



PE at St John's

At St John's CE Primary School, the aims of PE are:

- To deliver a fun, high-quality physical education curriculum that inspires all pupils to succeed and excel in physically-demanding activities
- To provide opportunities for pupils to become physically confident in order for them to be physically active for sustained periods of time
- To develop children's knowledge, skills and understanding of physical activity in a way which supports their health, fitness and well-being
- To give children opportunities to compete in competitive sports activities that build character and help embed our school values such as respect, courage and compassion

Our seaside location means that we place high importance on swimming provision and we enjoy making use of Outdoor Adventurous Activity opportunities in the surrounding area such as the National Sailing Academy. Our PE curriculum works through EYFS-Y6 and meets NC requirements. Whole school values and curriculum drivers shape our curriculum, which is ambitious and thoughtfully sequenced.

Compass Curriculum Drivers

	In all subjects...	In PE, this looks like...
Citizenship	We want children to flourish in their sense of self-worth and through this have respect for others. Our curriculum promotes an appreciation and respect for diversity through a celebration of heritage, culture and religion so that all are encouraged to be inclusive, open minded and be ready and willing to develop new friendships. Our learners are encouraged to speak out against injustice.	<ul style="list-style-type: none"> • Teaching values such as responsibility, trust, inclusion, equality and respect; all inherent qualities of a model citizen. • Promoting positive attitudes towards a healthy lifestyle. • Contributing to children's wellbeing.
Oracy	We prioritise speaking and listening and recognise that developing speaking and listening skills needs to be at the heart of teaching and learning at St John's CE Primary School. We aim to develop children's speaking skills and also prioritise opportunities to learn through talk. We see oracy as part of the school's pedagogy, not a standalone lesson or subject and we expect it to be a valued feature in all aspects of school life.	<ul style="list-style-type: none"> • Providing children opportunities to develop their understanding through discussion and talk techniques. • Giving opportunities to children to voice their own opinions and challenge others in a safe environment. • Allowing children to collaborate in team situations, using purposeful talk to share tactics and to encourage each other during PE
Mastery and Mindset	We want every child to develop a love of learning by ensuring that they have a deep, long-term, secure and adaptable understanding of the subjects they are taught. Through the language we use, activities we plan into our lessons, and by modelling it with our own behaviour we encourage pupils to adopt a growth mind set. We want children to take risks and know that through making mistakes we learn and improve. We want children to have courage and resilience to keep going, even when things are hard.	<ul style="list-style-type: none"> • Careful sequential planning of the curriculum so that every child is equipped with knowledge, skills and vocabulary needed to embrace PE and to prepare them for the next stage in learning. • PE concepts are deepened such as: • PE units are planned to ensure opportunities for children to retrieve and apply previous knowledge. • Children are encouraged to learn from their mistakes
Past/present/place	We aim to promote a sense of belonging and purpose throughout teaching and learning at St John's CE Primary School. Through learning about the past, we identify ways to create a better future. We want our learners to appreciate that our world is precious and needs to be looked after. We seek to grow courageous advocacy in our learners so that children experience how they can also be game changers and activists to make changes for the better.	<ul style="list-style-type: none"> • Promoting healthy lifestyles for a better future. • Inspiring children to pursue their physical interests • Exploring history topics through dance
Aspiration	We want all our children to aspire and to live their lives to the full. We understand that we need to broaden their horizons through rich experiences of the world. We provide a supportive environment in which to nurture their interests and self-belief and seek to offer high quality opportunities in order for each individual to become aware of their own potential for success.	<ul style="list-style-type: none"> • Children are exposed to a wide range of sports through our broad PE curriculum • Links are made with local clubs and coaches • Children are encouraged to take part in extra-curricular sports clubs • Inspiring future sports stars through high quality PE and competition opportunities

