

Physical Education Curriculum Statement

Our Physical Education Curriculum encourages all children to participate, succeed and excel, in competitive sport and physical activities. Physical Education at Barrow Hall Primary School provides its children with opportunities to become physically confident in a way that promotes leading a healthy, active, lifestyle. By providing opportunities to compete in sport and physical activities our children build character and develop personal traits such as respect and fairness.

Our aims are to –

- Develop children's competence to excel in a broad range of physical activities
- Encourage children to be physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy active lives.

In this they will -

- Develop a positive attitude towards participation in sport and physical activity.
- Understand the importance of leading a healthy, active, lifestyle.
- Apply fundamental movement skills, increasing their competence and confidence.
- Actively participate in independent and co-operative physical activities in increasingly challenging situations.
- Recognise and assess their own achievements and success.

Each year group will cover two units of work within a half term using the "Real PE" framework as a lesson plan template in addition to covering the aspects of physical activity mentioned in the National Curriculum such as dance, gymnastics, football and swimming. Lessons will be delivered twice a week with one lesson expected to be delivered outside. This will provide engaging and enjoyable opportunities for children to develop their interests in Physical Education.

The skills covered through these units of work will cover –

Key Stage 1;

- Basic movements including running, jumping, throwing and catching.
- Balance, agility and co-ordination.
- Developing an understanding of the basic tactics of attacking and defending
- Using simple patterns of movement to create and perform dances.

Key Stage 2;

- Applying basic principles of attacking and defending in appropriate games.
- Flexibility, strength, technique and control.
- Swimming competently over at least 25 metres
- Swimming using a range of strokes, for instance backstroke, effectively.
- Performing safe "self-rescue" in different water based situations.