Physical Education Curriculum

Intent:
At Copnor Primary School, we aim to inspire and provide opportunities for pupils to become physically active and confident in a way which supports **life-long** health and fitness, both physically and mentally. Physical activity not only improves health, reduces stress and improves concentration, but also promotes correct physical growth and development. Exercise has a positive influence on academic achievement, emotional stability and interaction with others. Through our **creative** curriculum, we aim to promote a healthy and fulfilling lifestyle by developing children's **self-motivation**, self-esteem and positive attitude towards physical activities. Using both indoor apparatus (large and small) and our fantastic school grounds, we will encourage learners to participate in a wide range of physical activities and competitive sports. We will use links to our local and wider community to foster relationships between sports clubs and groups, and encourage children to participate in local events. We will provide opportunities for all children to engage in physical activities (competitive and non-competitive) which build **resilience** and help to embed values such as **collaboration, honesty and respect.** We will use Outdoor and Adventurous Activity (OAA), teambuilding through team based activities and residential to further teach and foster skills of **problem solving and resilience,** which are critical life skills for our children to become **independent** and confident adults.

Implementation:
At Copnor Primary School, we implement a progressive PE curriculum that builds on prior knowledge and skills each year. The PE curriculum is devised to be challenging, **inspiring, creative** and **motivating** to encourage active learning and participation. Our pupils will revisit PE skills and knowledge in order to embed and deepen their understanding. The lessons are carefully planned to ensure that all children are well supported in their learning and that opportunities for depth are planned for. We ensure that external coaching organisations and visiting experts enhance the learning experiences for the children, providing an immersive and exciting curriculum. For example: Portsmouth in the Community and Bikeability. **Cross-curricular** links are achieved alongside our PSHCE and Science units, looking at additional aspects to healthy living; such as hygiene and cleanliness, diet and the functions of the skeletal system, muscular systems and parts of the human body. Our pupil's learning focusses on a range of skills and activities such as Invasion games, Ball skills (such as Sending and

Receiving, Dribbling and Passing and Moving), Net/Wall, Striking and Fielding, Gymnastics, Dance, OAA, Athletics and Swimming. A range of extra-curricular activities are offered, allowing children to further embed their skills and knowledge. These are either lunchtime or afterschool clubs run by teachers or by external coaches. E.g. Football club, netball, dodgeball/Benchball, Athletics, Multi Skills and Cricket Many children go on to join local clubs and play a greater role in our **local community,** for example: a large number of our children are members of the local football, gymnastics, dance, and swimming clubs.

Copnor also have House Sports Captain's, selected by the senior leadership team, who organise and manage inter-house sporting competitions and playground activities which run at lunchtimes. These are open to all children and provide opportunities for them to be physically active during their break times. These might include skipping games, ball games or running activities. Copnor also provide additional physical activities for our less active children or children who need additional support with the fundamental skills of PE. The main event of the year's PE teaching is Sports Day, when all parents and carers are invited to watch and be a part of the celebration of physical activity and development. Copnor Primary School are also active participants in the Hampshire School Games programme and have repeatedly received Gold accreditation for participation and inclusiveness across a wide range of activities. Our children regularly participate in level 1, 2 and 3 level competitions. The local swimming pool is used for swimming lessons in year 5. These are run by local coaches and often encourage the children to join the local swimming clubs.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Parachute Games	Gymnastics (Travel)	Sending & Receiving (Passing & Catching)	Partner Work	Athletics	Dance Pirates
Year 1	Intro to different equipment Sit ball skills	Moving ball skills Gymnastics (control)	Dribbling Skills Dance Under the sea	Sending & Receiving (throwing & catching) Athletics	Athletics (Sports day Prep) Gymnastics (control)	Bat and Ball Games Dance (great fire of London)
Year 2	Sending & Receiving (Kicking and Stopping) Gymnastics (speed and direction)	Passing and moving Adapted Games	Dribbling skills Gymnastics (Speed & Direction)	Sending & receiving (Throwing and Catching) Dance (explorers)	Bat and Ball skills Athletics	Athletics (Sports Day Prep) Dance (The scented Garden)
Year 3	Invasion Games (Basketball)	Invasion Games (Football)	Invasion Games (Netball)	Invasion Games (Hockey)	Striking & Fielding (Cricket)	Striking & Fielding (Rounders)

	OAA	Gym – Height	Dance (Pyramids)	Gym – Height	Dance (Roman)	Athletics
Year 4	Invasion Games (Hockey) Dance (Robots)	Invasion Games (Rugby) Gym – Mirroring & Matching	Invasion Games (Handball) Dance (Viking)	Invasion Games (Basketball) Gym (Mirroring & Matching)	Striking & Fielding (Cricket) OAA	Net/Wall (Tennis) Athletics
Year 5	Invasion Games (Basketball) Dance (Around the World)	Invasion Games (Football) Gym – Equipment and Music	Invasion Games (Netball) Swimming or Net/Wall (Volleyball)	Invasion Games (Hockey) Swimming or Dance (Battle of Troy)	Striking & Fielding (Rounders) Gym – Equipment and Music	Net/Wall (Tennis) Athletics
Year 6	Invasion Games (Hockey) OAA	Invasion Games (Rugby) Gymnastics (Rhythmic)	Invasion Game (Handball) Dance (Tribal)	Invasion Games (Basketball) Net/Wall (Volleyball)	Net/Wall (Tennis) Athletics	Striking & Fielding (Rounders) Dance (Evolution)

Topics in green link cross curricular to theme.

Impact:

When pupils leave Copnor Primary School, they will have an appreciation and basic understanding of the benefits of a physical and healthy lifestyle and be equipped with the skills and knowledge to participate in a range of physical activities and sports. This applies to competitive and non-completive activities. Many children thrive in competitive situations, they are encouraged and motivated to represent their club in a particular sport going on to achieve great success while others will feel and be confident in their ability to remain physically fit, active and healthy. Their deepening knowledge will have helped them to understand how to lead a physically active and healthy life and they will have developed important personal skills such as **independence**, **collaboration and respect to become resilient and lifelong learners.**

"Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."
John F. Kennedy