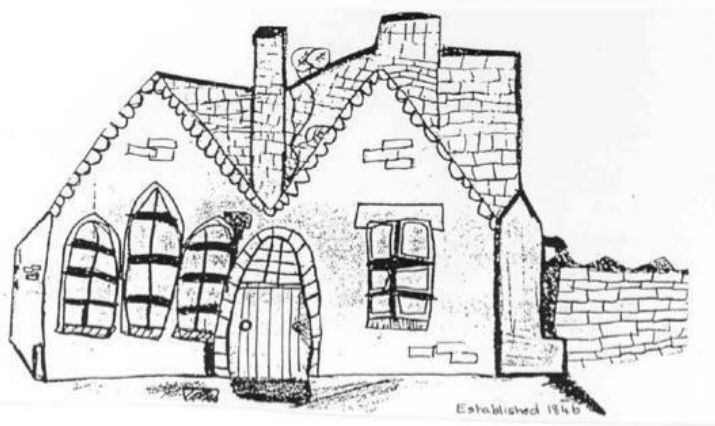


Physical Education Curriculum Purpose and Rationale

Flourishing Together



At Quinton Church Primary School, we believe that to **Flourish** is to become the best version of ourselves in body, mind and spirit (John 10:10). It means being loved and recognised for who we are, uniquely made in the image of God (Psalm 139:13-14).

Together emphasises the strength, possibilities and encouragement that can be found in community, teamwork and family (Psalm 133:1). It highlights how everyone has a part to play and brings value and worth to our collective endeavours. Togetherness shines a light on our desire to be a community that is inclusive of everyone, whatever the challenges, so that all can flourish (1 John 4:19).

At Quinton, our culture is to: **Be kind, be fair and be thankful** (Micah 6:8). This overarching culture of kindness, fairness and thankfulness are further explored through our six values of **Belonging, Love, Justice, Forgiveness, Peace and Hope**.

Our curriculum is driven by our Christian Vision, Culture and values, and the diversity of our local, national and global community.

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Curriculum Purpose: Why study Physical Education?

Why do we teach Physical Education?

At Quinton Church Primary we believe that Physical Education (PE) is an essential part of a child's education. It provides children the tools and understanding required to make a positive impact in their own physical health and well-being which will enhance life-long fitness and life choices. Exercise has a positive influence on academic achievement, emotional stability, and interaction with others. Therefore, both teachers and children should be aware of its importance.

PE develops the children's knowledge, skills and understanding, so that they can perform with increasing competence and confidence in a range of physical activities. We provide a broad and balanced programme of physical education we believe every child should have; with activities designed to be enjoyable, vigorous, and purposeful. Through providing positive experiences, a lifelong interest in physical activity is encouraged, as well as promoting positive attitudes towards a healthy lifestyle.

PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. The range of physical activities is wide and includes; athletics, dance, games, gymnastics, outdoor education and swimming. A high-quality programme is designed to satisfy the needs, abilities and interests of all individual children.

National Curriculum

The main purpose of the PE curriculum is to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, spiritual, social and physical wellbeing now and in the future. The rationale behind this is that learning through health and wellbeing enables children to:

- Make informed decisions in order to improve their mental, emotional, social, spiritual and physical wellbeing
- Respond and thrive from a variety of challenges in a range of physical contexts and environments
- Understand what it takes to persevere, succeed and acknowledge others' success.
- Experience positive aspects of healthy living and activity for themselves
- Apply their mental, emotional and social skills to pursue a healthy lifestyle
- Make a successful move to the next stage of education
- Make informed decisions about the importance of health and wellbeing in their lives which will be sustained into adult life, and which will help to promote the health and wellbeing of all children
- Perform at high levels in sport or prepare for careers within the health and leisure industries

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National Curriculum

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Which Christian values underpin the curriculum content?

Each of the school values are incorporated into the PE curriculum, but there are specific values that the children will develop further.

Belonging – Children will develop teamwork and collaboration through group activities and team games, learning how to communicate effectively, support each other, and work towards shared goals in line with the curriculum’s focus on cooperative play and team tactics.

Justice – Children will learn to play by the rules, respect referees and decisions, and understand the importance of fairness in competition, reflecting the curriculum’s emphasis on following rules and developing honesty and integrity in sport.

