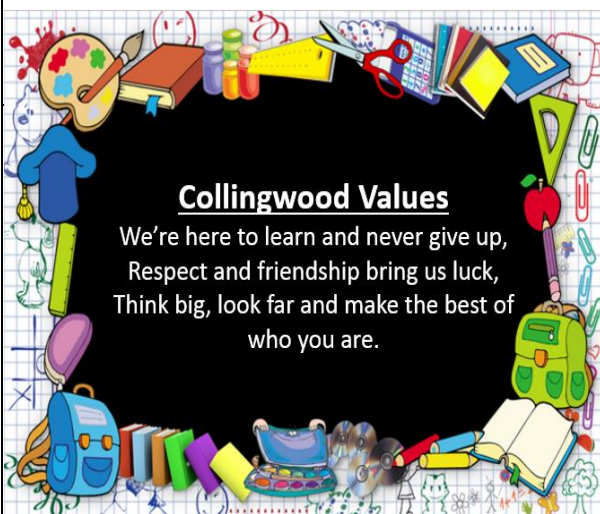


## PE at Collingwood Primary School

At Collingwood we aim to ensure all children enjoy and are engaged in Physical Education and Sport by providing them all with positive experiences. We will provide a high quality P.E curriculum, where children will learn to remain physically active, in a way that instils excellent sporting attitudes such as fairness and respect. Through Physical Education we aim to develop the children's knowledge, skills and understanding, so that they can perform with increasing confidence and competence in a range of activities. We aim to improve the health and well-being of the children and ensure that they understand the positive effects that a healthy lifestyle can have on their future.



### Collingwood Values

We're here to learn and never give up,  
Respect and friendship bring us luck,  
Think big, look far and make the best of  
who you are.

## Content and Sequencing

In **Key Stage 1** pupils will be provided with opportunities to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They are able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.

Pupils are taught to:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Participate in team games, developing simple tactics for attacking and defending.  
Perform dances using simple movement patterns.

In **Key Stage 2** children 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 enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught to:

Use running, jumping, throwing and catching in isolation and in combination

Play competitive games, modified where appropriate [e.g. 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 [e.g. 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.

Children in Years 4, 5 and 6 attend swimming lessons where they are taught to swim competently, confidently and proficiently using a range of strokes over a distance of at least 25metres. They are also taught to perform safe self-rescue in the water.

## Essentials

- 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 high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- 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 motivate and instil excellent sporting attitudes in others.
- Knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time 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.
- 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.

## Progress

Units of work are carefully sequenced so prior knowledge and concepts are built upon.

Regular formative assessment and immediate feedback ensures gaps are filled.

Effective questioning and higher order thinking are embedded within all learning experiences.

Progress and attainment within units is recorded and shared with all teaching staff.

Opportunities for revisiting content or apply learning in greater depth.