

BEECHWOOD PRIMARY SCHOOL
THE SCHOOL CURRICULUM 2022

PHYSICAL EDUCATION

The PE curriculum at Beechwood Primary School meets the National Curriculum aims and ensures that children of all ages:

- explore a range of physical activities;
- are physically active within a PE lesson;
- engage in competitive activities;
- are encouraged to lead healthy, active lives.

Foundation

The EYFS follow a two-year rolling program where Physical Development is a prime area of discrete teaching and continuous provision. Children revisit and continuously build on their gross and fine motor skills each day through a range of specific activities linked to their current topic. Specific movements are regularly scaffolded by adults and a range of stories and topics are used to enhance this area of learning. Adults create games and provide opportunities for play both indoors and outdoors, supporting children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Children are encouraged to take part in a wide range of activities, taking risks and building resilience.

EYFS have a weekly PE lesson following our PE scheme.

Key Stage 1

Children in Key Stage 1 develop fundamental movement skills through the use of the “Primary Steps in PE” scheme. Children learn to extend their agility, balance and coordination, individually and with others. Children will be able to apply the skills to a range of activities.

Dance - they learn to move rhythmically and expressively using simple movement patterns, showing their imagination.

Games - they learn to participate in team games, using their skills to score points or goals against others.

Gymnastics - they learn how to link together movements, still shapes and balances.

Competition - they learn how to work on their own and together in teams, competing against others. Children are taught to follow rules and how to move and play safely.

Yoga- they learn different yoga poses and link the PE curriculum to looking after their mental health and wellbeing.

Key Stage 2

Pupils build on the fundamental movement skills children learn in Key Stage 1, they continue to apply and develop the range of skills, learning how to use them in different ways by continuing with the “Primary Steps in PE” scheme.

Dance - they create and perform dances using a range of movement patterns to express ideas and feelings.

Games - they play and invent games to score points or goals against others, either on their own or in small teams.

Gymnastics – they develop flexibility, strength, technique, control and balance, both on the floor and using apparatus

Swimming - in Year 4, children have a weekly swimming lesson. They are taught to swim competently and confidently using a range of strokes effectively. They learn safety rules to increase confidence when in or on water.

Athletics - they run, jump and throw, trying to beat their own records and competing against others.

Competition – they learn how to use skills for different purposes. Children play competitive games and apply basic principles suitable for attacking and defending. As they grow in confidence, they learn how to compare and improve their performance to achieve their personal best and see what kind of physical activity they could enjoy in their own time.

Yoga- they learn different yoga poses and link the PE curriculum to looking after their mental health and wellbeing.