

Statement of Curriculum Intent- P.E

What do we want for our pupils?

At Hucklow, we recognise the importance of Physical Education and the role it has to play in promoting long term, healthy lifestyles. The intent of our P.E curriculum is to provide all pupils with high quality P.E and sport provision based on the Val Sabin P.E scheme. It is our vision for every pupil to lead a physically active lifestyle, and to appreciate the health benefits associated with this. We also aim to foster our pupils' talents in P.E and sports and provide a platform for them to develop their skills to a high standard. We strive to inspire our pupils through fun and engaging P.E lessons that are enjoyable, challenging and accessible to all, encouraging our pupils to succeed and reach their own potential. Through our teaching of P.E, we will provide opportunities for pupils to develop our 7 core values, as well as transferrable life skills, such as fairness and respect. We will also provide them with opportunities to take part in competitive sport, through both intra and inter sports competitions. We also prioritise the teaching of swimming in Key Stage 2 with all pupils in year 3, 4 and 5 having access to high quality swimming lessons. Swimming is a vital life skill that we hold in very high regard and we ensure that all pupils have the opportunity to develop their skills in swimming and water safety.

What is our end goal?

The goal of Physical Education and Sport at Hucklow is to enable pupils to become more active through a curriculum that develops skills throughout their time at school. We use the Val Sabin scheme of work throughout school to allow pupils to build their knowledge and skills in a way that is progressive and logical. We aim for pupils to develop, not only fundamental skills linked to different sports and activities, but also life skills that they can use in the future and encourage, build and maintain healthy life styles. It is also important that our pupils develop an enjoyment in Physical Education and an understanding of why being more physically active will help them in their everyday lives.

During their time at Hucklow Primary School, pupils will have:

- Developed a range of skills in multiple areas of the P.E curriculum (Gymnastics, Dance, Athletics and Games) in line with the Primary National Curriculum
- Learnt the skills to ensure that they have a solid foundation to strive in secondary school and build on their talents
- Had the opportunity to join at least one extra-curricular activity
- Taken part in a range of competitions and events
- Developed confidence, sportsmanship, resilience, and determination in order to achieve their best, in line with the school's core values

- Recognised their skills and strengths and gained the knowledge they need to evaluate and improve their performance
- Had the opportunity to develop a range of skills relating to swimming to meet the standards set out in the Primary National Curriculum
- Developed an enjoyment of swimming
- The fundamentals to understand a healthy lifestyle, including the impacts of their personal lifestyle choices.

What do our pupils learn and how does learning progress?

Physical Education begins when pupils start in our Early Years Foundation stage and are encouraged to develop their Physical Development through planned continuous provision activities and specific programmes.

EYFS

Our EY pupils will be begin to:

- Develop the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.
- Show good control and co-ordination in large and small movements.
- Move confidently in a range of ways, safely negotiating space.
- Handle equipment and tools effectively, including pencils for writing.

Throughout Key Stage 1, pupils develop their fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will begin to engage in competitive and co-operative physical activities in different situations.

Year 1

In Year 1, pupils learn to:

- Respond to instructions
- Copy and explore basic movements and body patterns with some control and coordination including using different body shapes and performing at different levels
- Link two movements with simple transitions

	● Use equipment safely ● Travel in a variety of ways, including running and jumping ● Remember simple movements and dance steps, linking movements to sound, music and feelings ● Perform some different types of throws (e.g. underarm and overarm) and receive a ball with some basic control ● Begin to develop hand-eye coordination ● Participate in simple games ● Begin to develop spatial awareness ● Begin to communicate using simple language.
Year 2	In Year 2, pupils learn to: ● Explore and create different movements and shapes with some control and coordination ● Use equipment in a variety of ways to create a sequence (including shapes, level and speed) ● Link movements together to create a sequence using basic transitions ● Begin to use vocabulary to describe sequences in gymnastics and dance to give feedback to others ● Copy and explore basic movements and sequences with clear control, including different levels, speed and range of body shapes. They also learn to show change of direction in a sequence and to develop their skills in creating dance sequences which builds on learning in Year 1 ● Develop their confidence to send the ball to others in a range of ways ● Begin to apply and combine a variety of skills to a game situation ● Develop their spatial awareness in games ● Understand the importance of rules in games to prepare for learning rules for a variety of games in Key Stage 2 ● Develop simple tactics and begin to use them to prepare for Year 3 when they will begin to vary their responses to tactics ● Begin to develop an understanding of attacking/defending to prepare for Key Stage 2.
Pupils in Key Stage 2 continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success as well as enjoying a wider range of competitive games and Athletics events.	
Year 3	In Year 3, pupils learn to: ● Build on skills in gymnastics from Key Stage 1 by applying their own ideas both independently and with others to create sequences and whole dances

