbeing in our children now and for their future

### Implementation

The Marchant-Holliday School has extensive school grounds with excellent sporting facilities and learning environments. Each class group has a weekly PE lesson, delivered by a specialist sports coach, a weekly swimming lesson (at our on-site pool), taught by a qualified swimming instructor, and further opportunities for extra-curricular sporting activities, clubs, fixtures and competitive sporting events. We have well-established links with the local secondary school and our pupils benefit from joining other primary schools, from the locality, in top links festivals, multiskills days, and inter-school tournaments. Older pupils also attend swimming lessons at the larger pool in the nearby town of Wincanton. Specialist coaches attend the school to deliver archery lessons and the KS1 classes benefit from having sports coaching days from Team Bath at Bath University. As part of our trips, hooks and visitors programme, pupils are taken to see various sporting fixtures such as the Somerset cricket in Taunton.

Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. Our inclusive approach encourages physical development and well-being for all our pupils. Through carefully planned strategies, and by using a wide variety of teaching styles, we are able to provide opportunities for pupils to participate, evaluate and improve their personal performance. Challenge and adventure help the children to achieve their personal best. We understand the benefits of collaboration and teamwork and recognise how increases in competence and confidence, in physical education, can support the children's development in other subjects across the curriculum. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time.

Our PE programme is designed to allow pupils to develop a range of skills, in a fun, and secure way. By experiencing a broad range of opportunities, pupils can extend their agility, coordination, balance, skills and understanding of rules.

Pupils who have specific co-ordination difficulties are seen by an occupational therapist and their exercise programmes are delivered daily within the classroom setting. This enables them to develop core strength and improve their motor skills.

Within each class, we encourage the pupils to do additional physical activity, we promote class yoga, mindfulness, and 'quick burst fitness' which is a series of 5-minute fun fitness routines. These classroom based routines, increase physical activity levels, are aimed at getting pupils up, active, and ready for learning.

In KS3, the students will also consider and evaluate their practical performance: the practical skills learned, demonstrated and improved on by the student within physical activity, exercise and sport and cognitive performance: the knowledge, understanding and thinking skills involved in physical activity, exercise and sport.