Self Esteem	We know that in order for our learners to achieve they need to develop the social and emotional skills needed to access learning and develop positive relationships underpinned by a sense of understanding, justice, empathy and respect for themselves and others. This sits alongside a total commitment to high quality teaching and learning that is experienced by every child no matter what their starting points might be, underpinned by high expectations and targeted intervention to ensure that success can be celebrated for every child and their family.	<ul style="list-style-type: none"> • Provide inclusive and aspirational environments and learning experiences where pupils thrive • Children are encouraged to lead healthy lifestyles leading to positive choices about their own futures, overcoming any barriers. • Sport is not 'win at all costs' and we learn to lose graciously
Spirituality	We prioritise time and space to offer children at St John's CE Primary School opportunities to reflect, think upon and value creativity, beauty and amazement through our curriculum. We promote and offer opportunities to explore spirituality throughout all that we do. We value this as a treasured opportunity to ensure that our children develop good mental health, have opportunities to experience peace, acceptance and appreciation of wonder therefore growing in their understanding of themselves, others, the world and beyond.	<ul style="list-style-type: none"> • Being amazed at what our bodies can do • Experiencing a sense of joy through being active • Gaining a sense of togetherness through team work • Being creative in dance – expressing ourselves through movement and music • Exploring dance from different cultures

PE is taught twice a week for all classes, except during the swimming unit. Each class will have two units each half term. Through the year, they will experience eleven different sports/units. Each unit builds upon prior knowledge and skills and is sequenced across the school to ensure progression:

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Rec	Walking skills	Jumping	Ball skills feet	Swimming	Games for understanding	Dance (Ourselves)
	Gymnastics (moving)	Gymnastics (high over under over)	Ball skills hands 1		Dance (nursery rhymes)	Ball skills (hands 2)
Y1	Dance	Gymnastics (body parts)	Swimming	Ball skills feet	Rackets and balls	Running
	Gymnastics (wide, narrow, curled)	Ball skills hands 1		Ball skills hands 2	Jumping	Games for understanding
Y2	Ball skills feet	Swimming	Ball skills hands	Jumping	Team building	Rackets, bats and balls
	Dance - (pirate and treasure)		Gymnastics	Games for understanding	Health and wellbeing	Dance penguins
Y3	Swimming	Football	Netball	Tag rugby	Tennis	Cricket
		Gymnastics	hockey	dance	Rounders	athletics
Y4	Hockey	Dance	Swimming	Football	rounders	Tennis
	Tag rugby	Netball		Gymnastics (bridges)	athletics	Cricket

Y5	Football	Swimming	Football	Netball	Cricket	Athletics
	Hockey		Tag rugby	gymnastics	Tennis	rounders
Y6	Swimming	Football	hockey	Gymnastics	Cricket	Athletics
		Dance	netball	Tag rugby	Tennis	Rounders

PE planning is supported by the Complete PE scheme. This is a high-quality resource with sequenced lessons in 6-week cycles for all year groups. We also employ experienced sports coaches to inspire children in physical education with their extensive knowledge of sport and by offering sports clubs afterschool. Teachers use this subscription to Complete PE (and supplement this with their own knowledge and experience) to plan their lessons. Each unit will begin with an elicitation task and end with an assessment task. Lessons are planned to include a warm up, the teaching of a skill, practising the skill in isolation and end with a game/performance activity to implement the skill. Skills are mapped out across the school for the different PE disciplines: Athletics, Dance, Gymnastics, Games and Swimming.



Locomotion: Walking

- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- Apply walking into a game

EYFS



Locomotion: Jumping

- Explore/develop jumping
- Apply jumping into a game
- Jumping for distance
- Explore jumping high
- Explore hopping



Ball Skills Hands 1

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing



Ball Skills Feet

- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent



Ball Skills Hands 2

- Explore throwing overarm
- Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

Locomotion: Running

- Explore running
- Apply running into a game
- Explore running at different speeds
- Running for speed: Acceleration
- Explore running in a team
- Consolidate running, apply running into a game

Year 1

Locomotion: Jumping

- Recap jumping
- Develop jumping
- Explore how jumping affects our bodies
- Explore skipping
- Apply skipping and jumping into a game

Ball Skills Hands 1

- Introduce sending (bouncing) with control
- Introduce aiming with accuracy
- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills

Ball Skills Feet

- Develop moving the ball using the feet
- Apply dribbling into games
- Consolidate dribbling
- Explore kicking (passing)
- Apply kicking (passing) to score a point

Ball Skills Hands 2

- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a game

Locomotion: Dodging

- Explore dodging
- Develop dodging
- Apply dodging: Explore attacking and defending
- Apply dodging in teams

