



Martin Primary School

PHYSICAL EDUCATION (PE)

Curriculum aim and intent

At Martin Primary school, we believe that being physically active has a positive effect on academic success and mental wellbeing; therefore, physical education plays a pivotal part in a child's development. We want our children to develop a love of physical education and activity and an understanding of the importance of living a healthy active lifestyle. During their time at the school, our children participate in a range of activities that develop health, flexibility, strength and endurance; they also develop social skills by collaborating in groups and teams. Our children's key knowledge and skills are developed through a coherent, cohesive and consistent approach using the scheme Getset4PE. This scheme has been chosen because it ensures that there is a clear progression of skills that are closely linked to the development of each child and it helps the children learn the importance of risk taking in a safe and challenging environment.

Sport can enable children to build resilience and to help them to embed values such as fairness and respect. We want to teach children how to cooperate, not only through the sporting skills taught, but through the underpinning values and disciplines PE promotes. Children are invited to attend competitive sporting events and tournaments within the local area. This is an inclusive approach which endeavours to encourage not only physical development but also mental well-being. Children learn fair play and respect. They learn to be honest and understand how to be successful team players and to help each other reflect on their performance to improve and progress.

Links to the EYFS - Personal, Social and Emotional Development / Physical Development

In the EYFS our children learn to:

- make healthy choices about food/drink
- understand the importance of good oral health by brushing their teeth every day
- be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips
- develop overall body strength, coordination, balance and agility
- confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
- develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming
- take part in group activities
- increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm
- develop their fine motor skills
- manage their own needs – e.g. personal hygiene
- know and talk about the different factors that support their overall health and wellbeing
- take part in regular physical activity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball Skills (6 week block)	Continue ball skills or move onto fundamental skills	Dance	Sending and Receiving	fitness	Athletics
Year 2	Ball Skills (6 week block)	Continue ball skills or move onto fundamental skills	Dance	Yr 2 carrying on with dance	Fitness (need skipping ropes)	Athletics
Year 3	Ball Skills (6 week block)	Continue ball skills or move onto fundamental skills	Dance	Tennis	Athletics	Outdoor Adventurous Activity
Year 4	Fitness	Basketball	Dance	Yr 4 still doing dance	Athletics	OAA
Year 5	NETBALL	Dance (first 6 weeks of 12 week block)	Continue Dance to complete 12 week block or switch to Badminton	Badminton	Fitness	Athletics
Year 6	Handball	Fitness	Continue Dance to complete 12 week block or switch to Volleyball	Athletics	rounders	OAA

PE Specialist timetable

	Autumn 1		Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
YEAR 1	Fitness - keep fit		Team Games Rugby, Basketball		Gymnastics	Team Games: Consolidation ball skills	Athletics	Sports Day Practice: Rounders Cricket
YEAR 2 (2/3 weeks)	Heart health /wellb eing	Move ment skills	Athletics	Move ment skills	Gymnastics (exploring under, over, through)	Ball skills (bat, ball, wall, ball)	Outdoor Games (tennis)	Team Games Athletics Field Events (sports day)
YEAR 3 (1x week)	Heart Health - Fitness and Circuit		Team ball Games Tag Rugby Basketball		Gymnastics	Ball Skills Inclusive sports	Rounders/ Cricket	Team Games Athletics Field Events (sports Day)
YEAR 4	Swimming - water safety component taught							
YEAR 5 1x week	Stamina and running skills Wellbeing		Team Games and ball skills		Invasion games	Basketball/netball	Cricket/ Tennis	Team Games Athletics Field Events (sports Day)
YEAR 6 1x week	Fitness, strength and fundamentals		Team Games and Ball skills					Team Games Athletics Field Events (sports Day)
			Rugby skills (depending on class)	Football leadership & managing risks	Basketball/ netball Gymnastics	Cricket/ Tennis		