Hope – Children will build resilience by setting personal goals, persevering through challenges, and celebrating progress, linking to the curriculum’s aim of developing confidence and determination in physical activity.

Kindness – Children will encourage and motivate peers during activities, offering praise and support to those who may struggle, reflecting the curriculum’s focus on fostering positive attitudes and healthy participation in sport.

Forgiveness – Children will learn to move on from mistakes made by themselves or others during games, showing resilience and a positive attitude, which supports the curriculum’s focus on developing character and maintaining a respectful sporting spirit.

How are British Values taught through Physical Education?

At Quinton Church Primary School, pupils are taught about British Values through Physical Education by learning about a variety of diverse communities. For example:

- All children will be expected to follow the value of Democracy. Children are taught about the need for different roles and different responsibilities, including teamwork and decision making. Pupils will work individually and in teams and make informed choices.
- All children will be expected to follow The Rule of Law. Children will have an established ethos in PE with regard to how to win and lose fairly and understand good sportsmanship. Pupils will understand the need for rules, adhere to them and can develop rules for activities that they create.
- All children will be expected to understand Individual Liberty within Physical Education. Children will have an embedded ethos where the views of individual pupils are listened to and respected. Children will respect individual differences and will be confident to make judgements about their own and others’ performances.
- All children will be expected to show Mutual Respect to all. Children will be taught about historical, cultural and religious differences, through a variety of PE activities. Children will engage in competitions and encouraged competitions within and across the community showing the values and expectations of Quinton Church Primary School.

Curriculum Rationale: Why study Physical Education in this way?

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Why has the specific knowledge been selected?

Children are taught how to develop their skills and knowledge within a variety of topics and activities, which are taught alongside and linked to the values of the school, from EYFS through to Year 6. In EYFS, children are taught the fundamentals of walking, running, rolling, jumping, throwing and catching a ball, and developing control and coordination to move their bodies confidently, in preparation for KS1. These common threads are focused on right and enhanced through to Year 6 and underpin the PE curriculum at Quinton Church Primary. Children focus on developing and mastering skills and knowledge in KS1 and this knowledge is then built upon in KS2, where it is integrated into many sports. As they build upon their knowledge, children will progress over time. Therefore, they will know and remember more and apply the embedded skills learnt to new and unfamiliar sports with ease.

How are Physical Education lessons delivered at Quinton?

The fundamentals of PE at Quinton Church Primary are educated through two sessions per week by qualified sports coaches and class teachers. They will receive high quality lessons which are planned and prepared for each week using assessment of skills from the previous session to inform on the next. Children have access to a range of resources and sports equipment to be able to participate in activities and develop skills. The children also have access to termly swimming lessons and are coached by trained swimming coaches to attain a high level of children being able to swim before they leave Quinton Church Primary. There is access to an indoor hall and outdoor area to facilitate a range of sports and activities safely. During lunchtimes and afterschool there is opportunities to participate in sessions with our PE coaches and built knowledge and skills of a variety of sports daily.

What is the impact?

The impact of high-quality PE lessons means that the children of Quinton will be physically literate, understanding how their body moves and the impact of living a healthy lifestyle. They will have the knowledge and understanding of a range of skills and tactics, which have been built upon through the teaching of Physical Education each year, for when they leave Quinton and progress onto secondary school. They will develop their self-esteem and competence to perform solo or as part of a team. While collaborating cooperatively in teams, communicating effectively with teammates and developing sportsmanship they will incorporate Quinton values into their learning of working with others through kindness, fairness and thankfulness. Children will also become critical thinkers by solving problems and discussing different strategies with confidence. Having experienced excellent physical education, school sport and physical activity it creates universal enthusiasm about physical activity; where every child feels confident and ready to participate, leading to lifelong enjoyment, participation, and active lifestyle choices.

Physical Education Curriculum Aims

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What are the aims, end-points, of specific stages of the curriculum?

Physical Education at Quinton Church Primary aims 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, active lives

In EYFS, children should be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

In Key Stage 1, children should master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns.

In Key Stage 2, children should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should integrate these skills within a sport and be able to understand rules and techniques to use. They should enjoy communicating, collaborating and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.