

Lady Margaret Primary School: PE

Purpose of Study:

At LMPS, we believe that Physical Education (P.E.) is essential to the development of the whole child, through the use and knowledge of the body and its movement. It provides the foundation for a healthy lifestyle and promotes character building, co-operation and self-esteem. Consideration will be given to those with special educational needs, and those who are high performing. We hope to inspire children to form a positive relationship with sport and also encourage children to participate in the extracurricular activities which are offered.

Pupils should be taught to

- ❖ lead healthy, active lives
- ❖ use running, jumping, throwing and catching in isolation and in combination
- ❖ play competitive games, modified where appropriate [for example, basketball, cricket, football, netball, and tennis], and 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
- ❖ compare their performances with previous ones and demonstrate improvement to achieve their personal best
- ❖ take part in outdoor and adventurous activity challenges both individually and within a team

EYFS

We recognise the importance of Physical development in the Early Years Foundation Stage as a key area of learning. There are two strands under Physical Development: 'Moving and Handling' and 'Health and Self-care'.

- ❖ Moving and Handling: Children learn to develop good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.
 - ❖ Health and self-care: Children learn the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
- Children in the EYFS access time and space to enjoy energetic play daily, using large portable equipment. Furthermore, specific Physical Development lessons give children the opportunity to practise movement skills through games with beanbags, cones, balls and hoops. They participate in activities where they can practise moving in different ways and at different speeds, balancing, target throwing, rolling, kicking and catching. These skills can then be built on when children enter KS1.

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.

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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.

Legacy 

Morality 

Power 

Sustainability 

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	Autumn		Spring		Summer	
Year 1	Introduction to PE	Multi Skills	Gymnastics	Dance	Hand ball	Athletics
Year 2	Multi-skills	Multi-skills	Dance	Ball Games	Tennis	Athletics
Year 3	Football	Basketball	Gymnastics	Tennis	Cricket	Athletics
Year 4	Football	Basketball	Swimming	Swimming	Cricket	Athletics
Year 5	Football	Basketball	Dance	Tennis	Cricket	Athletics
Year 6	Football	Basketball	Gymnastics	Tennis	Cricket	Athletics

Meaningful Learning opportunities and strong Motivation leads to rapid Progress and high levels of Success

Legacy  *Morality*  *Power*  *Sustainability* 



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