



P.E. AT ST THOMAS MORE CATHOLIC FIRST SCHOOL

AIMS:

To provide high quality physical education curriculum that inspires all pupils to enjoy and aim to succeed in competitive sport and other physically demanding activities.

To offer opportunities for pupils to become physically confident in a way that supports this health and fitness as well as embedding values such as fairness and respect.

EYFS / KS1

During Early Years Foundation Stage and Key Stage 1, pupils should build upon their natural enthusiasm for movement and use this to explore and learn about their world. Pupils are taught:

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

In Key Stage 1 we provide children with excellent PE lessons in dance, gymnastics and games as part of that weekly curriculum. We support this learning with extra-curricular opportunities such as tag rugby and football coaching.

KS2

As pupils move into Key Stage 2, children will continue to apply and develop a broader range of skills. They will enjoy collaborating and competing with each other. They will develop an understanding of how to improve their different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils are taught:

1. To use running, jumping, throwing and catching effectively.
2. To play competitive games and apply basic principles suitable for attacking and defending.
3. To develop flexibility, strength, technique, control and balance when performing dances.
4. To take part in outdoor and adventurous activity challenges both individually and within a team.

These skills will be taught under the following five areas of study: dance, games, gymnastics, athletics and outdoor adventure.

Children in years 3 and 4 are taught to swim confidently and with proficiency over a distance of at least 25m. They are educated to use a range of strokes effectively including front crawl, back stroke and breast stroke.

As part of our PE curriculum, professionals from outside the school work closely with staff to provide high standard PE lessons.

We also provide many opportunities for children in Key Stage 2 to expand their skills outside of the classroom. As part of our extra-curricular learning we run after school clubs.