

Trafalgar Junior School: PE Curriculum Overview

Subject	Intent	Implementation	Impact
<p>Physical education</p> <p><i>Skills:</i></p> <ul style="list-style-type: none"> • invasion games • divided court • hit and field • athletics • dance • gymnastics • orienteering • multi-skills • positive sports attitude 	<p>The curriculum will ensure children will be able to:</p> <ul style="list-style-type: none"> • apply and develop a broad range of skills and learn how to use them in different ways • develop an understanding of how to evaluate, improve and recognise their own success in different physical activities and sports • communicate, collaborate and compete, demonstrating resilience, fairness and respect • develop an understanding of how to lead a healthy lifestyle to support physical and mental wellbeing • learn how to swim with a specialist instructor, in years 3 and 4 	<p>The physical education overview outlines what is covered in each year group and how the subject is sequenced. Knowledge and skills progression for PE is taught through the GetSet4PE scheme of work, which covers the national curriculum objectives.</p> <p>Lessons include:</p> <ul style="list-style-type: none"> • a focus on the child as a whole by developing not only the physical, but also the cognitive, social and emotional elements of physical education, establishing a link between physical activity and readiness to learn and mental health. • a broad range of sports and activities to ensure children develop confidence and skills in a variety of disciplines • key life skills, such as teamwork, communication, co-operation and resilience • the chance to experience competitive environments. • the development of how to lead a healthy lifestyle, including the importance of eating a balanced diet and strategies to support mental wellbeing, as well as the benefit of exercise on mental health • swimming 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 • adaptation to suit all abilities, with the view of challenging more able sportsmen/women <p>Timing:</p> <ul style="list-style-type: none"> • PE lessons: this includes a range of physical activity, skill acquisition and competitive games • Indoor PE - weekly • swimming – taught for 1 term in both year 3 and year 4 • Before and after-school sports clubs, events and competitions – throughout the year (daily) <p>Supported by: GetSet4PE, Association for Physical Education (afPE)</p>	<p>Assessment includes:</p> <ul style="list-style-type: none"> • pupil self-assessment • on-going assessment of prior and present knowledge during lessons with teachers adapting planning as required • assessment criteria within the planning support teachers in assessing where the children are with their learning • AFL from teachers during lessons to formatively assess attainment and progress across each block (sport) taught. <p>Monitoring:</p> <ul style="list-style-type: none"> • on-going check-ins between subject leads and teachers • regular monitoring by SLT and subject leads on a timetabled cycle