

**Physical Education  
Curriculum**

**Communication**

**Collaboration**

**Curiosity**

# Physical Education Vision Statement

*DfE Vision: All pupils leave primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.*

## Our Vision

“Sana mens in corpore sano” (a healthy mind in a healthy body), Juvenal

We believe a physically literate child is a competent, confident and healthy mover. Physical literacy builds motivation, confidence, physical competence and an understanding of movement. Thus, it provides our children with the strong foundations needed to sustain a lifelong participation in physical activity and sport. Our children benefit from a broad and balanced Physical Education (PE) programme carefully designed to inspire learners to:

- Become physically literate and confident in a way which supports their health and fitness
- be physically active for sustained periods of time
- engage in competitive sports and activities that build character and help to embed values
- succeed and excel in physical activities and sport
- discover skills, abilities and preferences, and make choices about how to get involved lifelong physical activity

Physical Literacy is reinforced through daily active playtimes and our extensive extra-curricular and competitive school sport programme.

## Curriculum

Our physical education curriculum is carefully planned to include a range of indoor and outdoor based lessons throughout the year and provides a varied and progressive learning programme. All children will receive at least two hours of engaging, high quality and enjoyable physical education lessons per week, as well as taking part in at least half an hour of physical activities per day. Appropriate provision is in place to support a range of learning needs and abilities and ensure positive outcomes for all children. Where possible and appropriate we provide our PE outside as we are aware that many of our children come from homes without gardens or live in flats where often there is no outside space for them to play. This Year we have adapted our curriculum with the enforced Covid lockdown in mind. We know from student voice that many children did not get to participate in regular physical exercise during this period of time meaning their level of physical fitness dropped as did **their Key Fundamental Skills (Running, jumping, coordination, throwing, catching, kicking and striking)** so adapted our curriculum to focus on these during the Autumn Term.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Additional Events/ Activities
<b>EYFS</b>	Key Fundamental Skills	Key Fundamental Skills	Key Fundamental Skills	Key Fundamental Skills	Key Fundamental Skills	Key Fundamental Skills	Mini-Sports Day
<b>Year 1</b>	Key Fundamental Skills	Net & Wall Games & Dance	Invasion Games & Gymnastics	Ball Skills & Gymnastics	Striking & Fielding & Target Games	Sending & Receiving & Athletics	Sports Day
<b>Year 2</b>	Key Fundamental Skills	Net & Wall Games & Dance	Invasion Games & Gymnastics	Balls Skills & Gymnastics	Striking & Fielding & Target Games	Sending & Receiving & Athletics	Sports Day
<b>Year 3</b>	Key Fundamental Skills	Tennis & Dance	Football & Gymnastics	Tag Rugby & Gymnastics	Cricket & Basketball	OAA & Athletics	Sports Day London Virtual Mini-Marathon Lewisham Sports Hall Athletics Lewisham Tri-Golf Competition
<b>Year 4</b>	Key Fundamental Skills	Tennis & Dance	Football & Gymnastics	Tag Rugby & Gymnastics	Cricket & Basketball	OAA & Athletics	Sports Day Platform LDN Cricket Coaching Platform LDN Cricket London Virtual Mini-Marathon Lewisham Mixed-Football Lewisham Quad-Kids Competition
<b>Year 5</b>	Fitness & Fundamental Skills	Tennis & Dance	Football & Gymnastics	Flag Football & Gymnastics	Cricket & Basketball	OAA & Athletics	Sports Day London Virtual Mini-Marathon Girls United Female Football Coaching Lewisham 3v3 mixed Basketball Lewisham Mixed Tennis Competition Lewisham Tag-Rugby Competition Lewisham Boys Football Competition Lewisham Quad-Kids Competition Lewisham Girls Kwik-Cricket Competition Lewisham Boys Kwik-Cricket Competition Bikeability

<p><b>Year 6</b></p>	<p>Fitness &amp; Fundamental Skills</p>	<p>Tennis &amp; Dance</p>	<p>Football &amp; Gymnastics</p>	<p>Flag Football &amp; Gymnastics</p>	<p>Swimming &amp; Basketball</p>	<p>OAA &amp; Athletics</p>	<p>EFL Cup London Virtual Mini-Marathon Curriculum Coaching from Millwall Community Trust Girls United Female Football Coaching Lewisham Sports Hall Athletics Jimmy Mizen Mixed Football Competition NFL Flag Football Competition Lewisham Boys Football Competition Lewisham Mini-Hockey Competition Lewisham Girls Kwik-Cricket Competition Lewisham Boys Kwik-Cricket Competition Step Academy Trust Cup</p>
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## **Aims**

Through P.E., children will:

- participate in a wide range of sports and physical activities;
- develop and apply teamwork skills;
- develop resilience, determination and drive to achieve their best;
- compete in a range of competitive events;
- organise and lead their own activities, events and games, where appropriate;
- develop and model the skills of 'good sportsmanship', including respect for rules and the ability to win or lose gracefully.

Through P.E., teachers will:

- model a positive attitude to sports and physical activity;
- encourage active participation and engagement in a range of physical activities;
- seek and embrace opportunities for their own CPD;
- plan and lead a range of regular sporting clubs or other physical activities;
- seek and plan events where children can perform or compete;
- celebrate children's success and personal achievements in sports and physical activity.

## **Competition**

We aim to give all children the opportunity to experience competitive sport by planning and participating in regular school-based events such as sports days, inter-school leagues and other local or regional events that may be appropriate and available. Our partnerships with Millwall Community Trust, Association for Lewisham Primary Sports, LDN Cricket, Girls United and other Step Academy Trust Schools allows us to enter the following competitions:

- Mini-Tennis
  - Boys Football, Girls Football and Mixed Football
  - Sportshall Athletics
  - Quad Kids Athletics
  - Tag Rugby
  - NFL Flag Football
  - 3 v 3 Basketball
  - Boys Cricket, Girls Cricket, Mixed Cricket
  - Hockey
  - Tri-Golf
  - SEN specific competitions: Boccia, New Age Curling, Panathlon
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## After-School Clubs

In addition to this, we also offer weekly sports clubs and activities where children can develop skills in sports or other physical activities in which they have a particular interest or expertise. These are closely linked with our schools drivers of “Communication, Collaboration and Curiosity”

We aim for all our clubs to be provided free of charge to children. We use additional funding to ensure pupils are able to access a range of opportunities. With each club organised we signpost children to local community clubs where they can continue their interests outside of school. *We also promote local clubs via our twitter account, emails to parents and handing out promotional flyers. As a result of this the clubs that some of our children have attended are: Millwall Community Trust, Girls United Football Club, London Thunder Basketball Club, Hillyfielders Football Club and Honor Oak Raiders Netball Club.*

- Year 1 – Year 6 Multi-skills
  - Year 3,4,5 & 6 – NFL Flag Football
  - Year 6 Football
  - Girls United (Girls only) Football
  - KS1 – Train like an Athlete
  - KS2 Train like an Athlete
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