



PHYSICAL EDUCATION

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Team Members

Rachael Page – PE Lead

Harriet Smith- PE Support

Martin Forbes- PE Coach

Phoenix Primary Whole School Curriculum Aims

1. For **all** children to participate in PE **in school**.
2. Encourage participation in sports **outside of school** to live a healthy life style.
3. For **all** children to have a good understanding of the impact Physical Activity has on their wellbeing; **physically, mentally/emotionally and socially**.

We strive to use our values as a holistic approach consistently through the use of learning objectives, success criteria, assessment points/questioning and through regular feedback and praise in PE lessons and around the sporting community life at phoenix.

Termly Character and Values Based Education at Phoenix 2024-2025

Term 1: Teamwork

Term 2: Respect

Term 3: Responsibility

Term 4: Pride

Term 5: Adaptability

Term 6: Resilience

Phoenix Primary School



PE Curriculum Intent

It is our intent at Phoenix Primary School to provide all our students with a high-quality Physical Education in a safe and supported environment. We believe that Physical Education is essential to ensure children attain physical, mental and social development and provide children with the skills, knowledge and understanding they need to become physically literate.

Our curriculum intent aims to improve our children's well-being, fitness and knowledge, not only through the use of a wide range of traditional and alternative activities, competitions and festivals but through the use of our Values Based Education. We encourage children to transfer the school values to sporting and physical activity situations.

Our curriculum is focusing on community engagement through opportunities to liaise with local companies and engaging with cross-curricular links within the school. (Bushkraft, Strive, MFSE, Schools in the trust)

It is intended that when students leave Phoenix Primary School children have met the **national curriculum as a minimum:**

- 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
- Be able to swim.

We strive to do this through our curriculum intent of:

- Students to access a wide **range (R)** of activities through lessons and extra-curricular opportunities. Focusing on the subject knowledge delivered and consistency in teachers confidence being sound. Use of specialist equipment to enable competence to progress in lessons for all students. Creating external community links with specialist sports coaches that can support the expert delivery of transferrable skills through repetition and rehearsal.
- Provide and engage students with **extra-curricular clubs (E)** and experiences through sport focused trips and competitive targeted competitions. A variety of different clubs to be targeted for all children to attend, including all target groups such as HPA/gifted and talented to stretch and challenge and clubs to target children who are vulnerable, less confident and less active (PP, SEND, LA, FSM). Specialists to deliver and support with these and staff are used where their strengths lie to support the children across the school.
- Outstanding **participation (P)** in lessons for all which supports their health and fitness, wellbeing and leads to a continued life-long, healthy and active lifestyle.



Curriculum Design

At Phoenix Primary School children have two hours of Physical Education per week. The curriculum has been designed with external barriers in mind such as space, weather, subject specialism, teacher confidence, ability and suitability for the children in the Phoenix community. The curriculum ensures the National Curriculum are fully met by the time the children leave the school in year 6, ensuring that transferable skills are embedded through all Key Stages through the chosen PE topics.

At Phoenix, we use Complete PE curriculum lessons to ensure there is a consistency across the delivery of all lessons delivered in PE.

Complete PE provides:

- a progressive overview of the termly scheme of work with an introduction to the topic including the unit links of the strands of the National Curriculum.
- learning objectives
- assessment criteria
- links to cross-curricular opportunities in the national curriculum
- healthy participation support and guidance
- clear lesson plans with the opportunity to adapt based on the abilities being taught.

Lessons are appropriately structured with clear lesson objectives and social, emotional and thinking objectives for the whole child approach that directly links with our character and values based education approach at Phoenix. Our termly values are seamlessly linked with the whole child objectives each lesson. This can be delivered through literacy starters, recap of prior knowledge and values developed in previous lesson, questioning and modelling of activities and plenaries.

Lesson activities are progressive and appropriate for the age and level of the child. The activities progress with difficulty building on a variety of skills through the lesson to ensure progression of learning is taking place. All activities on the curriculum programme offer opportunities to differentiate and adapt each activity with a simplified and challenging option. This provides the teacher with alternative options in their planning to adapt when suitable ensuring they are attending the needs of all pupils within their delivery.

