



Be . Build . Become

PE

Our PE Curriculum

At Bloxham Primary School, we believe it is paramount to provide opportunity for children to become physically confident to help promote their health, fitness, and wellbeing. We intend to deliver high quality PE teaching that will inspire children to succeed in their physical development as well as providing them with skills for life. These skills include learning how to swim and water safety techniques.

We intend to do this in a safe and supportive environment that will provide all children with equal opportunities to thrive in physical education and school sports. Our curriculum will combine the physical skills needed to play sport as well as learning how to collaborate and cooperate with one another as these skills are vital in all areas of life inside and outside of school. We believe that quality PE lessons will foster a love of physical activity and team games, which has a positive benefit to individuals throughout their lives.

How we teach PE

All key stage 2 children will participate in swimming lessons during Key Stage 2.

- We will provide inclusive and challenging learning through a range of sporting activities including fitness activities, invasion games, strike and field games, net and ball games, outdoor adventure, yoga, dance, and gymnastics.

- Over the year, all children will have the opportunity to participate in either intra or inter school competitions/festivals.

- We have implemented daily running/skipping for days children do not have PE, for all Key Stage 1 and Key Stage 2-year groups to improve stamina and pace and to increase their daily physical activity levels.

- The long -term plan sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met.

- Each week, children participate in two PE lessons and are encouraged to join one of our extra-curricular activities; this includes lunch time games provided by the Youth Activators/change for life or play buddies and after school clubs.

- We are developing the role of our Sports Leaders/council promoting sporting role models and raising the profile of physical activities and sports within school, assisting with communication, events, and our annual sports day.

How we monitor the impact of our teaching of PE

At Bloxham C of E Primary School, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement, to achieve their personal best. Our pupils are physically active, and this has a positive impact on their learning in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. We aspire for children to enjoy PE and develop a love of sport and physical activity, which becomes part of their future life outside of primary school. Children can represent the school at sporting events/ multi-skills festivals and other partnership activities from local to county level. Alongside this, we share sporting achievements both in and out of school in our collective worship, so that we are promoting sports and activities, as well as celebrating all levels of success.

Statutory Framework for Early Years Foundation Stage (Updated 2021)

Physical Development is one of the three Prime areas in the Early Years Foundation Stage

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy, and active lives.

Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination, and positional awareness through tummy time, crawling and play movement with both objects and adults.

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination, and agility.

Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.

Fine motor control and precision helps with hand-eye co-ordination, which is later linked to early literacy.

At Bloxham, children have many varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control, and confidence.

Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.

Fine Motor Skills

Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;

- Use a range of small tools, including scissors, paint brushes and cutlery;
- Begin to show accuracy and care when drawing.