

## Our P.E. Curriculum

### A parent's guide

PE Concepts: What Your Child is Thinking About in Sport

Our Commitment to Physical Education: More Than Just Sports! 

We are delighted to share the core philosophy and progression of our Physical Education (PE) curriculum. While you'll see your children running, jumping, and playing games, our PE program is about so much more than just physical activity—it's about building articulate, active, and responsible citizens.

Our approach is designed to ensure every child leaves primary school as a confident, capable, and knowledgeable mover with the skills and mindset for a healthy, active life. We don't just teach the *skills* (like kicking or catching); we teach the concepts and strategies (like *why* you move into space or *how* to defend a goal).

The map below clearly shows the conceptual journey your child takes from their first steps in Early Years to the strategic game play of Year 6. It highlights three key areas of progression, so you can see exactly what knowledge, physical competence, and mindset they are mastering each year.

We encourage you to use this map to discuss what your child is learning in PE. Asking "What tactic did you use today?" or "Why did your body feel hot after the run?" helps reinforce these important concepts at home.

The goal of our PE curriculum is to make every child a confident, capable, and knowledgeable mover. Here's the essential knowledge your child will gain each year:

#### Early Years (Nursery & Reception)

- **Body & Health Awareness:** Understanding that moving their body helps them feel good and stay healthy. They learn the importance of rest and exercise.
- **Space & Safety:** The concept of moving into "safe space" away from others during activities.
- **Team Basics:** The knowledge of how to collaborate and take turns in a group.
- **Movement Language:** Learning the names of basic gymnastics shapes like straight, tuck, and star.

#### Year 1

- **Efficient Movement:** Knowing how to move efficiently. For example, understanding that using the opposite arm to the opposite leg (coordination) makes them run faster.
- **Fitness Foundations:** Learning the names and purposes of the six key fitness elements: Agility, Balance, Co-ordination, Speed, Strength, and Stamina.

- Physical Response: Being able to identify how their body responds to activity (e.g., their heart beats faster, they feel hot).
- Game Ready: The importance of being in a "ready position" to react quickly in a game.

## Year 2

- Skill Refinement: The knowledge that squeezing muscles helps maintain a better balance and that swinging their arms forwards helps them jump further.
- Tactical Vision: The concept of keeping their head up when dribbling a ball so they can see where their teammates and opponents are (field of vision).
- Agility Mechanics: Understanding that using small, quick steps allows them to change direction faster.
- Strength Purpose: Recognizing that strength is useful not just for sport, but for everyday tasks (like carrying a heavy backpack).

## Year 3

- Offense & Defense Strategy: Learning simple team tactics:
  - Attacking: Spreading out across the field to make defenders move.
  - Defending: Marking (staying close to) an opposing player to win the ball back.
- Game Structure: Understanding the specific rules and format of formal invasion games like Tag Rugby and Basketball.
- Adventure Basics (OAA): Knowing how to follow a simple trail and solve a team problem using limited equipment.
- Reflection: Starting to analyze why they were successful or unsuccessful at a challenge, not just *that* they were.

## Year 4

- Controlling the Ball: The principle of cushioning the body or equipment when receiving a fast-moving ball to control it properly.
- Inverted Movement: Understanding how to safely perform movements where the hips are above the head in gymnastics (e.g., shoulder stands, beginning handstands).
- Game Ownership: Knowing the rules well enough to manage and officiate their own games respectfully.
- Map Orientation (OAA): Using cardinal points (North, South, East, West) and a map key to find their way.
- Fair Play: Understanding the concept of integrity and why it's essential to play honestly and respect opponents.

## Years 5 & 6 (The Confident Mover)

- Skill Transfer: The ability to take a skill (like throwing) and adapt it to different sports (Netball pass, Basketball chest pass, Rounders throw).
- Advanced Tactics: Retaining and applying complex tactics (e.g., counter-attack, zone defense) across various sports.

- Lifelong Wellness: Understanding the lifelong value of exercise and the direct connection between physical and mental health.
- Goal Setting: Knowing how to set achievable targets and showing the determination to improve their own personal bests.
- Leadership: Taking on roles that require clear communication, organisation, and respect for others and the community through sport.

### Simple Everyday Ways to Support P.E. at Home

#### 1. Encourage Active Play

- Aim for at least 60 minutes of movement a day (can be broken into short bursts).
- Play classic games: *tag, hopscotch, skipping, stuck in the mud, hide and seek.*
- Set fun challenges: *How many star jumps in 30 seconds? Can you beat your score?*

#### 2. Build Movement into Daily Routines

- Walk or cycle for short journeys instead of driving.
- Use the stairs, carry shopping together, or walk the dog as a family.
- Do a quick 5-minute stretch or dance break during homework sessions.

#### 3. Practise Fundamental Skills at Home

These underpin P.E. and sport success later on:

- Balance: stand on one leg, “tightrope” walk along a line
- Coordination: throw/catch with a ball or rolled-up socks
- Agility: mini obstacle course in the garden or living room

#### Outdoor Inspiration

- Explore local parks, playgrounds, trails or beaches.
- Try geocaching or family nature walks.
- Create a mini sports day: races, egg & spoon, long jump, relay.