Complete PE provides visual and audible aids, sentence starters and step by step scaffolding of tasks that further supports that learning is accessible for all pupils. Key teaching points and key words are provided to help reinforce vocabulary and literacy throughout the lesson. Differentiated questioning and examples of assessment questions are also provided to support consistency of assessment and targeted questions provided for the teaching staff delivering PE.

Complete PE provides extensive resources supporting home learning, non-participants, extra-curricular/movement breaks/lunchtime resources, reward ideas and many more excellent resources.



EYFS

Introduction to PE Unit 1, Introduction to PE Unit 2, Fundamental Skills Unit 1, Fundamental Skills Unit 2, Dance Unit 1, Dance Unit 2, Ball Skills Unit 1, Gymnastics Unit 1, Ball Skills Unit 2, Gymnastics Unit 2, Games Unit 1 and Games Unit 2.

Curriculum Design: Key Stage 1 Fundamental Skills

Year 1: Fundamental Skills, Team Building, Ball Skills, Gymnastics, Sending and Receiving, Fitness, Invasion games, Swimming Beginners, Athletics, Striking and Fielding, Net and Wall Games.

Year 2: Team Building, Fundamentals, Ball Skills, Gymnastics, Dance, Sending and Receiving, Fitness, Invasion Games, Swimming Beginners, Athletics, Striking and Fielding Games and Net and Wall Games.

Curriculum Design: Key Stage 2 Fundamental Skills

Year 3: Fundamental Skills, Netball, Ball Skills, Gymnastics, Yoga, Basketball, Swimming, Dodgeball, Athletics, Football, Tennis and Dodgeball.

Year 4: Fundamentals, OAA, Ball skills Dance, Swimming, Dodgeball, Gymnastics, Tennis, Athletics, Football, Cricket and Tag Rugby.

Year 5: OAA, Fitness, Swimming, Dodgeball, Gymnastics, Tag Rugby, Yoga, Tennis, Athletics, Football, Cricket and Tag Rugby.

Year 6: Swimming, Dodgeball, Dance, Handball, Gymnastics, OAA, Tennis, Fitness, Athletics, Football, Cricket and Tag Rugby.

We aim for all Year 6 children to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water. Year 4 attend swimming 1 hour every week through the school year working towards the School Swimming Academy Awards.

Fundamental skills and curriculum of swimming:

- Get **in** the pool safely.
- Get **out** the pool safely.
- To be able to put your face under water.
- Be able to float using a noodle.
- Be able to float independently.
- Be able to perform front crawl.
- Be able to perform backstroke.
- Be able to perform breast stroke.
- Perform self- rescue individually.
- Perform self-rescue in a group.
- Be able to swim 25 metres front crawl.
- To be able to dive correctly and safely.

Our children gain the confidence and skills they need to continue to pursue physical activities when progressing to secondary school.

24-25 Academic Year, Phoenix has introduced swimming lessons to all. This is an important skill the children need to learn for their development.

Year 6- 7 lessons.

Year 5- 7 lessons.

Year 4- 6 lessons.



Year 3- 6 lessons
Year 2- 3 lessons
Year 1- 3 lessons
EYFS- 2 lessons
Swimming Top up for Year 6- 4 lessons.

Assessment in PE

PE Knowledge Organisers have been created for each year group with **key physical, emotional and social assessment points** to hit throughout the term. Photographs are taken to log as evidence when these targets have been hit every lesson on the programme 'Insight'. Here we are able to track the targets hit of each child very clearly, displaying the pupils who need further intervention and support or need further extensions and challenge embedded in their lessons. It also gives us a clear indication of where the pupils strengths lie physically, emotionally and socially and can be cross examined with progress being made in other subjects of the school.

Insight is used by every year group. It is used to help identify successes and gaps in learning. Being able to identify gaps in learning, teachers and PE coaches can consolidate this learning through extra sessions around the specific area to ensure the gap is closed. As well as this, being able to identify the gaps in learning, it helps with the transitions when moving to a new year group as they can have a smoother transition and be able to transfer skills with more confidence.

Insight objectives not only looks at the physical aspect but also focuses on social and emotional aspects. Including this ensures that teachers and PE coaches are encouraging and reminding children that **physical activity** not only has an impact on the physical well being but also social and emotional.