### Curriculum Overview (Knowledge and Skills)

| Term  | Term 1  | Term 2   | Term 3   | Term 4   | Term 5  | Term 6  |
|---|---|--|--|--|---|---|
| <b>Victory Class<br/>Years 2 &amp; 3</b>                      | <b>Dance:</b><br>Movement skills<br><b>Gymnastics:</b><br>Agility and coordination  | <b>Multi-skills:</b><br>Running, throwing, jumping, catching, Badminton                        | <b>Mini-Hockey:</b><br>Participation in team games, tactics for attacking and defending<br>Badminton | <b>Football:</b><br>Participation in team games, tactics for attacking and defending | <b>Outdoor and adventurous activities:</b><br>Routes, trails and orienteering, treasure hunts | <b>Field sports:</b> Athletics & Rounders                           |
|   | <b>Swimming,</b> pool safety and self-rescue  | <b>Swimming,</b> pool safety and self-rescue   | <b>Swimming,</b> pool safety and self-rescue   | <b>Swimming,</b> pool safety and self-rescue   | <b>Swimming,</b> pool safety and self-rescue  | <b>Swimming,</b> pool safety and self-rescue                        |
| <b>Eclipse, Discovery and Adventure<br/>Years 3 &amp; 4</b>   | <b>Dance:</b><br>Movement skills<br><b>Gymnastics:</b><br>Agility and coordination  | <b>Multi-skills:</b><br>Running, throwing, jumping, catching, Badminton                        | <b>Tag-rugby:</b><br>Participation in team games, tactics for attacking and defending<br>Badminton   | <b>Hockey:</b><br>Participation in team games, tactics for attacking and defending   | <b>Outdoor and adventurous activities:</b><br>Team building challenges                        | <b>Field sports:</b> Athletics & Rounders                           |
|   | <b>Swimming,</b> pool safety and self-rescue  | <b>Swimming,</b> pool safety and self-rescue   | <b>Swimming,</b> pool safety and self-rescue   | <b>Swimming,</b> pool safety and self-rescue   | <b>Swimming,</b> pool safety and self-rescue  | <b>Swimming,</b> pool safety and self-rescue                        |
| <b>Endurance, Invincible and Explorer<br/>Years 5 &amp; 6</b> | <b>Gymnastics, rhythm and movement patterns through dance:</b><br>develop flexibility, strength, technique, control and balance | <b>Basketball:</b><br>Throwing and catching in isolation                                       | <b>Volley-Ball:</b><br>Passing, setting, spiking, blocking, digging, and serving.<br>Badminton       | <b>Football:</b><br>Participation in team games, tactics for attacking and defending | <b>Outdoor and adventurous activities:</b><br>Team building challenges                        | <b>Field sports:</b> Athletics & Rounders                           |
|   | <b>Swimming,</b> pool safety and self-rescue  | <b>Swimming,</b> pool safety and self-rescue<br>Water polo                                     | <b>Swimming,</b> pool safety and self-rescue<br>Water polo   | <b>Swimming,</b> pool safety and self-rescue<br>Rookie Lifeguarding                  | <b>Swimming,</b> pool safety and self-rescue<br>Rookie Lifeguarding                           | <b>Swimming,</b> pool safety and self-rescue<br>Rookie Lifeguarding |
| <b>Endeavour<br/>Year 7</b>                                   | <b>Tennis:</b><br>Stroke production, strategy, mental and physical athleticism  | <b>Health related exercise:</b><br>Brisk walking, jogging, resistance training, circuits, HIIT | <b>Rugby:</b><br>Passing, running, support play, tackling, decision making<br>Badminton              | <b>Sports culture:</b><br>Practical Performance:<br>Cognitive Performance:           | <b>Cricket:</b><br>Participation in team games, tactics for attacking and defending           | <b>Field sports:</b> Athletics & Rounders                           |

|  |  |  |  |   |   |  |
|--|--|--|--|---|---|--|
|  | Swimming, pool<br>safety and self-rescue | Swimming, pool<br>safety and self-rescue<br>Water polo | Swimming, pool<br>safety and self-rescue<br>Water polo | Swimming, pool<br>safety and self-rescue<br>Rookie Lifeguarding | Swimming, pool<br>safety and self-rescue<br>Rookie Lifeguarding | Swimming, pool<br>safety and self-rescue<br>Water polo |
|--|--|--|--|---|---|--|

**Impact**

At the Marchant-Holliday school, we provide a PE curriculum, which gives opportunities for our pupils to develop their health, fitness and mental well-being, throughout their time at the school, and to cement skills and knowledge, which will stay with them through life. We assess the lessons through on-going observations and feedback. Pupils are given the opportunities to respond to feedback, build on skills, respond to advice and increase their performance through modelled examples. We encourage the pupils to analyse their own and others' performance, sharing views on ways to improve, learning to observe and give feedback in a positive and useful manner.

Our PE curriculum inspires all pupils to excel in competitive sport, develop a can-do attitude and feel safe to take risks in physically challenging activities. Pupils understand the effects of exercise on the body using appropriate vocabulary, forming good lifestyle choices for the future.

**By the end of Key Stage 1**

Children 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 competitively (both against self and against others) and undertake co-operative physical activities, in a range of increasingly challenging situations

**By the end of Key Stage 2**

Children 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. P.E. is taught as a basis for lifelong learning, where the children have access to a wide range of activities in the belief that if taught well and the children are able to succeed, then they will continue to have a physically active life.

**By the end of year 7**

The students will develop fundamental and advanced skills to perform competently in a broad spectrum of sporting activities. Students will be developing their theoretical understanding of P.E. & Sport, develop their effective performance outcomes and increase their understanding of the positive benefits of exercise.