






## P.E at St Thomas's Primary School

|                       |   |
|-----------------------|---|
| <b>Intent</b>         | <p>At St Thomas we aim to inspire all children and for each child to fulfil their potential. We want the children's experience of PE to be positive and motivating and for children to develop a love of being active. At St Thomas we want PE to enable pupils to become physically confident. This supports their health, wellbeing and fitness and provides the foundations for lifelong activity. We want them to succeed and excel in competitive sport and physical activities. We offer all children chances to compete in sport and other activities. This helps them build character and learn British values such as fairness and respect, as well as our schools Christian values such as perseverance. At St Thomas we look to build the children's knowledge, skills and understanding and nurture confidence and competence in a range of activities.</p>   |
| <b>Implementation</b> | <p>We implement a P.E curriculum that is progressive throughout the school, starting from skills acquired in nursery all the way through to year 6.</p> <p>Each child receives 2 hours of PE a week with either PSC coaches or their class teachers. We use Get Set for P.E for high quality planning and sessions that cover a broad and full range of skills and activities. Children in key stage 2 attend swimming lessons at Grand Central. They learn to swim 10m (Year 3) and 25 metres (Year 5) competently and confidently in a range of strokes as well as water rescue. Children also have the chance to be active in a wide range of clubs.</p> <p>We teach in a way that children:</p> <ul style="list-style-type: none"> <li>have fun, experience success and develop a positive attitude towards sport</li> <li>can access the lessons whatever their level of ability</li> <li>build and secure a range of skills</li> <li>develop on skills each year to master them</li> <li>develop good sporting attitudes - perseverance, fairness</li> <li>understand basic rules</li> <li>experience positive competition</li> <li>learn in a safe environment</li> </ul> <p>Our curriculum aims to ensure that all pupils develop their fundamental movement skills. They develop coordination, balance and agility. Pupils learn a range of P.E vocabulary that will allow them to access sport even once they have left St Thomas. They play a range of games and even have the opportunity to lead some games. Above all it is important that our curriculum is enjoyable to children and they develop a love of fitness and understand the importance of staying active on their physical and</p> |
| <b>Impact</b>         | <p>All children receive a broad and balanced PE curriculum at St Thomas and develop the skills necessary to enjoy sport and fitness long after they leave our school. Every child will access all areas of our well rounded and thoughtful curriculum. The planning that teachers deliver is up to date with best practice and there is a clear progression of skills and knowledge. This ensures that all children access it at an age-appropriate level. We also hold daily opportunities for physical activity such as 'Smile for a Mile' playground games and brain breaks. P.E leads will organise a range of events and children can take part in competitions against other local schools and have the</p>   |
| <b>Context</b>        | <p><b>"I come that they might have life and life in all its fullness." The Gospel of John 10 v 10</b></p> <p><b>We develop physical and mental health through an expansive sporting curriculum that allows children to live 'life to its fullness' and leave</b></p>  |

| Learning and Growing in the Sight of God  |  |  |
|---|--|--|
| Learning  | Growing  | Sight of God   |
|  <p>add others</p>   |   |   |
| <p>At St Thomas, learning progresses (and is built upon) from nursery all the way through to Year 6. Children develop the knowledge, experience and vocabulary to succeed in sport.</p> | <p>At St Thomas the children are encouraged to be active throughout the curriculum and take part in various sporting opportunities. Children develop their experience of sport and are given the opportunity to grow up knowing the important role that fitness plays in their</p> | <p>We link our Christian Values throughout our curriculum and work and learn together in the sight of God. A key value for P.E is the value of perseverance.</p> |

**Substantive**

**Substantive Knowledge**

This is the core subject knowledge and vocabulary used about the sporting disciplines and the contribution of sporting figures from a range of sports. We explore these through the lenses of substantive concepts which are taught through explicit vocabulary instruction as well as through the direct content and context of the study. The substantive concepts that we develop through our Physical Education curriculum are:

**Invasion games | Net/wall games | Strike/field games | Gymnastics | Dance | Athletics | Swimming**

**Golden Threads**

We have identified a set of key sporting concepts that we have called golden threads that children will repeatedly revisit throughout their time at St Thomas from Early Years upwards. By having our units centred around these concepts, pupils are able to make links between their learning from one unit and year group to another, as well as use this knowledge to make

| Fundamental Fitness  | Swimming   | Games  | Dance   | Gymnastics   |
|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>-Negotiating Space safely.</li> <li>-Use equipment safely.</li> <li>-Develop balance and coordination</li> <li>-Regulating feelings and behaviour.</li> </ul> | <ul style="list-style-type: none"> <li>-Being aware of my body and surrounding in a pool setting.</li> <li>-Pool safety.</li> <li>-Floating and control in the water.</li> </ul> | <ul style="list-style-type: none"> <li>- Correct attitude towards games; playing fairly, not giving up, following rules, working cooperatively. - Develop coordination and control of the body.</li> </ul> | <ul style="list-style-type: none"> <li>- Coordination and control to perform actions.</li> <li>- Have the confidence to perform in front of others.</li> <li>- Remember sequences and patterns.</li> <li>- Give feedback to others respectfully.</li> </ul> | <ul style="list-style-type: none"> <li>- Safely negotiate space</li> <li>- Remembering and repeating actions.</li> <li>- Show balance and control and grace.</li> <li>- Use equipment safely.</li> <li>- Combine movements in a sequence.</li> </ul> |



