

Southway Junior School



PHYSICAL EDUCATION (P.E.) Curriculum

A high-quality physical education curriculum inspires all pupils to **succeed and excel in competitive sport** and other **physically-demanding** activities. It should provide opportunities for pupils to become **physically confident** in a way which supports their **health and fitness**. Opportunities to **compete** in sport and other activities **build character** and help to embed values such as **fairness** and **respect**.

KEY STAGE 2 Curriculum

Pupils should 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 should enjoy **communicating, collaborating** and **competing** with each other. They should develop an understanding of **how to improve** in different physical activities and sports and learn how to **evaluate** and **recognise their own success**.

AIMS

The national curriculum for **physical education** aims that all pupils:

- develop competence to excel in a broad **range** of physical activities
- are physically **active** for **sustained periods** of time
- engage in **competitive** sports and activities
- lead **healthy, active lives**.

KEY STAGE 2

- use **running, jumping, throwing** and **catching** in isolation and in combination
- play **competitive games**, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for **attacking** and **defending**
- develop **flexibility, strength, technique, control** and **balance** [for example, through athletics and gymnastics]
- perform **dances** using a **range of movement patterns**
- take part in **outdoor and adventurous activity** challenges both **individually** and within a **team**
- **compare their performances** with previous ones and demonstrate improvement to **achieve their personal best**.

Swimming and water safety

- swim **competently, confidently** and **proficiently** over a distance of at **least 25 metres**
- use a **range of strokes effectively** [for example, front crawl, backstroke and breaststroke]
- perform **safe self-rescue** in different water-based situations

ENGAGE IN COMPETITIONS

Some annual examples of competing opportunities at Southway Junior:

- Sports Day
- Interhouse sports competition
- Sports Crew
- Mid Sussex Active tournaments
- Crawley Football town tournaments
- Southway Fun Run
- Teacher led clubs (e.g. netball and football)
- Children versus the Teachers

HEALTHY, ACTIVE LIFESTYLE

Some examples of the ways Southway promotes a healthy, active lifestyle in addition to timetabled P.E. sessions:

- Weekly time trials (all children run for 10 minutes at least once a week similar to 'the 10minute mile')
- Sports Mark – going for gold
- Healthy Schools member
- Eco Schools award – going for gold...
- Teacher run clubs
(e.g. netball, football, tag rugby, cross country etc.)
(Updated on http://www.southwayjunior.co.uk/website/clubs_1/61002)
- Externally run clubs
(e.g. Fencing, football, dance, archery, meditation etc.)
(Updated on http://www.southwayjunior.co.uk/website/clubs_1/61002)

SPORTS MARK

The School Games Mark is a government led awards scheme to reward schools for their commitment to the development of competition across their school and into the community. Participating in this process allows us to evaluate our PE provision, assisting development of action plans for future progress.

Southway are delighted to have achieved the silver medal, demonstrating our dedication towards competitive sport and instilling healthy lifestyles for our children.





PHYSICAL EDUCATION (P.E.) curriculum map

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<u>Me and My World</u> Gymnastics Invasion Games	<u>Me and My World</u> Gymnastics Football	<u>Scoundrels at Sea</u> Dance Orienteering	<u>Scoundrels at Sea</u> Dance Handball	<u>Battles and Bangs</u> Swimming Athletics	<u>Battles and Bangs</u> Swimming Striking & Fielding (Cricket)
Year 4	<u>Victorian Towns and Twisted Tales</u> Dance Netball	<u>Victorian Towns and Twisted Tales</u> Gymnastics Invasion games	<u>Mysterious Maya</u> Dance Tag Rugby	<u>Mysterious Maya</u> Gymnastics Hockey	<u>To Infinity and Beyond</u> Swimming Athletics	<u>To Infinity and Beyond</u> Swimming Striking & Fielding (Stoolball)
Year 5	<u>Power and Palaces</u> Dance Tennis	<u>Power and Palaces</u> Gymnastics Invasion games	<u>We'll Meet Again</u> Gymnastics Orienteering	<u>We'll Meet Again</u> Dance Netball	<u>Seas, Storms & Survival</u> Swimming Athletics	<u>Seas, Storms & Survival</u> Swimming Striking & Fielding (Rounders)
Year 6	<u>Frozen in Time</u> Dance Netball	<u>Frozen in Time</u> Gymnastics Invasion Games	<u>Walk Like an Egyptian</u> Gymnastics Hockey	<u>Walk Like an Egyptian</u> Dance Tag rugby	<u>Blood, Bones & Body Bits</u> Swimming Athletics	<u>Blood, Bones & Body Bits</u> Swimming Striking & Fielding (Cricket)

Southway staff: For more details on planning, see the curriculum map in the **PE Progression folder**.

Resources to Support

PHYSICAL EDUCATION (P.E.) Curriculum

WEBSITES

- Association for Physical Education - <http://www.afpe.org.uk/>
- Premier Sports - <https://www.premier-education.com/schools>
- Sports Mark - <https://www.yourschoolgames.com/how-it-works/school-games-mark/>
- Mid Sussex Active - <https://midsussexactive.org.uk/>
- Handball - <https://www.englandhandball.com/schools-1/teaching-resources>
- Sussex Stoolball – <https://www.stoolball.org.uk>
- Rounders England - <https://www.roundersengland.co.uk/>
- England Netball - <https://www.englandnetball.co.uk/my-game/schools/primary-schools/>
- England Hockey – Quicksticks - <http://www.playquicksticks.co.uk/>
- Twinkl – Video support for teachers in some sports

BOOKS

- Southway's P.E. progression documents
 - Dance
 - Gymnastics,
 - Invasion Games
 - Athletics
 - OAA (Orienteering/Outdoor Adventurous Activities)
- CLPE

PHYSICAL RESOURCES

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