

Physical Education and Games Curriculum Summary

Physical Education and Games teach skills that nurture deeper strengths that spread throughout their learning: vital skills of collaboration and communication, resourcefulness, responsibility, leadership, rigour, resilience, risk-taking. Physical Education combines play with development, co-operation with individuality, sharing, competition and expression with motor techniques. The ethos of “fair play” is emphasized throughout the children’s schooling and a sportsmanship ethos is developed through teaching children how to win and lose, the importance of honest competition and socially acceptable behaviour.

Key Skills

Kindergarten (KG)

Skills

- Move with imagination, confidence and increasing control and co-ordination.
- Travel around, under, over and through balancing and climbing equipment in different ways
- Develop awareness of space, of themselves and others
- Understand the importance of keeping healthy and those things which contribute to this
- Begin to recognise the changes that happen to their bodies when they are active
- Use a range of small and large PE equipment
- Develop their fine motor skills through handling equipment of various sizes and weights safely and with increasing control

Transition 1 (T1)

Skills

- Repeat simple movements and actions with control and co-ordination and explore and apply skills and actions in sequences and combinations.
- Know how to stay safe during sport and the effects of exercise on the body

Topics

- Gymnastics
- Ball skills
- Movement
- Athletics
- Game based activities

Transition 2 (T2)

Skills

- Apply rules and conventions for different activities
- Observe, describe and copy a variety of actions and sequenced movements
- Vary the way skills are used and improve the quality and control of their work
- Understand how important it is to be active and describe how their bodies move during different activities
- Know how to stay safe when exercising

Topics

- Gymnastics
- Ball skills

- Hockey
- Netball
- Cricket
- Tag rugby
- Swimming
- Athletics

Form 1 and 2

Skills

- Kick, strike, dribble, pass, shoot, catch and throw accurately and with control
- Know how to perform a variety of rolls
- Create sequences of movement including travelling in different ways
- Travel confidently over different types of apparatus, using them for balancing and travelling
- Explore and evaluate techniques for running (over different distances) throwing and jumping
- Understand how to retain possession, escape from a defender and mark an opponent
- Understand all the four strokes of swimming and know how to survive in the water
- Know how to perform backhand, forehand, smash and lob hits
- Know how to stay safe when exercising

Topics

- Gymnastics
- Swimming
- Athletics
- Badminton
- Basketball

Boys

- Rugby
- Football
- Hockey
- Cricket

Girls

- Hockey
- Netball
- Cricket

Form 3 – 6

Inter-school fixtures in Games begin at this age, as do Inter-House tournaments, local, regional and national tournaments. Please see Sports Policy for more information about fixtures.

Skills

- Understand and demonstrate a range of tactics and strategies to overcome opponents in direct competition through team games and individual games (Badminton, Basketball, Cricket, Football, Hockey, Netball, Rugby and Tennis).
- Develop technique and improve performance in other competitive sports (Athletics, Gymnastics, Orienteering and Swimming)
- Know and perform a variety of vaults using apparatus
- Understand the importance of exercise and staying fit and healthy
- Take part in activities that present intellectual and physical challenges
- Work as a team, developing skills to solve problems either individually or as a group (Orienteering)
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best along with an understanding of how to do this

Topics

- Swimming
- Gymnastics
- Orienteering
- Basketball
- Athletics
- Fitness

Boys

- Rugby
- Hockey
- Cricket

Girls

- Hockey
- Netball
- Cricket

In addition to all of the above, there are a number of individual activities offered to children as alternatives, such as Rowing, Squash, Fives and Tennis (Summer Term), all taught by specialist coaches.

Contribution to Spiritual, Moral, Social and Cultural Education

PE and Games develops SMSC in a wide variety of ways, including:

- Teaching children to work together collaboratively, responding to each other and forming a team
- Teaching children to respond to losing and winning with grace
- Exploring the limits of the physical body
- Learning about athletes from around the world
- Understanding the power of sport to bring people together from around the world sharing universal values