

PCurriculum Quality 2019-2020 PE	Date published: September 2019	Plan number: 1	Subject Leader: Dominic Civale
<p>Intent</p> <p>At the Marchant-Holliday School, we believe in delivering a high-quality Physical Education curriculum. We are committed to ensuring that all children participate in PE and physical activity irrespective of any special educational need(s) or physical disability they may have. We believe that children should have equal access to, and participation in, a range of physical education activities in order to reach their own potential. Physical fitness is an important part of leading a healthier lifestyle and promoting mental well-being. It is an opportunity to develop resilience and independent learning skills. The self-discipline, determination and perseverance taught in PE echoes the growth mindset values we believe in and encourages our pupils to have the mindset to believe that anything can be achieved.</p> <p>We fully adhere to the aims of the national curriculum for physical education to ensure that all children:</p> <ul style="list-style-type: none"> • 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 <p>The overarching concept for PE at The Marchant-Holliday School is to develop the knowledge and skills necessary for mental, emotional, social and physical wellbeing in our children now and for their future</p>			
<p>Implementation</p> <p>The Marchant-Holliday School has extensive school grounds with excellent sporting facilities and learning environments. Each class group has a weekly PE lesson, delivered by a specialist sports coach, a weekly swimming lesson (at our on-site pool), taught by a qualified swimming instructor, and further opportunities for extra-curricular sporting activities, clubs, fixtures and competitive sporting events. We have well-established links with the local secondary school and our pupils benefit from joining other primary schools, from the locality, in top links festivals, multiskills days, and inter –school tournaments. Older pupils also attend swimming lessons at the larger pool in the nearby town of Wincanton. Specialist coaches attend the school to deliver archery lessons and the KS1 classes benefit from having sports coaching days from Team Bath at Bath University. As part of our trips, hooks and visitors programme, pupils are taken to see various sporting fixtures such as the Somerset cricket in Taunton.</p> <p>Our PE programme incorporates a variety of sports to ensure all children develop the confidence, tolerance and the appreciation of their own and others’ strengths and weaknesses. Our inclusive approach encourages physical development and well-being for all our pupils. Through carefully planned strategies, and by using a wide variety of teaching styles, we are able to provide opportunities for pupils to participate, evaluate and improve their personal performance. Challenge and adventure help the children to achieve their personal best. We understand the benefits of collaboration and teamwork and recognise how increases in competence and confidence, in physical education, can support the children’s development in other subjects across the curriculum. Careful planning ensures time is spent in organising and resourcing lessons and activities. Children experience a range of opportunities to work individually, in pairs or in groups over time.</p> <p>Our PE programme is designed to allow pupils to develop a range of skills, in a fun, and secure way. By experiencing a broad range of opportunities, pupils can extend their agility, coordination, balance, skills and understanding of rules.</p> <p>Pupils who have specific co-ordination difficulties are seen by an occupational therapist and their exercise programmes are delivered daily within the classroom setting. This enables them to develop core strength and improve their motor skills.</p> <p>Within each class, we encourage the pupils to do additional physical activity, we promote class yoga, mindfulness, and ‘quick burst fitness’ which is a series of 5-minute fun fitness routines. These classroom based routines, increase physical activity levels, are aimed at getting pupils up, active, and ready for learning.</p>			

In KS3, the students will also consider and evaluate their practical performance: the practical skills learned, demonstrated and improved on by the student within physical activity, exercise and sport and cognitive performance: the knowledge, understanding and thinking skills involved in physical activity, exercise and sport.

Curriculum Overview (Knowledge and Skills)

Term	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Victory Class Years 2 & 3	Dance: Movement skills Gymnastics: Agility and coordination	Multi-skills: Running, throwing, jumping, catching, Badminton	Mini-Hockey: Participation in team games, tactics for attacking and defending Badminton	Football: Participation in team games, tactics for attacking and defending	Outdoor and adventurous activities: Routes, trails and orienteering, treasure hunts	Field sports: Athletics & Rounders
	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue
Eclipse, Discovery and Adventure Years 3 & 4	Dance: Movement skills Gymnastics: Agility and coordination	Multi-skills: Running, throwing, jumping, catching, Badminton	Tag-rugby: Participation in team games, tactics for attacking and defending Badminton	Hockey: Participation in team games, tactics for attacking and defending	Outdoor and adventurous activities: Team building challenges	Field sports: Athletics & Rounders
	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue
Endurance, Invincible and Explorer Years 5 & 6	Gymnastics, rhythm and movement patterns through dance: develop flexibility, strength, technique, control and balance	Basketball: Throwing and catching in isolation	Volley-Ball: Passing, setting, spiking, blocking, digging, and serving. Badminton	Football: Participation in team games, tactics for attacking and defending	Outdoor and adventurous activities: Team building challenges	Field sports: Athletics & Rounders
	Swimming, pool safety and self-rescue	Swimming, pool safety and self-rescue Water polo	Swimming, pool safety and self-rescue Water polo	Swimming, pool safety and self-rescue Rookie Lifeguarding	Swimming, pool safety and self-rescue Rookie Lifeguarding	Swimming, pool safety and self-rescue Rookie Lifeguarding
Endeavour Year 7	Tennis: Stroke production, strategy, mental and physical athleticism	Health related exercise: Brisk walking, jogging, resistance training, circuits, HIIT	Rugby: Passing, running, support play, tackling, decision making Badminton	Sports culture: Practical Performance: Cognitive Performance:	Cricket: Participation in team games, tactics for attacking and defending	Field sports: Athletics & Rounders

