



Curriculum map: PE

Become the best that you can be: for learning, for life, for future success.

Intent:

We believe that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil's physical development and mental wellbeing. Physical Education (PE) contributes to the overall education of all pupils by helping them to lead full and valuable lives through engaging in purposeful and high-quality activity. It promotes active and healthy lifestyles, physical skills, physical development and knowledge of the body in action. PE enables pupils to learn confidence, perseverance, team spirit, positive competitiveness and organisation. Pupils engage in a programme of PE that encourages fitness, improves their strength and teaches them the rules of games. PE is an integral part of school practices allowing all pupils in the school to gain a sense of achievement and develop positive attitudes towards themselves and others. We aim, through sport, to empower pupils with determination, resilience, ambition and motivation, key skills that can be transferred to all areas of life.

Implementation:

Our core PE is based on the RealPE scheme. It focuses on the Fundamental Movement Skills (agility, balance and coordination), inclusive competition and broader holistic skills. Every pupil is recognised as a unique individual where differences are celebrated. Our outdoor curriculum is planned to recap, revisit and refine each sport as pupils make their journey through the school. They take part in team games, developing simple tactics for attacking and defending. They develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. Swimming instruction and water safety is taught at the local high school. There is an established intra and inter school competition calendar. We provide opportunities for pupils to take part in further sports outside the curriculum, from after school clubs, at lunchtimes and through a wide range of local competitions.

Impact:

Pupils can participate successfully in a variety of sports. When our pupils leave us, we aim for them to have developed the physical literacy, emotional and thinking skills to achieve in PE, school sport and life. Pupils are assessed formatively. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils compare their performances with previous ones and demonstrate improvement to achieve their personal best. Firsides is a gold standard member of the West Norwich and Dereham School Sport Partnership and capitalises on the additional support from a Secondary PE Teacher as well as other qualified coaches.

Outdoor provision:	Autumn		Spring		Summer	
Year 3	Multiskills Cross country	Tag rugby Football Netball	Football Netball Tag rugby	Netball Tag rugby Football	Athletics	Tri-golf Kwik-cricket Rounders
Year 4	OAA Cross country	Tag rugby Football Netball	Football Netball Tag rugby	Netball Tag rugby Football	Athletics	Tri-golf Kwik-cricket Rounders
Year 5	OAA Cross country	Tag rugby Football Netball	Football Netball Tag rugby Swimming	Netball Tag rugby Football	Athletics	Tri-golf Kwik-cricket Rounders
Year 6	OAA Cross country Swimming	Tag rugby Football Netball	Football Netball Tag rugby	Netball Tag rugby Football	Athletics	Tri-golf Kwik-cricket Rounders