



PE

Curriculum Overview

2024-25



PE VISION AND AIMS

At St Benedict's, high quality Physical Education and School Sport runs through the school with opportunities to participate before, during and after the school day. Through clubs and PE lessons, we deliver a broad range of physical activities to participate are provided which aims to improve the physical, mental and social development of our children. Here at St Benedict's we STRIVE for Success in all that we do.

Self-belief - A person's belief in their ability to complete tasks and to achieve their goals

Teamwork - Teamwork is working together (cooperating) with others to get to an end goal.

Resilience - Being able to take a setback (such as a defeat) and being able to channel the disappointment of the experience to do better next time.

Integrity - The quality of being honest and following the rules.




Virtuous - Having or showing high moral standard whilst shining in God's light.

Equality - The right for every child to be given equal opportunities and to be treated the same.



PE INTENT

At St Benedict's, we have an ambitious knowledge-rich PE curriculum that will inspire our children to develop the competence to excel in a broad range of physical activities and go on to lead healthy, active lives. Our Physical Education (PE) curriculum involves both 'learning to move' and 'moving to learn' with children experiencing a broad range of activities, including sport and dance. We want our children to have the composite skills and component knowledge to build deeper understanding and the capacity for skilful performance. Our vision when teaching PE is:

-  To inspire and nurture our children's interest and understanding of the valuable contributions it can make to their personal and emotional wellbeing and social, moral, spiritual and cultural development.
-  To physically educate all children in a climate of high expectations where a love of the subject can flourish so they know more and can do more.
-  To ensure our children experience exciting and memorable PE lessons, so that they can progress in the broader physiological, psychological and socio-cultural aspects of physical activity and sport and leave our school with confident, competent and intelligent movement skills and important knowledge that provides a gateway into lifelong participation.

PE IMPLEMENTATION

At St. Benedict's, all children have 2 hours of curriculum PE every week. Our PE curriculum builds progressively and ambitiously in terms of conceptual understanding and the generative learning of substantive knowledge. Children develop knowledge and understanding of a wide range of vocabulary so that it can be applied independently. Each unit of study in PE Passport draws upon children's prior learning and new content is introduced in a carefully planned and logical sequence, allowing them to build upon what they already know. This starts with developing fundamental movement skills as part of Physical Development in EYFS which including locomotor, stability and manipulation skills. In addition, lesson objectives will ensure that children 'know' what will be expected of them, be able to 'Show' the skills being learn and then 'Grow' using STRIVE to ensure PE is an environment where children can thrive and enjoy themselves. The key features of a PE lesson at St. Benedict's include:

- ✓ Opportunities for retrieval of key content are built into lessons in the form of low-stakes quizzing and effective questioning to consolidate learning.
- ✓ Key vocabulary explicitly taught and consistently modelled by staff.
- ✓ Teacher explanations are focussed, clear and precise. Disciplinary knowledge and physical skills are skilfully modelled and made explicit to children.
- ✓ Time for children to build sufficient competence and confidence to facilitate deeper understanding of key content including motor competence, an awareness of rules, strategies and tactics and healthy participation.

CURRICULUM – EYFS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamental Movement Skills 1	Stability 2 (static and dynamic balance)	Max Whitlock Gymnastics	Target Games 1	Athletics 1	Personal Challenges
Locomotion 1	Fantasy Fairy Tale	Target Games 1	Locomotion 2	Object Control 1	Net & Wall Game Skills 1

In **EYFS** there is an emphasis on developing fundamental movement skills where children are given opportunities to develop strength, balance and coordination.

Children are taught a wide variety of skills including balance, coordination and agility through explicit teaching and then given the opportunity and encouraged to master these skills through play based learning, all contributing to their physical development.

CURRICULUM – KS1

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One	Dance - Animals	Object Control 2	Fundamental Movement Skills 2	OAA	Athletics 2	OAA
	Fundamental Movement Skills 2	Max Whitlock Gymnastics	Target Games 2	Invasion Game Skills 1	Striking & Fielding Game Skills 1	Net & Wall Game Skills 1
Year Two	Dance - Pirates	Fundamental Movement Skills 2	Target Games 3	Invasion Game Skills 2	Athletics 2	Tri Golf
	Gymnastics - Pathways: straight, zipzag & curving	OAA	Fundamental Movement Skills 3	Max Whitlock Gymnastics	Striking & Field Game Skills 2	Net & Wall Game Skills 2

In **KS1** there is an emphasis on developing fundamental movement skills where children are given opportunities to develop core stability, balance, agility and coordination:

- Locomotor skills including walking, running, hopping, skipping, jumping and dodging.
- Manipulative skills including throwing catching, kicking, bouncing and rolling a ball.

Children are given opportunities to master the skills above throughout KS1 and then apply simple strategies and tactics in a range of games based learning. Repeated and deliberate practice is essential for pupils to remember and retrieve substantive knowledge and they use their disciplinary knowledge to explain and articulate what they know.

CURRICULUM – Lower KS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	Tag Rugby	Netball	Hockey	OAA	Cricket	Tennis
	Dance - Romans	Health Related Fitness	Max Whitlock Gymnastics	Sportshall Athletics	Athletics 3	Tri Golf
Year Four	Tag Rugby	Netball	Hockey	OAA	Cricket	Swimming
	Dance - Dance Around the World	Health Related Fitness	Max Whitlock Gymnastics	Sportshall Athletics	Athletics 4	Tri Golf

In **Lower KS2**, the children continue to build upon the key principles taught in KS1. Children will have furthered their application of Fundamental Movement Skills and will have progressed onto mastering a selection of them through different sporting games and activities. Opportunities are provided to develop their substantive and disciplinary knowledge as pupils apply their understanding and practice of different skills in sport specific scenarios.



CURRICULUM – Upper KS2

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Five	Tag Rugby	Netball	Swimming	Hockey	Cricket	Tennis
	Health Related Fitness	Dance - Dance through the ages	Sportshall Athletics	Max Whitlock Gymnastics	Athletics 5	Tri Golf
Year Six	Tag Rugby	Health Related Fitness	OAA	Hockey	Cricket	Tennis
	Swimming	Dance - The Haka	Sportshall Athletics	Max Whitlock Gymnastics	Athletics 6	Tri Golf

In **Upper KS2**, the children continue to build upon the key principles taught in lower KS2. Opportunities are provided to develop their substantive and disciplinary knowledge as pupils become more expert. Pupils will be able to apply their understanding of skill selection as well as application of rules, strategies and tactics, compositional ideas, and can apply this across a range of sports.



IMPACT

PE at St. Benedict's helps motivate children to participate in a variety of sports through quality teaching that is engaging and fun. From our lessons, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE.

- Children will achieve at least age related expectations in PE.
- Children will have developed flexibility, strength, technique, control, agility, coordination and balance and have mastered basic movements including; running, jumping, throwing and catching and are able to apply these to a range of sports.
- Children will enjoy sport and will seek additional extra-curricular activities both school and external to school related.
- Children will have increased self-esteem through representing the school in competitions and festivals involving other schools.
- Children will leave us able to swim 25 metres and demonstrate safe self-rescue.
- Children will use fitness and sports to improve their physical and mental health throughout their lives.