



## **St Luke's Halsall CE Primary School – PE Curriculum**

*'Inspiring lives, building futures together with Jesus.'*



### **INTENT**

At St Luke's Halsall, our PE curriculum offers a coherently planned sequence of lessons from the LCP scheme of learning to help teachers ensure they have progressively covered the requirements of the PE National Curriculum. It provides the opportunity for progression across the full breadth of the PE National Curriculum for KS1 and KS2 for both indoor and outdoor PE. In KS1, the focus of the PE curriculum is on the development of the fundamental skills that will be built upon in KS2 when they are applied in specific sports.

At St Luke's Halsall, it is our intention to develop a lifelong love of physical activity, sport and PE in all young people. We aim to help ensure a positive and healthy physical and mental outlook in the future and help young people to develop essential skills like leadership and teamwork. Within each lesson, we strive to give every child the opportunity to develop skills in PE, consider the impact on their health and fitness, compete/perform and evaluate.

The National Curriculum for physical education aims to ensure 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 1**

Pupils will 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 should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils will be 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.

### **Key Stage 2**

Pupils will 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.

Pupils will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination,
- Play competitive games, modified where appropriate (for example, netball, basketball, cricket, tennis, hockey, netball, rounders 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**

At St Luke's Halsall children will attend swimming lessons in Years 3-5. To support children who do not achieve their National Curriculum swimming targets at the end of Year 5, we will aim to offer them extra swimming lessons in Year 6.

They will be taught to:

- 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.

### **EYFS Physical Education**

Within the EYFS there are seven areas of learning split into Prime Areas and Specific Areas. They are as follows:

The prime areas are important because they lay the foundations for children's success in all other areas of learning and of life:

- Personal, Social and Emotional Development,
- Physical Development,
- Communication and Language.

The specific areas provide the range of experiences and opportunities for children to broaden their knowledge and skills:

- Literacy,
- Mathematics,
- Understanding the World,
- Expressive Arts and Design.

PE in the Early Years will be taught via Physical Development.

### **Extra-Curricular Activities**

To further develop pupils' love of sport and physical activity, there are a variety of extra-curricular sports and physical activities on offer at St. Luke's Halsall which are provided by Marine in the Community. Some of the sports on offer in school may include; football, athletics, cricket and multi-skills.