



Overview

At New Longton we provide a high-quality physical education curriculum that inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. We 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. As a Lancashire school we are guided by their scheme of work enhanced by specific dance units that link closely to our creative topics.

Our aims follow the national aims which are

- to 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.

Through well written units pupils in Early Years and KS1 the children 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. They will 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 and perform dances using simple movement patterns.

In KS2 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 will enjoy communicating, collaborating and competing with each other. They will 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 achieve by being taught how to use running, jumping, throwing and catching in isolation and in combination. They will play competitive games, modified where appropriate [for cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. They will develop flexibility, strength, technique, control and balance through athletics and gymnastics. They will perform dances using a range of movement patterns and take part in outdoor and adventurous activity challenges both individually and within a team. They will compare their performances with previous ones and demonstrate improvement to achieve their personal best.

In Year 3 (Term 1) and Year 4 (Term 2) the children go swimming each week to work on their swimming skills and water safety. It is our intention that every child will be able to swim 25 metres by the end of Year 6. Children who are unable to reach 25 metres by the end of Year 4 will access our swimming boosters during Term 3.

In Year 5 and 6, the majority of children go on a residential to undertake lots of OAA activities enhancing the OAA curriculum undertaken in Year 4 and 5.

Scheme of Work

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Dance	Gymnastics	Dance	Gymnastics	Dance	Gymnastics
	FOM (Balance)	FOM (Agility)	FOM (Coordination)	FOM (Balance)	FOM (Agility)	FOM (Coordination)
Year 1	FOM (Balance)	FOM (Coordination)	FOM (Agility)	FOM (Balance)	FOM (Agility)/ Rugby Tots	FOM (Coordination)
	Tennis	Gymnastics	Dance	Gymnastics	Dance	Dance/ Gymnastics
Year 2	Tennis	FOM (Balance)	FOM (Coordination)	FOM (Agility)	FOM (Agility) Rugby Tots	FOM (Balance)
	Gymnastics	Dance	Gymnastics	Dance/Yoga	Gymnastics	Athletics/Dance
Year 3	Dance	Invasion (net & wall)	Gymnastics	Swimming	Invasion Games	OAA/Dance
	Tennis Swimming	Swimming	Invasion Games (striking & fielding)	Gymnastics	Athletics	Invasion Games
Year 4	Dance	Gymnastics	Swimming	Swimming	OAA	Invasion Games (striking & fielding)
	Tennis	Invasion Games (net & wall)	Invasion Games (striking & fielding)	Invasion Games (net & wall)	Dance	Athletics
Year 5	Tennis	Gymnastics	Dance	Gymnastics	Athletics	Invasion games /OAA
	Invasion Games (striking & fielding)	Invasion Games (net & wall)	Invasion Games (striking & fielding)	Invasion Games (net & wall)	OAA	Athletics
Year 6	Tennis	Gymnastics	Dance	Gymnastics	OAA	OAA/Athletics
	Invasion Games (striking & fielding)	Invasion Games (net & wall)	Invasion Games (striking & fielding)	Invasion Games (net & wall)	Athletics	Dance/Gymnastics

Assessment

We are in the process of assessing to end of year objectives based on the end of key stage statements within the various aspects of the PE curriculum. Within each strand (dance, games

gymnastics and swimming (KS2 only) the children will be assessed as either emerging, developing or securing their end of year group objectives.

This is for both key stages. In Early Years and throughout KS1 we also assess the 10 key skills of catching, running, hopping, skipping, jumping, over-arm thro, under-arm throw, rolling a ball, bouncing a ball and kicking a ball. There are three stages – emerging, developing or securing. All children should be leaving KS1 at the secure stage for each of the 10 core skills. If children are not on track before they reach the end of KS1 they will access our P.E intervention program which focuses on these 10 core skills with a specific coach to help them reach the governments and Lancashire's expectations.