	● Describe and begin to evaluate their work using simple gymnastics vocabulary including discussing similarities and differences ● Use turns and change of directions whilst moving in a variety of ways and demonstrate some flexibility in movements building on the gymnastics skills taught in Year 2 ● Begin to develop good technique when travelling, balancing and using equipment ● Begin to improvise independently and with a partner to create a simple dance and longer sequences, applying the skills taught in Year 2 ● Perform set steps and dance phrases ● Use simple dance vocabulary to compare and improve work in preparation for evaluating dance in Year 4 ● Begin to understand Athletics and the different types of events and skills required such as: running at different speeds/pace, relay take overs, running jumps and using a variety of throws. These skills will be further developed in Year 4, 5 and 6 ● Use equipment safely and with good control ● Understands tactics introduced in Year 2 by starting to vary responses ● Vary skills and actions in games, including 'closing down' others' space, and use skills with coordination and control ● Work well in a group to in different games and begin to compete in a controlled manner to prepare for the range of games taught in Year 4, 5 and 6 ● Be safe in and around water through familiarisation swimming sessions (9 week block) to increase confidence in water in preparation for developing swimming skills in Year 4 and 5.
Year 4	In Year 4, pupils learn to: ● Link movements with control, coordination and fluency developing composition by performing more complex sequences ● Begin to use gymnastics vocabulary to improve and refine performances building on the skills of evaluation introduced in Year 3 ● Develop strength and flexibility in performances and create sequences using various body shapes and equipment effectively. This will prepare pupils for refining their techniques in gymnastics in Year 5 ● Confidently improvise with a partner or individually and to create longer dance sequences as part of a larger group ● Use motifs and movement patterns to structure dance phrases and linking movements fluently, building on the skills taught in Year 3 on performing dance phrases ● Demonstrate precision and control in movements and to develop transitions between movements, showing rhythm and spatial awareness preparing for developing changes of pace in Year 5 ● Modify parts of a sequence as a result of self-evaluation and begin to critique work of others continuing to use dance vocabulary to describe

	● Begin to build a variety of running techniques (running for speed and distance, sprint speed take over and running over obstacles) and use with confidence in Athletics, building on basic skills introduced in Year 3 ● Perform a running jump with more than one component e.g. triple jump, and practise jumping for height ● Demonstrate accuracy in throwing and catching activities ● Describe good athletic performance using correct vocabulary ● Can use equipment safely and with good control ● Vary skills, actions and ideas in a way which suits the game ● Show confidence in ball skills in various ways and can link them together, using skills with coordination and control ● Take part in competition with a strong understanding of tactics introduced in Year 2 and 3 ● Work well in a group to develop various games ● Compare and comment on skills using technical vocabulary and can suggest ways to differentiate games ● Apply basic skills for attacking and defending, first introduced in Year 2 ● Use running, jumping, throwing and catching in isolation and combination and transfer skills into game situations ● Develop water confidence and ability to perform a self-save rescue in a variety of situations ● Begin to travel through the water in a range of different ways, building on confidence developed in Year 3 through an 18 week block of lessons.
Year 5	In Year 5, pupils learn to: ● Demonstrate mirroring and contrasting movements during a sequence and select and combine techniques and ideas in gymnastics, building on the more complex sequences taught in Year 4 ● Apply combined skills accurately and consistently showing control and fluency ● Draw on what they know when performing and evaluating and analyse skills and techniques ● Use more complex gymnastics vocabulary to describe how to improve and refine performances (continuing this from Year 3 and 4) ● Develop technique throughout performances and link skills with control, technique, co-ordination and fluency ● Begin to use exaggerated movements through expressions and strong movements in a sequence ● Develop fluency through varied transitions between movements ● Move appropriately and using controlled movements to a stimuli with the use of props where appropriate ● Develop change of pace in movements throughout a routine ● Improvises with confidence and still demonstrating fluency in their sequence ● Evaluate sequences using dance vocabulary (revising skill from Year 4) ● Develop the skills introduced in Athletics in Year 3 and 4 in running, throwing/catching and jumping (see Year 4 skills)

