



Rationale for our Physical Education Curriculum

Our Intent

At St Mary of the Angels, we aim to inspire all children to succeed and excel in a broad range of physical activities. We endeavour to help children to understand that PE and sport are an important part of a healthy, active lifestyle and to ensure they are physically active for sustained periods of time. All activities planned aim to develop the skills and control that the children need to take part in PE and sport, including competitive sport, and embed values such as fairness and respect.

Early Years

In the EYFS, the emphasis is placed on the development of gross motor skills, foundational for later physical education instruction. Children are encouraged to negotiate space and obstacles safely, demonstrating strength, balance, and coordination through various activities. They move energetically, embracing actions such as running, jumping, and climbing, which form the basis for a range of physical skills in subsequent years.

Year 1

As children transition into Year 1, they begin to gain more control over their bodies. They explore movements such as curling, stretching, and balancing, which help enhance their physical literacy. Throwing and kicking skills are introduced alongside the basics of team games. At this stage, students are learning to move safely within their environment while developing basic coordination and agility.

Year 2

In Year 2, the curriculum shifts to include more structured physical activities. Students learn to plan and perform sequences in gymnastics, improving their skills through constructive feedback. They become familiar with the rules of various team games, using techniques of attacking and defending. This year highlights the importance of rhythm and creativity in dance, allowing children to express feelings through movement and choreography.

Year 3

By Year 3, children are more aware of their physical capabilities, participating in relay races and adapting their movements to support teammates. They encounter more complex gymnastic sequences and learn about the relationship between strength and performance. Swimming becomes an integral component of their physical education, with pupils required to swim 25 metres confidently and proficiently, using various strokes and demonstrating safe self-rescue techniques.

Year 4

In Year 4, students are encouraged to refine their motor skills further. With a focus on throwing, jumping, and accuracy, they develop their skills from previous year groups to make tactical decisions in gameplay. The curriculum promotes collaboration through partner work in gymnastics and dance, requiring students to create sequences that include multiple phases. By this stage, pupils learn to navigate and follow maps, enhancing their spatial awareness in physical contexts.

Year 5

Year 5 marks a pivotal point in students' physical education journey, as they begin to understand and appreciate the values of competition, such as fairness and respect. They are encouraged to engage in a broader range of physical activities, enhancing their competence and confidence. This year promotes an understanding of health and fitness, allowing students to recognise their progress in various sports and evaluate their own performance.

Year 6

As students reach Year 6, they consolidate the skills and principles learned throughout their PE education. They participate in competitive sports, with emphasis on character-building and ethical values inherent in sportsmanship. Students continue to hone their swimming abilities, reinforcing their competency across multiple strokes. The focus on lifelong fitness remains essential, empowering pupils to identify ways to maintain active lifestyles well beyond their school years. Furthermore, we encourage our Year 6 pupils to take on leadership roles within our PE curriculum through the addition of Sports Leaders. These pupils help to organise events, personal best challenges, and lead on healthy lifestyle initiatives across the whole school.

Enrichment

We are proud that our PE curriculum has been recognised for its focus on raising the profile of healthy lifestyle choices. This year, building on our successes in 2023, we were again awarded the Gold Award by the School Games commission. For further information about how we enrich the PE curriculum, please visit our website page to browse through our PE blog <https://www.stmaryoftheangels.co.uk/page/physical-education/87263>