

## Physical Education and Games Curriculum Summary

Physical Education and Games teach skills that nurture deeper strengths that spread throughout a child's 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 stay safe in water
- Know how to perform backhand, forehand, smash and lob hits
- Know how to stay safe when exercising
- In Form 2 inter-school fixtures happen in the terms major games, Hockey, Tag Rugby, Netball and Cricket

#### Topics

- Gymnastics
- Swimming
- Athletics
- Badminton
- Basketball

#### Boys

- Rugby
- Football (Form 1)
- Hockey
- Cricket

#### Girls

- Hockey
- Football (Form 1)
- Netball
- Cricket

### **Form 3 – 6**

Inter-school fixtures are more frequent in this age range, and Inter-House, local, regional and national tournaments begin. 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, Hockey, Netball, Rugby).
- 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