

Curriculum Map charting a child's journey through the Physical Education Curriculum

Introduction

From the time children enter Reception at Bishop Cornish, they are encouraged to develop a life-long love of physical activity. No stone is left unturned into giving *every* child *every* opportunity to find a sport or physical activity that they enjoy, and they are given all the support to not only flourish inside of school through an enriched curriculum that ensures progression in a number of sports and activities, , but also all the advice and encouragement to participate in sporting activities outside school, either with an external club or with friends and family. In conjunction with the PE lessons children receive, the children are also given an extraordinary range of opportunities to compete and participate for the school in team games and individual sports. Children also have numerous opportunities to participate in a wide range of extra-curricular sporting clubs. From Year One through to Year Six, children also have 10 swimming lessons each year, meaning *every* child has a total of 60 swimming lessons during their time at the school. In Key Stage 2, children are also given the opportunity to complete their Level 1 & Level 2 Bikeability. In addition to their 2 PE sessions per week, children are given ample opportunities to be physically active in other areas of the curriculum (eg. Maths Orienteering). Families are also encouraged to be physically active *together* through the creation of the successful Couch to 5km Club, which began in 2019 and culminated in a fantastic 5km event where more than 100 children and family members finished. This academic year (2019-20), as well as another Couch to 5km event for those families who didn't access the Club last year, to ensure progression, those families who completed the Couch to 5km event will be given the opportunity to access the new 5km and Beyond Club and subsequent event.

All in all, children go through a fantastic journey in PE, which it is hoped will instill in them a passion for sport and physical activity that will continue and flourish for the rest of their lives.

Physical Education Programmes of Study (as outlined by the Department for Education)

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. Aims: The national curriculum for physical education aims to ensure that all pupils: develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities & lead healthy, active lives.

Subject content Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending, perform dances using simple movement patterns.

Yearly Overview

Reception

The children are given opportunities to run, jump, complete basic gymnastic skills and enjoy being physically active. They are also introduced to a variety of ball sports, learn to be part of a team and also have it gently instilled to them that regular physical activity is an integral part of their life both inside and outside the school. In the Summer Term, they get their first opportunity to participate in a competitive Sports Day, completing team games in the morning, followed by individual and relay races in the afternoon session.

Years 1 & 2

In Year 1 and 2, the children continue to develop their skills in a wider range of sporting activities, using the ARENA schemes of work (adapted where appropriate to suit the needs of every child), which ensures progression through the Units of Work. Again, huge emphasis is placed on enjoyment. In Year 1, all the children begin their swimming lessons, which continue yearly up to and including Year 6. Children are given 10 lessons each year. Each year children are split into differentiated groups according to their needs and ability, and have the opportunity to progress into higher groups as they improve and grow in confidence. Also beginning in Year 1, all children have the opportunity to participate in a lunchtime football club. Competition is also gently introduced. As well as the competitive sports day for all children, children get the opportunity to play in football friendlies against other schools & participate in a KS1 Multi-Skills Festival. Some children are also selected to compete in the Cornwall School Games Multi-Skills Qualifier, going on to represent East Cornwall in the CSG Finals if they achieve a Top-2 placing. Other children also get the opportunity to represent the school in a Kwik Cricket Tournament in the Summer Term. In addition to the two PE sessions each week, children are given as many opportunities as possible to be physically active in other areas of the curriculum. Basic orienteering is introduced in Year 1, which gradually increases in complexity as the children master the skills of map reading. Finally, to encourage families to exercise together from when their children are a young age, children in KS1 are encouraged to participate in the Couch to 5km Club and the event that is held after 10 weeks of training.

Subject Content Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination, play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], apply basic principles suitable for attacking and defending, develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics], perform dances

using a range of movement patterns, take part in outdoor and adventurous activity challenges both individually and within a team and compare their performances with their peers.