## Disciplinary

### Disciplinary Knowledge (Opportunities for the children to apply)

Disciplinary knowledge in PE comes through opportunities for the children to choose and apply their own actions, balances, movements and skills. Once they have mastered the specific skills, they have opportunities to apply these within sports and games and therefore have to choose different strategies and the best way to approach different challenges. When the children know more, they remember more and can do more. As they move through school, their skills and knowledge around tactics become more complex and they have to work collaboratively to make decisions. There are lots of opportunities for the children to evaluate their performances and reflect on how they will improve next time. Through deliberate practice, the aim is for the children to know more, remember more and do more.

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| Fundamental Fitness  | Swimming   | Games   | Dance  | Gymnastics  |
|--|--|---|--|---|
| Children practise and rehearse key sporting skills.<br>Perform in competitive situations.<br>Recognise differences in their body when doing sport. | Water confidence<br>Basic stroke development<br>Developing endurance<br>Learning water hazards<br>Self rescue skills | Attacking and defending (shooting a ball etc).<br>Strategies and tactics.<br>Students demonstrate application of rules. | Practise and rehearse moves in isolation in small groups.<br>Perform to an audience.<br>Students demonstrate application of rules. | Practise and rehearse gymnastic routines.<br>Perform routines in front of an audience.<br>Executing different gymnastic movements |

# PE - Curriculum Overview



|           | Autumn 1            |                              | Autumn 2            |                              | Spring 1                  |                             | Spring 2                    |                             | Summer 1                    |                             | Summer 2                             |                         |
|-----------|---------------------|------------------------------|---------------------|------------------------------|---------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------------------|-------------------------|
| Nursery   | Intro to PE: Unit 1 | Intro to PE: Unit 3          | Fundamentals Unit 1 | Fundamentals Unit 2          | Indoor: Gymnastics Unit 1 | Indoor: Gymnastics Unit 2   | Indoor: Dance Unit 1        | Indoor: Dance Unit 2        | Outdoor: Ball Skills Unit 1 | Outdoor: Ball Skills Unit 2 | Games: Unit 1                        | Games: Unit 2           |
| Reception | Indoor: Gymnastics  | Outdoor: Sending & Receiving | Indoor: Gymnastics  | Outdoor: Sending & Receiving | Indoor: Dance             | Outdoor: Net and Wall Games | Outdoor: Ball Skills Unit 1 | Outdoor: Net and Wall Games | Outdoor: Ball Skills Unit 2 | Outdoor: Invasion Games     | Games: Unit 1                        | Outdoor: Invasion Games |
| Year 1    | Indoor: Gymnastics  | Outdoor: Sending & Receiving | Indoor: Gymnastics  | Outdoor: Sending & Receiving | Indoor: Dance             | Outdoor: Net and Wall Games | Outdoor: Ball Skills        | Outdoor: Net and Wall Games | Outdoor: Ball Skills        | Outdoor: Invasion Games     | Outdoor: Striking and Fielding Games | Outdoor: Invasion Games |
| Year 2    | Indoor: Gymnastics  | Outdoor: Sending & Receiving | Indoor: Gymnastics  | Outdoor: Sending & Receiving | Indoor: Dance             | Outdoor: Net and Wall Games | Outdoor: Ball Skills        | Outdoor: Net and Wall Games | Outdoor: Ball Skills        | Outdoor: Invasion Games     | Outdoor: Striking and Fielding Games | Outdoor: Invasion Games |
| Year 3    | Indoor: Dance       | Outdoor: Basketball          | Indoor: Dance       | Outdoor: Tag Rugby           | Indoor: Gymnastics        | Outdoor: Football           | Indoor: Gymnastics          | Outdoor: Cricket            | Indoor: Swimming            | Outdoor: Tennis             | Indoor: Swimming                     | Outdoor: Rounders       |
| Year 4    | Indoor: Swimming    | Outdoor: Basketball          | Indoor: Swimming    | Outdoor: Tag Rugby           | Indoor: Gymnastics        | Outdoor: Football           | Indoor: Gymnastics          | Outdoor: Cricket            | Indoor: Dance               | Outdoor: Tennis             | Indoor: Dance                        | Outdoor: Rounders       |
| Year 5    | Indoor: Gymnastics  | Outdoor: Tag Rugby           | Outdoor: Football   | Outdoor: Basketball          | Indoor: Swimming          | Outdoor: Hockey             | Indoor: Swimming            | Outdoor: Cricket            | Indoor: Dance               | Outdoor: Tennis             | Indoor: Dance                        | Outdoor: Rounders       |
| Year 6    | Indoor: Gymnastics  | Outdoor: Basketball          | Indoor: Dance       | Outdoor: Tag Rugby           | Indoor: Gymnastics        | Outdoor: Hockey             | Indoor: Dance               | Outdoor: Cricket            | Indoor: Gymnastics          | Outdoor: Tennis             | Indoor: Dance                        | Outdoor: Rounders       |