

# Furness Vale Primary and Nursery School



## Physical Education



### INTENT

At Furness Vale, our Physical Education curriculum aims to inspire and challenge children to be physically confident, knowledgeable and influential to the best of their ability. We aim for all children to leave Furness Vale Primary School physically literate having the knowledge, skills and motivation required to support them with a healthy, active lifestyle and lifelong participation in physical activity and sport. The children receive a minimum of an hour of curriculum PE a week whilst participating in daily 15 minute fitness activities. Children in Y3 and Y4 receive swimming lessons throughout the year. The PE curriculum is planned carefully, ensuring that the content is sequential, building on previous knowledge and skills from EYFS up to Year 6. We look to partner up with external coaches and activities to develop and widen opportunities for children to develop in Physical Education wherever possible. The PE curriculum aims to correlate with the school's vision of 'Happy hearts, enquiring minds and promising futures.' Furthermore, Furness Vale Primary aims to embed a whole school sequence in PE lessons to develop fundamental movement and sport skills to introduce sport specific skills in preparation for Key Stage 3 and a long and healthy physical lifestyle. We are part of the High Peak School and Sports Partnership providing the opportunity for our children to partake in sporting activities with other local schools and try out sports that may be outside of our curriculum. We are also proud to be members of Change 4 Life, where we are training a team of 'Health Champions' to deliver positive health messages within school and bring about positive healthy changes for our children.

### IMPLEMENTATION

#### EYFS

Within Early Years, children build an understanding of the fundamentals of movement (FOM) to develop their agility, balance, and co-ordination which are the key aspects of FOM that match the national curriculum's objectives for EYFS. Physical development is taught throughout the early years with ongoing outdoor activities. PE is taught once a week for 1 hour, these lessons encourage the development of fundamentals of movement with multi-skills activities. The children are given opportunities to develop their agility, balance and co-ordination regularly to help with their progression within PE and encourage long term participation in physical activity. Children are given opportunities to develop their gross and fine motor skills through a range of activities that are incorporated in many other lessons as well as PE. Children are also given the opportunity to discover their physicality outdoors with our weekly Forest School.

#### KS1

In Key Stage One children progress from the fundamentals of movement through to fundamental movement skills. Children continue to use their agility, balance and co-ordination skills developed in EYFS and use them when transitioning into learning fundamental movement skills.

Fundamental movement skills categories incorporated into our lessons include:

- Balance skills - movements where the body remains in place, but moves around its horizontal and vertical axes.
- Locomotor skills - such as running, jumping, hopping, and galloping.
- Ball skills - such as catching, throwing, kicking, underarm rolling and striking.

Children start to apply these movements and skills in a range of activities preparing them for the transition to fundamental sport skills and sport specific skills. Children will be taught why we partake in sport and the rules and values within sport whilst building on key characteristics such as resilience and teamwork. The curriculum continues to embed the importance of children living a healthy lifestyle and lifelong participation in physical activity. Children will learn to see their own progress and development within PE and how they can continue making progress.

## **LOWER KS2**

In lower Key Stage Two, children will continue to apply and develop a broader range of fundamental movement skills within the areas of running, jumping, throwing, catching and striking. The curriculum introduces fundamental sport skills at this stage which includes game-based concepts such as invasion, net and wall, striking and fielding. Still continuing to develop their fundamentals movement skills they begin to use these skills to learn and develop fundamental sport skills and use these skills in more specific environments such as using jumping in netball and throwing in cricket.

## **UPPER KS2**

In upper Key Stage Two, children are encouraged to develop their fundamental sport skills further and transition these movement and sport skills to more sport specific skills (SSS). They begin to apply these fundamental sport skills and take part in competitive games, including sports such as football, athletics, cricket and hockey. Children will begin to learn the rules of a range of sports to be able to participate confidently in specific sports. Furthermore, children will begin to learn sport specific skills such as the inside of the foot pass in football which is developed from prior learning throughout the Key Stages. Prior learning encourages children's confidence to perform the sport specific skill competently. Children will know how to live a healthy lifestyle and challenge themselves within regular physical activity to test their resilience and self-awareness whilst developing good communication and teamwork skills. Children in Key Stage Two will be able to compare their performances with previous ones to build on prior learning to demonstrate improvement to achieve their personal best. Children will have an understanding of different sports and physical literacy to prepare them for Key Stage Three by building on their characteristics to ensure they have a positive attitude for lifelong participation in physical activity and live a healthy lifestyle.