



PJS PE Curriculum

Intent:

Alongside the national curriculum we will offer equal opportunities for all children to:

- Follow a dynamic, varied and stimulating program of activity whereby objectives are met
- Progress physically through an inspirational, unique and fully inclusive PE curriculum which will enhance life-long fitness and life choices
- Undertake a progressive PE curriculum that enables them to build on previous learning/ abilities
- Challenge themselves and promote self-esteem through the development of physical confidence and problem solving
- Learn how to cooperate and collaborate with others as part of an effective team, understanding fairness and sportsmanship to embed life-long values
- Achieve and access lessons through successful differentiation
- Explore their personal and spiritual identity especially through dance and gymnastics
- Promote long term healthy, active lifestyle choices

Implementation:

PE at PJS provides challenging and enjoyable learning through a range of sporting activities e.g. invasion games, net and wall games, strike and field games, swimming, dance and gym

- Children undertake a minimum of 2 hours physical activity each week
- Long-term plan set out PE units and skill-based learning objectives for each year group. This ensures that the National Curriculum objectives are fully met
- At PJS our PE lessons use a diverse range of teaching and learning styles to support and progress all the children's knowledge, skills and understanding which ensures all individual needs are met
- Prior knowledge and learning are continuously revisited through a spiral curriculum and 'Do Nows'
- A wide variety of clubs are offered throughout the school year (in house and external) to enhance sports play opportunities, further development of skills and team building
- Children are invited to attend Level 2 competitions throughout the school year. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being
- Each year, some Year 6 children are invited to become Sports Leaders (Playleaders (24 this year)/Sports House Captains (4)) for the school. They develop into sporting role models for the younger children, assisting with lunch-time clubs, our annual Sports day and any other Sporting activities
- Children undertake the daily mile three a week to increase physical activity participation

- All year 3 children participate in swimming lessons in the summer term. Some year 4 pupils will also be invited to join these sessions to ensure that vast majority of our pupils' swim competently, confidently and proficiently over a distance of at least 25 metres
- Specialist coaches are employed to deliver high quality PE sessions and develop staff understanding

Impact:

- Children are motivated in PE lessons
- Children are equipped with a variety of skills that they use and apply confidently enabling them participate in a range of different sports
- Children feel confident to take responsibility for their own health and fitness thus developing a love of sport leading to a happy and healthy life
- Children are equipped with skills that ensure that they are ready for their next stage of their education
- Most pupils will reach age related expectations in PE and this will contribute to their transition into KS3