Each sport that is taught throughout the school will include; physical, social and emotional.



Behaviour Policy and Rewards

Assemblies: During assemblies, recognitions are made to Phoenix teams for their participation in competitions.

Termly Awards: At the beginning of each term, **PE certificates and medals** are handed to children who have been recognised for their hard work throughout their PE lessons.

Dojo: Dojo points are rewarded to children/classes who have proven to challenge themselves and continue with their level of engagement during PE lessons even if they find lessons difficult.

Player of the Day: Each competition, a child on the team is recognised for their continued effort and support for their team mates.

Sports week: Sports week is held at the end of the academic year. Children are introduced to sports that are not on the PE curriculum to allow them to opportunity to try and experience different sports. Local external visitors will come and host taster sessions for the children to promote the sport.



Extra- Curricular Opportunities

Outside of lessons children are encouraged to participate in an extensive range of extracurricular activities. As a school we have high levels of school partnerships, which gives the children a lot of different opportunities.

Olympia: Boxing opportunity for KS2

KLS Active: Road safety opportunities for KS1 and EYFS.

MFSE: Opportunities for whole school and wrap around care at the end the day.

The use of clubs at lunch and afterschool are extensive and are offered to EYFS, KS1 and KS2.

Clubs list example

We offer workshops throughout the year that cover a variety of different sports which provide the children with an opportunity to develop fitness and try something new.

Monday	Tuesday	Wednesday	Thursday
Tri-Golf (Year 3 + 4) Hall	Dance (Year 1 + 2) Hall		Gross Motor Skills (EYFS)
			Boxing (Year 5+ 6) Hall

Our extracurricular activities:

- Are inclusive and enjoyable – targeted to different groups LA, HPA, FSM, LAC, SEND
- Increase children's physical activity levels
- Are offered to EYFS, KS1 and KS2 children
- Allow children to attend competitive sport events and festivals in the local area and beyond through membership with Greenacre Sports Trust.
- Encourage children to stay active at break and lunchtimes and can access a variety of equipment to use as well as adults available to help organise sports.



Community- Curricular Links

- **Beyond Trust Competitions. (Mixed Year 5 and 6)**
 - Opportunity for the children to take part in competition.
 - Allows the children feel part of a **team**.
 - Allows the children to transfer their skills from lessons to competition.
 - Allows the children to demonstrate their school values.
- **Kerry Searle: Balance Bikes (EYFS and Year 1) Term 4 onwards.**
 - Community links, opportunity for the youngest year group to practice skills that are important for their development.
 - Gain the understanding of safety/ can link with road safety.
 - Specialises with **EYFS and LA achievers**.
- **Olympia Boxing: Boxing (Year 1-6) Termly.**
 - Come to Phoenix, has the same 'upbringing' as the children.
 - Relatable for the children.
 - A sport that is an after school club, not everyone can take part in after school club so gives them the opportunity to take part in a boxing master class.
 - Male role model.
- **MFSE:**
 - Come into school to deliver PE lessons based on the curriculum.
 - Working on interhouse competitions during lunch times for each year group.
 - Provide wrap around care.
- **Colour Run- Holi Festival** relating to Hinduism. This will be organised by the children and will promote this around the school using computing programmes to design their own marketing for the event, as well as child led assemblies.
- **Phoenix Olympics-** The children will support with organising the Olympics. This is centred around their learning of Ancient Greece and the Olympics.
- **Mental Health Week-** PSHRE Wellbeing, healthy eating, exercise, hygiene. School nurse to come in and speak to the children. Wearing yellow for the day. Making fruit salads.
- **NSPCC-** Private Pants and Benny the speech bubble. What's mine is mine and what's yours is yours.



- **Morris Dancing**- Relates to Rochester Sweeps Festival in May. Invite external visitors to come in and model the dance and support the children with creating their own dance to perform.
- **Walk on Wednesday**- Link to Morrisons for healthy eating.
- **Hilltop swimming school**: drowning prevention and personal survival.
- **Forest School**- Outdoor activities including personal survival skills.
- **Living streets**- Daily recording to school to promote healthier life styles.