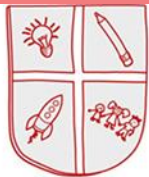




# PE INTENT



**Barrow CEVC  
Primary School**

Inspire, Create, Discover, Together

# INTENT

## Physical Education (PE) - Intent

At Barrow, we are fortunate to have a designated sports coach who delivers all curriculum PE lessons as well as lunchtime clubs as well as after school provision.

Across the school we teach physical education to encourage a life-long participation in sport and fitness and raise awareness of the benefits of a healthy lifestyle. The following core concepts underpin the teaching of physical education:

- Physical development
- Emotional development
- Social development
- Cognitive growth

We follow a broad and balanced physical education curriculum which underpins the key learning intentions of the wider curriculum. Our long-term vision is to provide high-quality teaching across the school so that every child can find enjoyment and a life-long appreciation of health and fitness. We seek to inspire our students through exposure to a vast variety of physical activities, developing personal drive and supporting future sporting achievements. Our physical education curriculum is designed for pupil engagement and satisfaction whilst stimulating skills transferrable to the rest of our curriculum; physical, emotional, social and cognitive growth. We aim to supplement our curriculum teaching through extra-curricular provision and participation in both inter and intra school events. We use a variety of resources to support teacher knowledge and improve lessons:

- A broad and balanced curriculum developed by skilled teachers.
- Specialist coaching and instruction from experienced practitioners.
- Targeted assessment tracking systems.

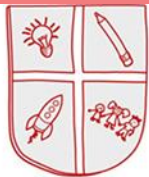
## **Aims of the PE Curriculum**

At Key Stage 1 (Years 1-2) the national curriculum for PE aims to ensure that all:

Pupils should 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 should 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.
- Formal elements



**Barrow CEVC  
Primary School**  
Inspire, Create, Discover, Together

MENT

At Key Stage 2, pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination.
- play competitive games, modified where appropriate [for example, 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 [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.
- to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Early Years

In Early Years the children will learn through the specific Early Learning goal of Physical Development and the whole curriculum is tailored to providing many experiences to use gross motor skills. Gross motor skills are the abilities required in order to control the large muscles of the body for walking, running, sitting, crawling, everyday activities such as dressing and self-care and are essential in maintaining appropriate posture which links to the children's fine motor skills e.g. drawing, writing and cutting.

Read more: <http://www.healthofchildren.com/G-H/Gross-Motor-Skills.html#ixzz6g1tYxB6m>

Specifically, the children will;

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and co-ordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Additional experiences

- Children have regular access to appropriate outdoor space through the day.
- Open-ended resources are provided.
- Children often make assault courses that develop their balance and co-ordination.
- Open-ended resources are available for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing.
- Children visit the gym trail weekly.



Barrow CEVC  
Primary School

Inspire, Create, Discover, Together

# Physical Development in the Early Years

<b>Physical Education</b>	<p><b>Physical Development:</b></p> <p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"><li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li><li>• Demonstrate strength, balance and coordination when playing.</li><li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li></ul> <p><b>Expressive Arts and Design: Being Imaginative and Expressive</b></p> <ul style="list-style-type: none"><li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li></ul>	<p>Pupils should develop fundamental movement skills, becoming 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 cooperative physical activities, in a range of increasingly challenging situations.</p> <ul style="list-style-type: none"><li>• 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.</li><li>• Participate in team games, developing simple tactics for attacking and defending.</li><li>• Perform dances using simple movement patterns.</li></ul>
---------------------------	--	--

INTENT

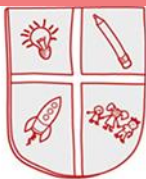


**Barrow CEVC  
Primary School**  
Inspire, Create, Discover, Together

The adaptations to the curriculum will aim to ensure that pupils are confident with a range of movement and sporting skills, which they can apply across a range of sporting activities. This means that children will do less sports each year but each sport they do will be taught over a longer period of time to help with the mastery of skills.

