

## PE Curriculum Intent

In PE, carefully planned, progressive sequences of learning and the implementation of core tasks, allow the children to develop a wide range of knowledge and skills over the course of their time at Ox Close. The curriculum is dynamic and is adjusted in line with the needs and views of learners, with continuous professional development ensuring that staff are equipped to deliver an evolving curriculum.

PE at Ox Close Primary School aims to develop a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel individual's abilities in competitive sports and other physically demanding activities. We provide opportunities for pupils to become physically confident in a way which supports their health and fitness. At Ox Close, our youngest pupils develop the knowledge and confidence of how to master fundamental skills, something which is then used as a basis in order to access the curriculum in Key Stage 1 and 2. Our children have the opportunity to compete in sport and other activities that build character and help to embed the Olympic values such as fairness, equality and respect. PE at Ox Close is an integral element of the curriculum, which develops the need for healthy lifestyles, a balanced diet, positive growth mindset and the resilience to persevere with activities that may once have felt too difficult. This is in line with the school mantra of 'Be The Best That You Can Be'. We are passionate about the need to teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. Opportunities to evaluate and appreciate performance embeds this aspect of collaboration and also develops self confidence and speaking and listening skills.

At Ox Close we aim to equip the children with the knowledge, skills and understanding required to make a positive impact in their own and physical health as well as emotional well-being. All children, regardless of ability, experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE at Ox Close challenges and promotes self esteem through the development of physical confidence and problem solving. It provides children with the skills to cope with both success and failure in competitive, individual and team based physical activities.

By the end of EYFS children will be able to:

- ✓ To negotiate space safely
- ✓ To follow instructions involving several ideas and actions.
- ✓ To play co-operatively, take turns and encourage others.

- ✓ To play games with consideration of the rules.
- ✓ To use movement skills with developing balance and co-ordination when playing games.
- ✓ To make independent choices.
- ✓ To negotiate space safely with consideration for others.
- ✓ To develop ball skills with competence and accuracy.
- ✓ To perform in front of others.
- ✓ To combine movements fluently, selecting actions in response to the task.
- ✓ To show respect towards others when providing feedback.

By the end of Years 1 & 2 children will be able to:

- ✓ To begin to catch with two hands.
- ✓ To begin to dribble a ball with hands and feet.
- ✓ To begin to understand simple tactics.
- ✓ To roll and throw with accuracy towards a target.
- ✓ To say when someone is successful.
- ✓ To begin to provide feedback using key words.
- ✓ To send and receive a ball using kicking and throwing and catching skills.
- ✓ To track a ball and collect it.
- ✓ To work with a partner.
- ✓ To recognise how yoga makes me feel.
- ✓ To remember and repeat actions, linking poses together.
- ✓ To comment on someone else's flow.
- ✓ To show awareness of space when travelling.
- ✓ To change direction when moving at speed.
- ✓ To recognise changes in the body.
- ✓ To run at different speeds.
- ✓ To select own actions in response to a task.
- ✓ To show hopping and jumping movements.

By the end of Years 3 & 4 children will be able to:

- ✓ To begin to use simple tactics
- ✓ To learn the rules of the game and use them to play honestly and fairly.
- ✓ To dribble, pass, receive and shoot the ball with control.
- ✓ To find space away from others.
- ✓ To provide feedback using key words.
- ✓ To track an opponent.
- ✓ To describe how yoga makes you feel and talk about the benefits of yoga.
- ✓ To link poses together.
- ✓ Transition from poses to pose with control of the breath.
- ✓ To work collaboratively with others.
- ✓ To use a range of swimming strokes effectively.

By the end of Years 5 + 6 children will be able to:

- ✓ To make decisions when refereeing
- ✓ To select appropriate action for the situation and make a decision quickly.
- ✓ To use a wider range of skills with increasing control under pressure.
- ✓ To use feedback provided to improve the quality of work.
- ✓ To use the rules of the game consistently to play honestly and fairly.
- ✓ To work collaboratively to create tactics.
- ✓ To work in collaboration with others so that games run smoothly.
- ✓ To recognise strength and the strength of others.
- ✓ To choreograph a dance and work safely using a prop.
- ✓ To lead a small group through a short warm up routine.
- ✓ To perform dances confidently and fluently with accuracy and good timing.
- ✓ To refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.
- ✓ To use feedback provided to improve the quality of work.
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