

# 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](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](http://www.southwayjunior.co.uk/website/clubs_1/61002))

## SPORTS MARK

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# PHYSICAL EDUCATION (P.E.) curriculum map

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b>	<u>Me and My World</u>	<u>Me and My World</u>	<u>Raiders &amp; Invaders</u>	<u>Raiders &amp; Invaders</u>	<u>Battles and Bangs</u>	<u>Battles and Bangs</u>
<b>Year 4</b>	<u>Victorian Towns and Twisted Tales</u>	<u>Victorian Towns and Twisted Tales</u>	<u>Mysterious Maya</u>	<u>Mysterious Maya</u>	<u>To Infinity and Beyond</u>	<u>To Infinity and Beyond</u>
<b>Year 5</b>	<u>Power and Palaces</u>	<u>Power and Palaces</u>	<u>We'll Meet Again</u>	<u>We'll Meet Again</u>	<u>Short Glorious Greeks unit</u>	<u>Seas, Storms &amp; Survival</u>
<b>Year 6</b>	<u>Frozen in Time</u>	<u>Frozen in Time</u>	<u>Walk Like an Egyptian</u>	<u>Walk Like an Egyptian</u>	<u>Blood, Bones and Body Bits</u>	<u>Blood, Bones and Body Bits</u>

# 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>
- 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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