

Beaufront First School Long-Term Plan: PE

Intent	Implementation	Impact
The PE Curriculum at Beaufront seeks to ensure that all children are able to lead happy, healthy and active lives. PE supports both mental and physical health and development and so the PE Curriculum has been carefully designed to meet not only the expectations of the National Curriculum but to support every child's all-round development, establishing healthy habits that last a lifetime. This curriculum specifically aims to ensure that all pupils: • Are inspired to lead healthy and active lives. • Are inspired to enjoy being active. • Are inspired to be successful and excel in a range of competitive sports and other physical activities. • Know and understand their own bodies, their capabilities, their strengths, and areas in which they could be supported or develop. • Know and respect their own minds and bodies, and what they are capable of with determination and ambition. • Develop resilience and stamina.	All children in the Early Years will enjoy a range of physical activities in their daily provision in addition to a more formal weekly PE lesson, a weekly 'Balanceability' biking lesson, and dance lessons held in the summer term. All other children will engage in twice-weekly PE lessons (one of which is swimming for Key Stage 2 children), which complement other subjects such as Wellbeing and PSHE. Our inclusive and enriched curriculum takes into consideration individual skills and abilities so that every child is able to participate at their own level. Pupils are able to enjoy PE through: • Carefully planned sequences of lessons designed to develop the skills, knowledge and understanding needed to participate in physical activities and sports. • Carefully planned, appropriate resources which includes visiting coaches/ experts in school, and visits to sports centres or other facilities. • Regular practice of the skills acquired through PE lessons, after-school provision and in-school curriculum provision such as Forest School, purposeful play time activities etc... Children will also build skills in relation to: - Listening - Speaking - Problem Solving - Creativity - Planning	Through a broad and balanced PE Curriculum children are able to: • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing, moving, and participating in sports. • Gain, develop, and improve skills in a range of sports and become interested in different sports. • Gain the skills and determination needed to excel at a particular sport or set of sports that are of particular interest to them or for which they have a particular flair. • Develop respect for the human body and what they are capable of. • Gain confidence to move in different ways that may be physically demanding, and to participate in competitive sports. • Be physically active for sustained periods of time. • Lead happy, healthy and active lives.

	- Adapting - Leadership - Teamwork	
PE Curriculum Objectives		
EYFS (Nursery & Reception)	KS1 (Year 1 & 2)	KS2 (Year 3 & 4)
ELGs <i>Physical Development</i> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <i>Communication and Language</i> • Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary. <i>Personal, Social and Emotional</i> • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. • Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. • Manage their own basic hygiene and personal needs, including dressing, going to the toilet, and understanding the importance of healthy food choices.	National Curriculum • Develop fundamental movement skills, become increasingly competent and confident. • Master basic movements including running, jumping, throwing and catching. • Develop 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.	National Curriculum • 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. • Enjoy communicating, collaborating and competing with each other. • Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. • 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

• Work and play cooperatively and take turns with others. Specific Objectives • Develop coordination and control. • Develop manipulation skills using their own bodies and a range of equipment. • Develop different ways of moving, including sequences of movements, with and without equipment. • Learn how to ride a bike (balance → pedal) safely and with control and a sense of direction. • Develop ball skills using hands, feet and equipment. • Develop throwing and catching skills. • Experiment with different equipment to improve stamina, strength and coordination, e.g. skipping ropes, trampolines, monkey bars.		achieve their personal best.
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Programme of Study - Overview			
	EYFS	KS1	KS2
Autumn 1	Basic Movements	Invasion Games	Hockey
Autumn 2	Multi-Skills	Multi-Skills Games	Dance
Spring 1	Gymnastics	Gymnastics	Gymnastics
Spring 2	Ball Skills	Dance	Tag Rugby
Summer 1	Tennis Skills	Athletics	Athletics
Summer 2	Dance	Tennis	Tennis