Year 2

Locomotion: Jumping

- Consolidate jumping
- Apply jumping into a game
- Linking jumping
- Explore jumping combinations
- Develop jumping combinations

Ball Skills Hands 1

- Develop dribbling/ passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/ passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point

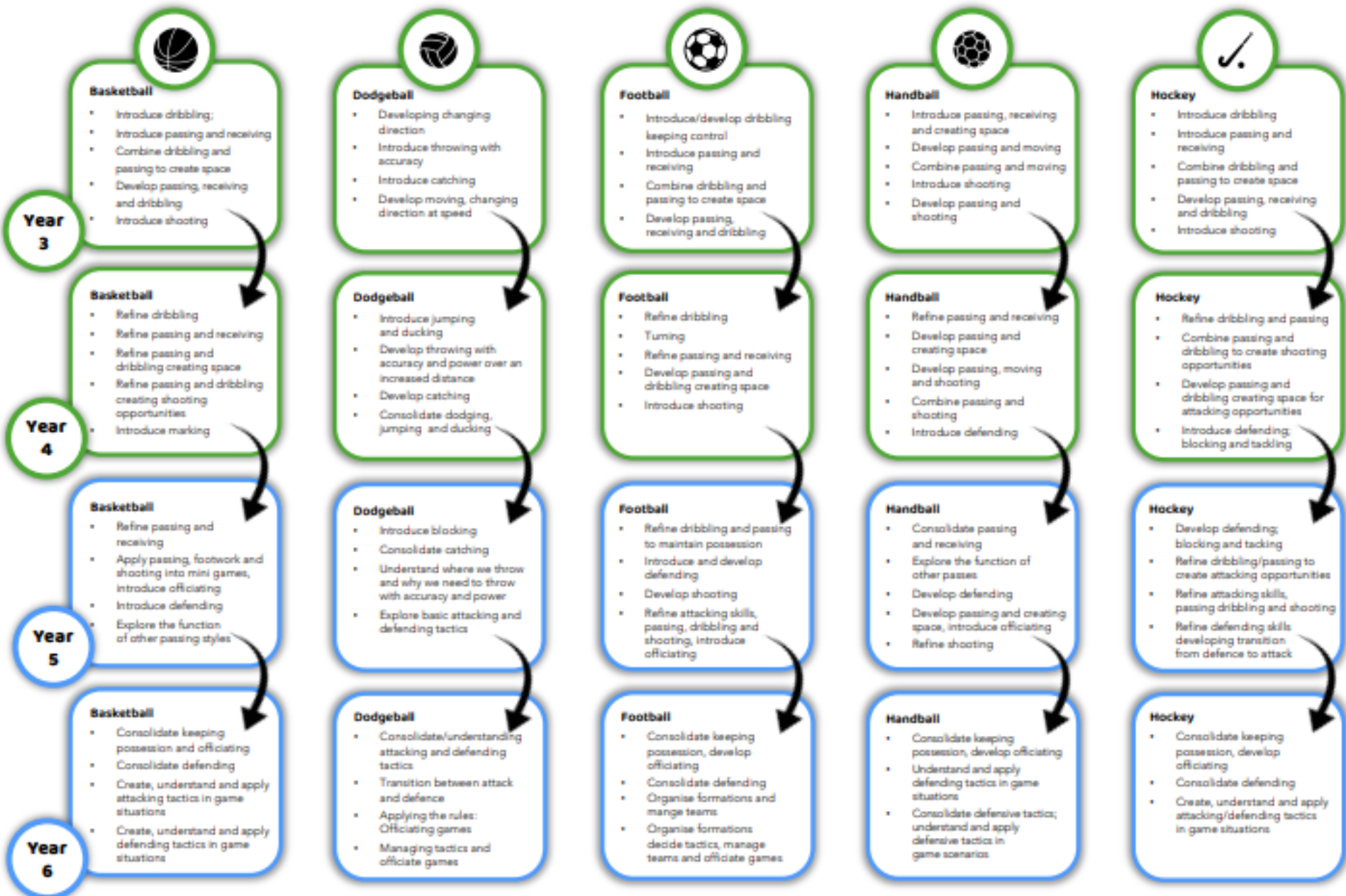
Ball Skills Feet

- Develop dribbling/ passing/receiving, keeping possession
- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point

