



Curriculum Intent

- Through PE 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 physical activities.
- Physical Education will provide opportunities for pupils to become physically confident in a way which supports their health and fitness.
- We aim to improve health and wellbeing, promote active participation and ensure that participation in PE is a motivating and positive experience.
- Opportunities to compete in sport and other activities will be offered to all children in order to build character and help to embed values such as fairness and respect.

Implementation

Each child receives 2 hours of curriculum time PE on a weekly basis which is carefully planned and mapped out to ensure a broad and full range of skills and activities. These sessions are either delivered by specialist coaches or class teachers during PE lessons.

- In addition to PE in curriculum time, we also strive to provide opportunities for children to access extracurricular physical activity through a wide range of sporting and active clubs.
- Children in Year 4 complete 10 hour of swimming lessons, these continue into Y5 and Y6 if children have not reached the required standard.
- All children access the school field for at least 30 minutes each lunchtime, where additional lunchtime staff are employed to oversee activities such as football.
- Children get the chance to compete against other schools through participation in the Wolds School Sport events.

Impact

The impact of this curriculum design will lead to outstanding progress in their performance, competition and social and mental development. Children will therefore be expected to leave Middle Rasen a well-rounded individual physically, socially and mentally and will have reached at least their expected level in PE. We hope the children will understand the importance of physical activity, sport and PE and motivate children to become confident, resilient and disciplined, so that they become independent and take responsibility for their health and fitness throughout their life.

Knowledge and skills progressions and vocabulary pyramids are available in school; however, these cannot be posted online due to copyright issues. We are happy to share paper copies on request.

Middle Rasen Primary School PE Curriculum map 2022- 2023

2022/2023						
	TERM 1		TERM 2		TERM 3	
EYFS	Introduction to PE : Unit 1 Fundamentals : Unit 1	Ball Skills : Unit 1 Dance : Unit 1	Introduction to PE : Unit 2 Games : Unit 1	Fundamentals : Unit 2 Gymnastics : Unit 1	Dance : Unit 2 Ball Skills : Unit 2	Gymnastics : Unit 2 Games : Unit 2
Y1&2	Fundamentals Gymnastics	Fitness Yoga	Dance Ball Skills	Invasion Dance	Athletics Net and Wall	Striking and Fielding Sending and Receiving
Y3 & 4	Gymnastics Ball Skills Y3/4	Fundamentals Y3/4 Yoga	Dodgeball Basketball Swimming	Football Dance	OAA Athletics	Cricket Tennis
Y5 & 6	Gymnastics Netball	Dance Hockey	Yoga Fitness	Badminton Y5/6 Dance	Athletics OAA	Rounders

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