	● Develop rhythm in running over obstacles (refining the skill taught in Year 4) ● Begin to develop technique in using a 'pull throw' used to throw a javelin and understand ways to throw for distance and accuracy ● Begin to record peers' performances and evaluate these ● Develop a sprinting style- including race starts ● Continue to develop different types of jumping combinations introduced in Year 4 ● Develop skills in games introduced in lower Key Stage 2 (see Year 4 skills) ● Take part in competition with a strong understanding of tactics and can improvise in some game situations ● Compare and comment on skills using technical vocabulary and provides suggestions to improve performance ● Make suggestions to differentiate games with resources or changing factors (e.g. space) building on this skill from Year 4 ● Continue to apply attacking and defending to improve performance (Year 4 skill) ● Build on their swimming techniques and water confidence from Years 3 and 4, swimming further distances with more confidence (18 week block of swimming).
Year 6	In Year 6, pupils learn to: ● Plan and perform with precision, control and fluency, a movement sequence showing a wide range of actions including variations in speed, levels and direction ● Perform difficult actions showing extension, clear body shape and changes in direction ● Adapt a sequence to include a partner or a small group ● Gradually increase the length of sequences with a partner to make a sequence using the floor, mats and apparatus showing clarity of movement ● Continue to develop evaluation skills and use of gymnastics vocabulary in from Year 4 and 5 to improve and refine performances ● Continue to develop strength, techniques and flexibility throughout performances, reinforcing this skill from Year 5 ● Use expression to exaggerate movements and express feelings and perform with confidence using a range of movements considering the intent of a dance performance ● Demonstrate strong imagination when creating dance sequences thinking about shapes, height, direction, speed and transitions ● Move accurately to the beat in a dance sequence ● Dance with fluency, balance and control, linking movements to ensure they flow and showing precision ● Evaluate sequences using some complex dance vocabulary (building on this skill from previous year groups) ● Create and structure motifs, leading up to whole dances

- Refine all skills in Athletics from Year 4 and 5 (see Year 4 and 5 skills) including refining running techniques (new techniques for Year 6 include: drive and speed in running and stride frequency), running longer distances and running over obstacles (hurdles). Refine skills in combination jumps and accuracy in throwing and catching
- Develop the use of a 'pull throw' for javelin throwing and begin to use a 'push throw' for shot put
- Vary skills, actions and ideas in a way which suits the game (refining this skill from Year 5)
- Shows confidence in ball skills in various ways and can link them together (refining this skill from Year 5)
- Maintain possession during game situations.
- Takes part in competition with a strong understanding of tactics and improvise in game situations (refining skill from Year 5)
- Compare and comment on skills using technical vocabulary and provides suggestions to improve performance (refining skill from Year 5)
- Apply attacking and defending with fluent transitioning to improve performance demonstrating communication skills.

P.E Curriculum Enhancements

- Swimming: 9 week block of lessons for pupils in Year 3 and 18 week blocks of lessons for pupils in Year 4 and 5.
- Intra-School competitions: Mat ball, bench ball, rounders, basketball, netball.
- Inter-School competitions: Competitions run by Arches SSP, Sheffield Federation for School Sport, competitions within the Academy. These include football, cricket and basketball.
- Thornbridge outdoor activity centre- this is an annual outdoor education visit offered to pupils in Year 3 and 4.
- A wide range of after school clubs and activities, including: dance, multi-sports, football, hockey, cricket