

## Trafalgar Junior School: PE curriculum overview

Subject	Intent	Implementation	Impact
<p><b>Physical education</b></p> <p><i>Skills:</i></p> <ul style="list-style-type: none"> <li>• invasion games</li> <li>• divided court</li> <li>• hit and field</li> <li>• athletics</li> <li>• dance</li> <li>• gymnastics</li> <li>• orienteering</li> <li>• multi-skills</li> <li>• parkour</li> <li>• health related education (HRE)</li> <li>• positive sports attitude</li> </ul>	<p>The curriculum will ensure children will be able to:</p> <ul style="list-style-type: none"> <li>• apply and develop a <b>broad range of skills</b> and learn how to use them in different ways</li> <li>• develop an understanding of how to <b>evaluate, improve</b> and <b>recognise</b> their <b>own success</b> in different physical activities and sports</li> <li>• <b>communicate, collaborate</b> and <b>compete</b>, demonstrating resilience, fairness and respect</li> <li>• develop an understanding of how to lead a <b>healthy lifestyle</b> to support <b>physical</b> and <b>mental wellbeing</b></li> <li>• learn how to <b>swim</b> with a specialist instructor, in years 3 and 4</li> </ul>	<p><b>Supported by:</b> Power of PE, Association for Physical Education (afPE)</p> <p>The physical education <b>overview</b> outlines what is covered in each year group and how the subject is sequenced. Knowledge and skills progression for PE is covered through the Power of PE scheme of work.</p> <p><b>Lessons include:</b></p> <ul style="list-style-type: none"> <li>• a focus on the child as a whole by developing not only the <b>physical</b>, but also the <b>cognitive, social</b> and <b>emotional</b> elements of physical education</li> <li>• a <b>broad range of sports</b> and <b>activities</b> to ensure children develop confidence and skills in a variety of disciplines</li> <li>• key <b>life skills</b>, such as communication, co-operation and resilience</li> <li>• the development of how to lead a <b>healthy lifestyle</b>, including the importance of eating a balanced diet and strategies to support mental wellbeing, as well as the benefit of exercise on mental health</li> <li>• <b>swimming</b> lessons for years 3 and 4 with a specialist instructor at a local indoor pool to ensure children learn to swim – an important life skill</li> <li>• differentiation and adaptation for all abilities</li> </ul> <p><b>Timing:</b></p> <ul style="list-style-type: none"> <li>• <b>games</b> - weekly</li> <li>• <b>PE enrichment</b> - weekly</li> <li>• <b>swimming</b> – taught for 1 term in both year 3 and year 4</li> <li>• <b>after-school sports clubs, events and competitions</b> – throughout the year</li> </ul>	<p><b>Assessment includes:</b></p> <ul style="list-style-type: none"> <li>• pupil self-assessment</li> <li>• on-going assessment during lessons with teachers adapting planning as required</li> <li>• assessment criteria within the planning support teachers in assessing where the children are with their learning</li> </ul>