

## Curriculum Statement

At North Road Academy, we believe that all children should experience an enjoyable and excellent physical education, in order to develop life long skills. Our PE curriculum aims to ensure that all pupils develop the fundamental skills and competence to excel in a wide range of physical activities by providing a broad and balanced curriculum with opportunities for all to be enjoyed.

## Intent

At North Road Academy, we intend on Physical Education to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities.

## Implementation

We like to challenge our students through a range of sporting activities including; invasion games, striking and fielding, gymnastics, various ball games and sports day to end the year. We want our students to enjoy a range of activities. We follow a scheme of work that sets out different units throughout the year. Children are invited to attend competitive sporting events within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by the children.

### Knowledge

Students will encompass a wide range of knowledge regarding various aspects of PE. This will include learning about the human anatomy, how to play various sports/games and rules to these games.

### Skills

Students in year 1 and 2 will be given the the opportunity to:

- master basic movements such as jumping, throwing, running and catching;
- develop balance, agility and co-ordination, and be given the opportunity to apply these in activities;
- compete in team games, using simple tactics for attacking and defending; and
- perform dances using simple movement patterns.

Students in year 3, 4, 5 & 6 will be given the the opportunity to:

- use the basic movements from KS1 both in isolation and in combination;
- play competitive games, and be able to attack and defend;
- develop flexibility, strength, technique, control and balance through athletics and gymnastics;
- continue to perform dances using a range of movement patterns;
- take part in outdoor and adventurous activity challenges both individually and within a team; and
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## **Assessment**

Assessment of units will be carried out using questioning throughout the course of the lesson and checking on the students ability to perform certain tasks and activities relating to the lesson and judging how well it was conducted.

## **Cross Curricular**

Links will be made with a variety of other subjects. These will include English, Maths, Science and PSHE.

## **Frequency**

PE will be taught once a week and are based on units consisting of six lessons.

## Impact

We want to motivate our students to participate in a wide variety of sports activities. To participate in activities that develop different fitness components, such as cardiovascular fitness, flexibility and muscular strength & endurance. We want them to develop teamwork and leadership skills through challenging competitive and cooperative activities. We believe in promoting the values of good sportsmanship across different sports with respect being a common theme. To encourage students to develop a healthy lifestyle and have a basic understanding of health awareness. We want our students to be able to utilise these skills in their everyday life and use them to lead a healthy and happy lifestyle.