## KS1 Curriculum LTP 23-24

Barrow CEVC Primary School	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<div>✕</div> <div>✎</div> <b>Reception</b>	<b>Unit 1</b> Body Management	<b>Unit 1</b> Cooperate & Solve Problems	<b>Unit 1</b> Dance	<b>Unit 1</b> Gymnastics	<b>Unit 1</b> Manipulation & Coordination	<b>Unit 1</b> Speed Agility Travel
<div>✕</div> <div>✎</div> <b>Year 1</b>	<b>Unit 1</b> Attack Defend Shoot	<b>Unit 1</b> Gymnastics	<b>Unit 1</b> Send & Return	<b>Unit 1</b> Hit Catch Run	<b>OAA</b> Year 1	<b>Unit 1</b> Run Jump Throw
	<b>Unit 2</b> Attack Defend Shoot	<b>Unit 2</b> Gymnastics	<b>Unit 2</b> Send & Return	<b>Unit 2</b> Hit Catch Run	<b>Unit 1</b> Dance	<b>Unit 2</b> Run Jump Throw
<div>✕</div> <div>✎</div> <b>Year 2</b>	<b>Unit 1</b> Attack Defend Shoot	<b>Unit 1</b> Gymnastics	<b>Unit 1</b> Send & Return	<b>Unit 1</b> Hit Catch Run	<b>OAA</b> Year 2	<b>Unit 1</b> Run Jump Throw
	<b>Unit 2</b> Attack Defend Shoot	<b>Unit 2</b> Gymnastics	<b>Unit 2</b> Send & Return	<b>Unit 2</b> Hit Catch Run	<b>Unit 1</b> Dance	<b>Unit 2</b> Run Jump Throw



Barrow CEVC  
Primary School  
Inspire, Create, Discover, Together

The adaptations to the curriculum will aim to ensure that pupils are confident with a range of movement and sporting skills, which they can apply across a range of sporting activities. This means that children will do less sports each year but each sport they do will be taught over a longer period of time to help with the mastery of skills.

## KS2 Curriculum LTP 23-24

Year 3	Football Year 3	Basketball Year 3	Unit 1 Gymnastics	Tennis Year 3	Hockey Year 3	Cricket Year 3
	Football Year 4	Basketball Year 4	Unit 1 Dance	Tennis Year 4	Hockey Year 4	Rounders Year 3
Year 4	Tag Rugby Year 3	Netball Year 3	Unit 1 Gymnastics	OAA Year 3	Athletics Year 3	Cricket Year 4
	Tag Rugby Year 4	Netball Year 4	Unit 1 Dance	OAA Year 4	Athletics Year 4	Rounders Year 4
Year 5	Football Year 5	Basketball Year 5	Unit 1 Gymnastics	Tennis Year 5	Athletics Year 5	Cricket Year 5
	Football Year 6	Basketball Year 6	Unit 1 Dance	Tennis Year 6	Athletics Year 6	Rounders Year 5
Year 6	Tag Rugby Year 5	Netball Year 5	Unit 1 Gymnastics	Badminton Year 5	OAA Year 5	Cricket Year 6
	Tag Rugby Year 6	Netball Year 6	Unit 1 Dance	Badminton Year 6	OAA Year 6	Rounders Year 6

# Extra Curricular Activities

In addition to our curriculum lessons, our sports coach delivers sports clubs, facilitating games and sports at lunchtimes. We run extra-curricular sports activities most days after school offering a menu of sporting activities including football, basketball, netball, dance and fitness. These change on a half termly basis. This year we are using our sports premium funding to provide additional early morning swimming lessons for those children who are working significantly below their year group expectations in this area of PE.

## Spring Term 24

	12 - 1pm	3pm - 4.15pm
Monday	Year 2/3 Football 12.30pm	
Tuesday	Year 5/6 Football 12.30pm	Y456 Dance
Wednesday	Year 4 Football 12.30pm	Y123 Fitness
Thursday	Year 5/6 Football 12.30pm	Y456 Netball
Friday	Year 5/6 Football 12.30pm	xx