Ball Skills Hands 2

- Consolidate pupils application and understanding of underarm throwing
- Applying the underarm and overarm throw to win a game
- Applying the underarm throw to beat an opponent

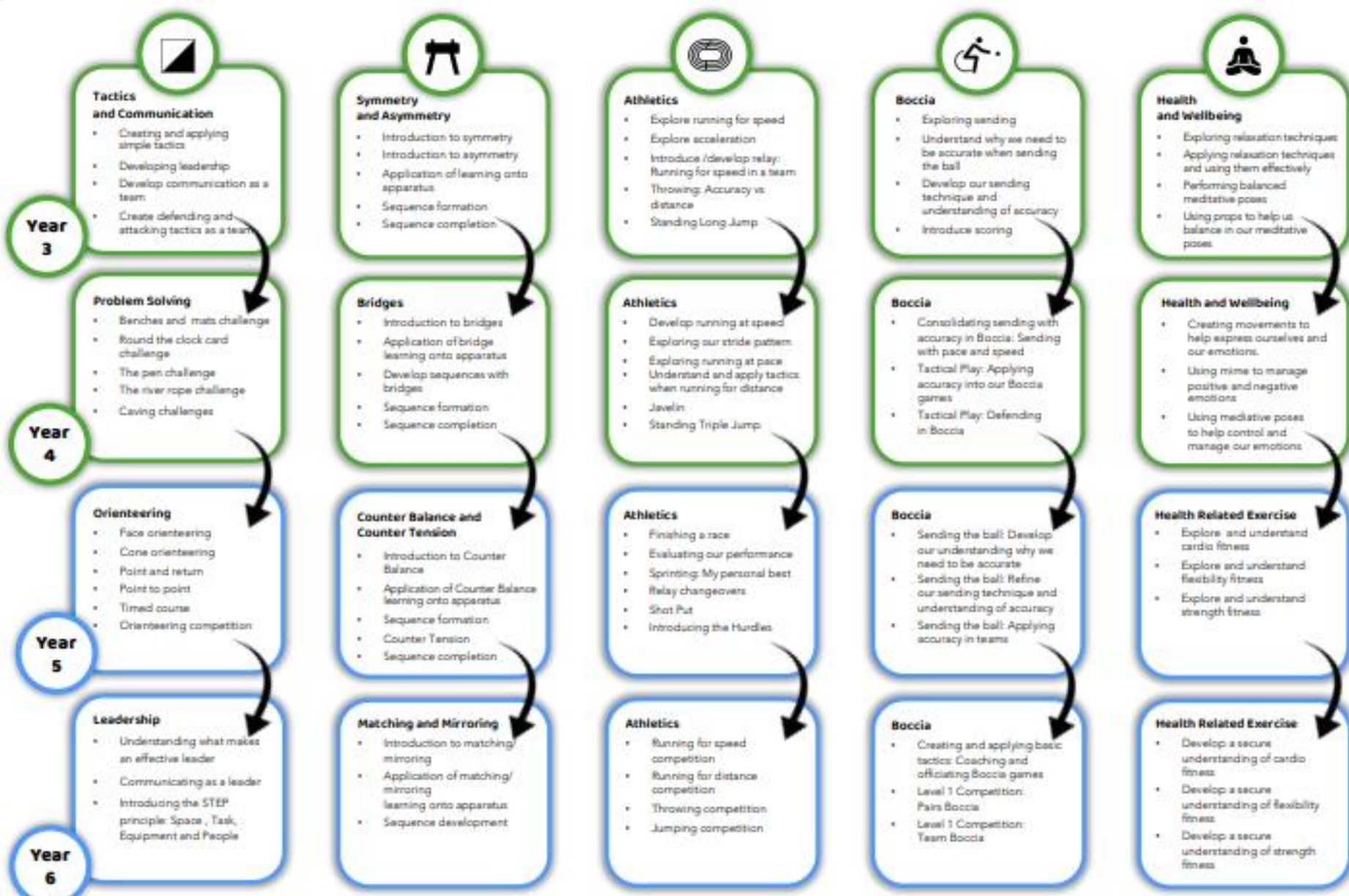
Foundation and KS1 Progression of Skills Overview