Years 3 & 4

Upon entering Key Stage 2, as well as having access to 2 PE sessions per week which, again through use of the ARENA schemes of work (adapted when appropriate), continue to build on skills, fitness, team games & co-operation across an ever-increasing range of sports and activities, children increasing use physical activity in other areas of the curriculum, with Maths and English Orienteering deeply embedded in the curriculum by the middle of Year 3. Children showing an interest and/or ability in a particular sport are given all the support and necessary guidance to enable them to join an external sporting club if they so wish. Children at this school have been directed towards the following sporting clubs and organisations: Saltash Youth FC (Boys), Saltash Youth FC (Girls), Saltash RFC, Tamar Trotters, Zero Gravity Gymnastics, Caradon Hockey Club, Marjon Hockey Club & Devonport RFC. Within the curriculum the children also continue with their yearly 10-week block swimming lessons, with the aim of getting as many children 'water safe' and able to swim 25 metres. For those showing real swimming ability, they have the chance to represent the school in the DRSA Swimming Gala and also in the CSG Qualifier if the criteria is changed again. These two year groups have access to an increasing number of extra-curricular clubs (both at lunchtime and after-school). These clubs include: Running, Girls Football, Boys Football, Netball, Hockey, Touch Rugby & Gymnastics. All children are encouraged to participate in at least one of these clubs on a regular basis. The opportunities to compete for the school also increase significantly after the children enter Key Stage 2. Many children get the opportunity to compete in the SE Cornwall Schools Cross Country League, Landrake Cross Country, the Marjons Hockey Tournament, Orienteering Competitions, Girls Football Tournaments, Boys Football Friendlies, Kwik Cricket and Area Sports Athletics. Within the Cornwall School Games 'umbrella' even more children represent the school at the Indoor Athletics, Tennis, Badminton, Quad Kids Athletics & Dance. Finally, as in KS1 to encourage families to exercise together from when their children are a young age. Children in Years 3 & 4 also encouraged to participate in the Couch to 5km Club and the event that is held after 10 weeks of training. For those children who have completed the Couch to 5km, they are encouraged to participate in the new 5km and Beyond Club (and subsequent event) with their family.

Years 5 & 6

The final 2 years of their PE curriculum journey is vitally important. Far too many children leave Primary School already disillusioned and unmotivated with PE and being physically active. Therefore, it is vital that during these two crucial years, that in addition to the continued development of skills, fitness and ability to work as a team in their PE lessons, children are also given some time in each lesson to participate in a sport or physical activity that they really enjoy. If sport and physical fitness is associated with fun and enjoyment, children are far more likely to carry on being physically active once they leave the Bishop Cornish family. Children in Years 5 & 6 continue to benefit from their 10 week block of swimming lessons within the PE Curriculum. Our overriding aim is to have as close to 100% of our Year 6 children leaving Bishop Cornish being able to swim at least 25 metres, or at the very least possessing the skills to be able to save themselves in water. In Year 5, the children attend a 5-day Outdoor Adventure Residential, which introduces them to a great variety of new adventurous activities and strongly promotes teambuilding skills. We also believe that bicycle safety

is very important within the PE Curriculum journey, so each child is given the opportunity to achieve both Level 1 & Level 2 Bikeability. For those children not able to access the Bikeability course, additional sessions are given to try to ensure that every child leaving our school has the ability to ride a bicycle confidently. As in Years 3 & 4, there is an abundance of both lunchtime and after-school sporting clubs that the children have access to. We actively encourage all of our children to participate in at least one sporting club each term. The opportunities for competitive sport also increase markedly during these two years. Every single child in Year 5 & 6 is given the opportunity to compete for the school by taking all the children in both year groups to the local Tag Rugby, Dance & Badminton Festival. The creation of a Boys Football A, B & C teams as well as a Girls A & B Teams ensures that a huge number of Upper KS2 children are playing regular competitive football. Also, in addition to all the competitions entered in Years 3 & 4, many upper KS2 children are able to compete for the school at Netball & Grass Track Cycling, as well as having access to the Couch to 5km and 5km & Beyond Club and Event. Finally, as well as their 2 weekly sessions, children in Years 5 and 6 spend an increasing amount of curriculum time learning outdoors, whether having lessons in the woods, being physically active with their numerous animal monitoring roles, as well as such things as Maths Orienteering, Spelling, Punctuation & Grammar Orienteering, Tournament Maths and active maths warm-up games.

Conclusion

Children at Bishop Cornish school have a wonderfully vibrant, exciting, challenging and fulfilling PE Curriculum journey during their time with us. And, with all the values, skills, self-motivation and inspiration we aim to instill- we hope that by the time they leave us, it is not the end of their PE journey – but merely the beginning.

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