

To achieve this we have developed a curriculum for the trust which focuses on skills and activity rather than individual sports. This enables the teachers to provide a wide range of sporting contexts for the children in each unit of work.

The six half termly units are:

- Moving and Travelling
- Sending and Receiving
- Balancing and Performing
- Attacking and Defending
- Co-ordinating and Controlling
- Challenging and Competing

### Swimming

Swimming can be provided in either Key Stage 1 or Key Stage 2. The following aims are for the end of KS2.

*Pupils should be taught to:*

- *swim competently, confidently and proficiently over a distance of at least 25 metres*
- *use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]*
- *perform safe self-rescue in different water-based situations.*

All swimming lessons are taught by qualified swimming instructors at Norfolk approved swimming pools.

How can you help?

- Ensure your child has the correct and necessary kit for P.E. in school all week.
- Have ears pierced in the summer break to enable them to be removed and to prevent loss of learning.
- Encourage physical activity outside of school as a family by playing games, throwing and catching, riding bikes and walking.
- Find out about a range of different sporting activities, watch clips of professionals, talk about what it takes to achieve in those sports.
- Find out about physical and sporting activities on offer in your local area.
- Encourage your child to join sports clubs at school.
- Encourage a healthy diet and lifestyle at home.



# Physical Education in the Corvus Education Trust



*We believe our high-quality physical education teaching gives an opportunity to all pupils to succeed and excel in competitive sport and other physically-demanding activities. It provides opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.*



## Overall aims

The National Curriculum for physical education 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.

## P.E. teaching

P.E. is a compulsory subject and forms an important part of the National Curriculum.

Our staff are well trained in the teaching of P.E. and several of our teaching assistants have additional qualifications in PE teaching (NPETCS) which allows them to add to the expertise and take some PE lessons. We also bring in external coaches to broaden the curriculum that we can provide. All external coaches are fully qualified in the areas they teach and members of our staff are always present throughout these sessions.

Whilst there is no longer a set number of hours for P.E. teaching, we aim to provide two sessions per week from KS1 onwards in P.E. or the equivalent teaching time for two sessions. At certain times of the year this is more challenging to timetable, however, when for example, the hall is out of action at Christmas for safety reasons, we will provide an alternative physical activity, or move the lesson outside.

## Health and Safety

We take the safety of the children seriously when P.E. lessons are taught. We follow the Norfolk and Association of P.E. guidance on health and safety in all areas of P.E. including dress, equipment usage and content of lessons.

To that end children must:

- be dressed appropriately in properly fitted clothing for all P.E. including footwear.
- be free of jewellery – this includes removing all earrings (no studs and no tape).

P.E. is taught both indoors and outdoors depending on the activity and weather conditions. Where possible we will teach P.E. outdoors as much as possible and this is often dependent upon children having appropriate clothing.

## The curriculum

### **EYFS:**

Physical development is one of the three prime areas within the EYFS. Each prime area is divided into Early Learning Goals, for physical development these are:

- *Moving and handling - skills enabling children to show good control and coordination in large and small movements. Children are able to handle equipment and tools effectively, including pencils for writing.*
- *Health and self care - children knowing the importance of good health which includes physical exercise and a healthy diet. Children are able to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.*

### **KS1:**

*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.*

### **KS2:**

*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.*