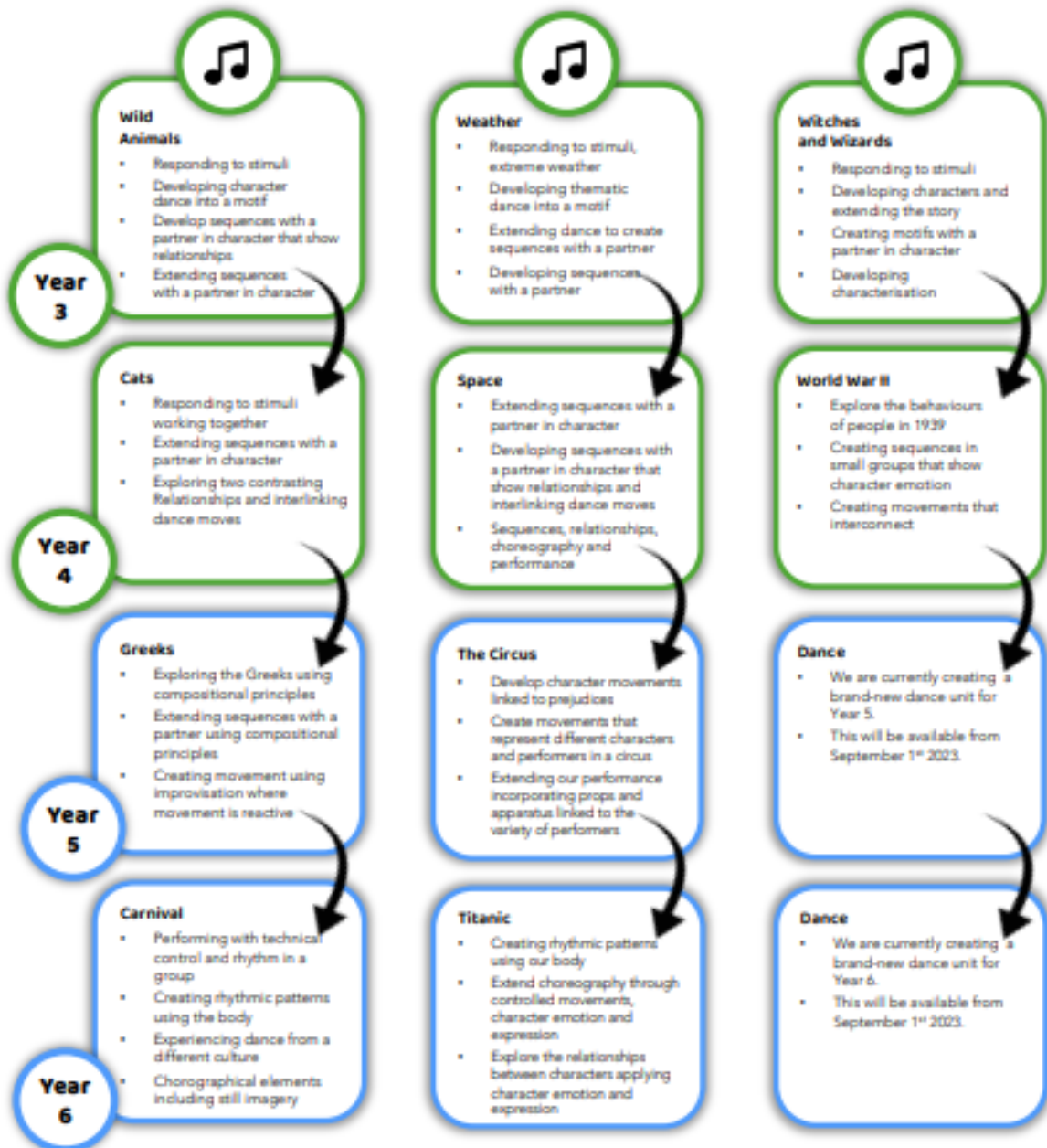
KS2 Progression of Skills Overview



KS2 Progression of Skills Overview



KS2 Progression of Skills Overview



KS2 Progression of Skills Overview