



Cawston Church of England
Primary Academy

P.E. Curriculum



P.E. Vision

Our vision at Cawston is to give all children a lifelong love of Physical Education by **'Growing Excellence'** in all that they do.

- We begin by **'Planting'** the fundamental movement skills from our 'Real P.E.' curriculum, backed up by our sport specific curriculum which includes half-terms of athletics, rugby, dance, gymnastics, cricket and rounders as they move between classes and key stages. Each fundamental movement skill and sport specific skill helps them to develop what they need to progress onto the next stage. These skills and sports develop a real love of physical activity and puts health and fitness at the heart of our Physical Education and Sport offer.
- Jesus said that seeds will flourish if they are nurtured properly. All of the skills and knowledge a child needs in Physical Education and Sport are carefully developed by **'Nurturing'** them through quality first teaching and by using excellent resources such as 'Real P.E. Every child gets 2 hours of P.E. teaching per week as well as access to 45 minutes of playtime each day which includes 'Sport Leaders' who lead activities during each playtime. Extra-Curricular clubs also play a huge part in our offer.
- **'Flourishing'** is the final part of our vision. Our children do this by showing the qualities of self-belief, determination, honesty, passion, teamwork and respect. They do this in lessons, clubs, representing the school and in the wider school community.

Early Learning Goals

Physical Development-Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Key Stage 1 National Curriculum Expectations

Pupils should be taught 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 movement patterns.

Key Stage 2 National Curriculum Expectations

Pupils should be taught to:

- ↔ use running, jumping, throwing and catching in isolation and in combination;
- ↔ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending;
- ↔ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics];
- ↔ compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Intent

The Physical Education and Sport curriculum at Cawston is a coherently planned sequence of lessons and sports which help pupils ensure they have progressively covered the skills and concepts required in the National Curriculum. Our aim is to develop the skills and concepts which are transferable to whatever sport or skill is being studied and will equip children for future learning across the curriculum and in the wider school community. At the heart of this are the six Real PE cogs of cognitive, social, personal, health and fitness, creative and physical and the School Sports Games values of self-belief, determination, honesty, teamwork, passion and respect.

Fundamental movement skills and the 'School Games Values' are planted in the EYFS and Key Stage 1 before they are nurtured throughout Key Stage 2, providing and fostering an environment that both develops a lifelong love of sport and physical wellbeing as well as challenging and inspiring each child to achieve their best.

Implementation

The Physical Education and School Sport curriculum at Cawston has been carefully designed to ensure each child, no matter their sporting ability, can make the most of their opportunities in lessons and in the wider school community.

In the EYFS and Key Stage 1, fundamental movement skills, based on the Real PE scheme, are planted and nurtured. The use of storytelling and the six Real PE cogs help develop the 'whole child'. All children are challenged across the P.E. curriculum and are given further opportunities to develop these skills and the 'School Games Values' in extra-curricular clubs, house matches and competitions and festivals in the wider community and with our strong link to the local 'School Sport Partnership'.

In Key Stage 2 these skills and values are developed further where clubs, competitions and festivals are linked to curriculum lessons each term. Clubs are led by staff and outside partners and are based on pupil voice feedback the previous year. A wide variety of sports and activities are on offer throughout curriculum time including tag-rugby-Sportshall athletics, dance, gymnastics, Cricket, rounders and athletics. The house matches, competitions and festivals are further boosted by 'special events days' where local clubs and providers offer events to do with wellbeing, trying a new sport and creative sports such as dance and gymnastics.

By the time they leave Cawston, the children will have developed the skills, values and concepts set out earlier as well as having gained a lifelong love of sport and physical activity. Their cultural capital will have been enhanced through participation in house events, inter school events as well as attending professional sporting events across the country.

Impact

By the end of their primary education at Cawston, our children are able to articulate and demonstrate that they have developed the skills, values and concepts to help them participate and enjoy a variety of sporting and physical activity opportunities. Our children demonstrate a good understanding of the values and concepts outlined in the curriculum. Children's knowledge and skills develop progressively as they move through the school, not only to enable them to meet the requirements of the National Curriculum but to build on and prepare them to become global citizens where they can use what they have learned in the wider community. Impact is also measured through key questioning skills built into lessons, child-led assessment and teacher assessment aimed at targeting next steps in learning.