



Key Stage 1 PE

The physical education curriculum developed at our school aims to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides 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.

General Aim of the subject

Within PE we aim to ensure that all pupils:

- 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 and active lives.

There is also a significant focus on the ongoing development of Physical Literacy in our students to help facilitate performance. For example, the development of fundamental movement skills is an essential aspect of the PE lesson. Secondly, we aim to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key Stage 1 Curriculum content

KS1 students access a broad range of units/activities which require them to acquire diverse range of physical skills. Students are taught one 50 minute lesson of PE per week with the students completing 7x 5-6 week blocks of PE throughout the school year. Additionally, students receive one 50 minute lesson of swimming.

Although delivered at slightly different times of the year, a typical KS1 student would experience the following areas of study:

Term	Term 1	Term 2	Term 3
Unit(s)	Swimming Gym & Dance Fundamental movements	Swimming Athletics Team games	Swimming Acquiring within games Adventurous Activities
Assessment	Observational/ Demonstration of skill acquisition	Observational/ Demonstration of skill acquisition	Observational/ Demonstration of skill acquisition

Assessments:

In order to obtain a more holistic picture of our students, we assess our students across three areas:

- Physical Competence (student's technical, tactical and strategic ability)
- Understanding of Health and an Active Lifestyle
- Evaluation and creating of solutions (relating to student's thinking capacity during set tasks)