

**Manor Junior School**

**Curriculum Statement – Physical Education (PE)**

**'I will start engaging in a lifelong love of sport where I can thrive to be the best I can be and develop a positive, active lifestyle.'**

<p><b>The national curriculum aims to ensure that all pupils:</b></p> <ul style="list-style-type: none"> <li>• Develop competence to excel in a broad range of physical activities.</li> <li>• Are physically active for sustained periods of time.</li> <li>• Engage in competitive sports and activities.</li> <li>• Lead healthy, active lives.</li> </ul>	<p><b><u>Our Planning Approach – Spiral Planning</u></b></p> <p><b>Hook and Key Question</b> Recall and remember previous skills. Key question to inspire, fascinate and ignite curiosity. What questions do we have?</p> <p><b>Investigate and explore</b> Make connections to other games/activities, dances and gymnastic skills. Explore different movements and skills using key vocabulary.</p> <p><b>Learn, Create and improve</b> Demonstrate new skills. Develop, refine and practise them as part of a group or as an individual.</p> <p><b>Perform/Play</b> Demonstrate ability to use and apply skills. Create performance/sequence or play game. An opportunity to show case how we have been inspired, curious and fascinated and celebrate learning.</p> <p><b>Evaluate</b> Reflect on key question and evaluate performance either as an individual or as part of team.</p>
<p><b><u>Intent – Aims</u></b></p> <p>Through our aspirational PE curriculum we will provide children with the knowledge, skills and attributes so that they can succeed and excel in sport and understand the important role that being physically active can have on their lives. We aim to promote health and physical activity as a lifelong endeavour.</p> <p>We will provide high quality in PE and Sport where children will be: committed to PE and Sport; know and understand what they are trying to achieve and how to go about it; know that PE and Sport are an important part of a healthy, active lifestyle both physically and emotionally; have the confidence to get involved in sport; have the skills and control they need to take part in PE and Sport; willingly take part in challenging and competitive activities; think about what they are doing and make decisions; show a desire to improve in relation to their own ability; have the stamina, suppleness and strength to keep going and enjoy PE and Sport.</p> <p>Children will have the chance to work more collaboratively with others in their class, year and school during lessons and events. The events they do will underpin core values such as learning respect, showing equality, being honest and having the courage to engage in new challenges and the determination to succeed.</p> <p>Through their time at Manor, children will have the chance to explore a range of sporting opportunities, learning a vast range of skills so that they can achieve the best that they can be in this subject.</p>	<p><b><u>Implementation- How do we achieve our aims?</u></b></p> <p>We will use a spiral approach in our curriculum to teach the skills required through different sports in our PE/Games lessons. We will help children succeed by assessing the children as well as asking children to evaluate and record their own progress. We will provide enrichment opportunities and celebrate achievements through a range of different sporting activities and events. Planning is created by the subject lead.</p> <p>They will achieve our aims by learning the following curricular units through their time at Manor:</p> <ul style="list-style-type: none"> <li>• Games</li> <li>• Gymnastics</li> <li>• Dance</li> <li>• Net and Wall</li> <li>• Outdoor and Adventurous Activities (OAA)</li> <li>• Athletics</li> <li>• Swimming</li> <li>• Health &amp; Fitness</li> <li>• Multi Skills</li> <li>• Enrichment Units</li> <li>• They will also have opportunities to experience a range of sporting activities and events</li> </ul> <p>There will be specific and general vocabulary applied to these curriculum units and a focus will be given to qualities of sportsmanship so children can become the best they can be.</p>

**Impact - How will we know we have achieved our aims?**

By the end of their time at Manor Junior School, the children will have developed a vast range of skills to participate in a wide of sports. They will also understand the importance about the role of being active can play when leading healthy lifestyles and having a positive impact on emotional wellbeing. The children will have experienced high-level sport through PE and Games lessons and through an enrichment of sporting events and occasions which develop a love of an intrinsic desire to competitively achieve. They will have been embellished with the values of sport through these enhanced activities showing characteristics such as respect and equality, and they will be able to work collaboratively with others as a part of a team. They will demonstrate the skills of good sportsmanship and be motivated to be the best they can be and be determined to succeed.

Learning and progress is monitored by the subject leader and work is sampled for each project. Year leaders are given feedback.

**Curriculum Links with other subjects and enrichment opportunities**

PE, Games and Sporting Opportunities provide many links with other curriculum subjects including:

- Art – through the art of sport, capturing sporting moments though digital media and showing the elegance of movement and the spirit of performance
- Computing – using digital tools to help improve performance through evaluation and coaching new skills
- Design Technology – understanding the principles of a healthy diet and how this impacts sporting achievement
- Geography – the opportunity to participate in different locations and understanding areas of geographical locations through such activities as orienteering
- History – looking at the history of sport and how this has played a key role in shaping society from Ancient Greeks to the modern empire.
- Maths – using statistics/measurement skills to improve performance
- Modern Foreign Languages – learning aspects of sport through different languages and accessing sports through different cultures
- Music – how music can be used as an inspirational tool for success, how different songs can be interpreted and expressed through sports such as dance or gymnastics.
- PSHCE – the role that being active can provide in a healthy lifestyle and positive mental wellbeing.
- RE – how sport embraces different cultures and disciplines
- English – reading and discussing sporting achievements and biographical accounts of sports players. Writing reports on sporting events.
- Science – the role exercise plays on the systems of the human body and how diet can impact performance. How ecology is linked to a sporting environment, how forces play a central role in analysing performance. What sports science is and how this generally effects sport progress.

Curriculum Overview: PE at Manor Junior School

	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
Year 3	Games: Football, Netball, Multi Skills Dance (C)	Games: Football, Netball, Multi Skills Gymnastics	Games: Tennis, Multi Skills, Hockey Gymnastics	Games: Tennis, Multi Skills, Hockey Dance (S)	Games: Rounders, Cricket, Enrichment Athletics	Games: Rounders, Cricket, Enrichment OAA
Year 4	Games: Football, Netball, Health & Fitness Dance (C)	Games: Football, Netball, Health & Fitness Gymnastics	Games: Tennis, Multi Skills, Hockey Swimming	Games: Tennis, Multi Skills, Hockey Dance (S)	Games: Rounders, Cricket, Enrichment Athletics	Games: Rounders, Cricket, Enrichment OAA
Year 5	Games: Football, Netball, Rugby Gymnastics	Games: Football, Netball, Rugby Dance (C)	Games: Tennis, Health & Fitness, Hockey Gymnastics	Games: Tennis, Health & Fitness, Hockey Dance (S)	Games: Rounders, Cricket, Enrichment Athletics	Games: Rounders, Cricket, Enrichment OAA
Year 6	Games: Football, Netball, Rugby Dance (C)	Games: Football, Netball, Rugby Gymnastics	Games: Tennis, Hockey, Enrichment Dance (S)	Games: Tennis, Hockey, Enrichment Enrichment	Games: Rounders, Cricket, Enrichment Athletics	Games: Rounders, Cricket, Enrichment OAA