



Moor First School

Physical Education Curriculum

'Together we unlock potential and learn for life'
2023/24

Intent

PE at Moor First aims to develop the knowledge, skills and capabilities necessary for mental, emotional, social and physical wellbeing in our children now and for their future. Physical fitness is an important part of leading a healthier lifestyle. Physical Education teaches self-discipline and demonstrates that to be successful you must work hard and have the determination to believe that anything can be achieved. It is our intent at Moor First, to teach children life skills that will positively influence their future. We aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in a range of physical activities. We want to teach children how to cooperate, collaborate and compete with others, as part of a team, understanding fairness and equity of play to embed life-long values. We want all children to be able to access at least 30 minutes of physical activity per day at school and to make healthy choices in life when then they grow up.

Implementation

All pupils at Moor First participate in weekly high quality PE (2 hours) delivered by Bee Active Sport coaches and class teachers. Our 2 year PE programme incorporates a variety of sports and follows a PE skill progression document, which links to the National curriculum across all year groups and into Middle School. This ensures that skills are sequenced appropriately to maximise learning for all children. Our PE programme ensures that all children develop the confidence, tolerance and the appreciation of their own and others' strengths and weaknesses. It provides competitive experiences and enables pupils to show their personal and spiritual identity through dance. The children are taught through the phrase 'hands, heart, head' in all lessons and they evaluate their learning using these.

We provide opportunities for all children to engage in extra-curricular activities before, during and after school, in addition to competitive sporting events. This is an inclusive approach, which endeavours to encourage not only physical development but also well-being. Community club links are developed through our school games organiser and provide opportunities for local engagement and talent development.

At Moor First, Annual questionnaires to year 4 parents indicate swimming ability for their child/children. Blocks of swimming lessons may be offered to PP children who need support to achieve the end of KS2 expectation (according to Sports Premium funding provision.) If questionnaire feedback indicates a large proportion of children who need intervention, then the school will make decisions annually as to the need for swimming within the curriculum. Year 4 Swimming data is transferred to middle schools.

Senior leadership teams and school governors have oversight of our school aims, policies, actions plans and financing for this subject.

We teach pupils through a **concept curriculum** which helps children to make links within their learning across and retain knowledge and skills: see the whole school curriculum intent for more details.

1) Adventure 2) Attack and defence 3) Dance 4) Fundamental skills 5) Gymnastics 6) Invasion Games 7) **Swimming (not currently delivered)** 8) Healthy lifestyle 9) Leadership 10) Movement 11) Personal development 12) Tactics and strategy 13) Teamwork

Impact

Our curriculum aims to improve the wellbeing and fitness of all children at Moor First School, not only through the sporting skills taught but through the underpinning values and disciplines that PE promotes. Within our lessons, children are taught about self-discipline and that to be successful you need to take ownership and responsibility of their own health and fitness. Our impact is therefore to motivate children to utilise these underpinning skills in an independent and effective way in order to live happy and healthy lives.

Specific impact:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A positive mental attitude, which includes resilience and ways to manage success and failure.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to know and demonstrate British Values through sport - democracy, rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs. This includes gender stereotyping.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in

extra-curricular sport. Children are confident and motivated knowing that effort is recognised.

- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.
- Successful transition of skills between Moor First and Middle Schools.
- Sporting prowess is developed.
- Future actions plans are robust and well financed in line with the school development.