

Crabbs Cross Academy's P.E. Overview

Intent

PE is an important part of our curriculum and is crucial in the development of our children. Our PE curriculum is designed to be engaging, allowing children to make progress in a range of sports and physical activities.

PE teaches our children the importance of remaining active, helping them develop the habit of exercising regularly. We do this with the intent that all of our children will develop a love for a range of PE activities and continue to make healthy lifestyle choices, as they get older.

Honesty

Respect

Kindness

Courage

Furthermore, we work towards achieving our school core values of; honesty, kindness, respect and courage. This is through our children being given the opportunity to develop values of sportsmanship and good character by being exposed to winning, losing and supporting/being supported by others. They work as part of a team towards a common goal as well as being an individual to improve their performance. Finally, playing competitively, respecting officials and the other players.



To ensure that all areas of the National Curriculum are covered we use The PE Hub. This enables all children to be exposed to a consistent approach, while still covering a wide menu of activities. The content is split up into three main areas:

1. Physically competent, physically active.
2. Tactics & strategies, decision maker, creative and competitive.
3. I can, I want to, I will.

We further develop this mentality, by offering a range of after school activities for out KS1 and KS2 children, we are involved in county competition and trust sporting events. In addition, Year 4 children have the opportunity to take part in a residential outdoor adventure training trip.

Implementation

At CCA, we have used PE Hub to develop our exciting Long-Term Plan, which covers a varied selection of sports and physical activities:

Wall/Net Games Athletics
 Striking and Fielding Games Swimming
 Invasion Games Gymnastics
 Dance Outdoor Adventurous Activities

A high-quality two-year cycle of precise instruction, purposeful practise and clear feedback is in place within KS1 and KS2:

	INTENT		IMPLEMENTATION			
	Our children will: - learn, think, develop confidence, have a sense of well-being and make decisions - be physically competent, active and competitive - develop emotionally and socially, be involved and engaged, lead a healthy and active lifestyle		We use the PE Hub scheme to teach PE. We teach PE every half term. KS2 pupils go swimming for one half term every two years.			
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1 Cycle A	Gymnastics Distanced PE Fitness	Send & Return Dance	Gymnastics Send & Return	Dance Run Jump Throw	Run Jump Throw Athletics	Outdoor Adventurous Activity Wellbeing
KS1 Cycle B	Gymnastics Distanced PE Fitness	Send & Return Dance	Gymnastics Send & Return	Dance Attack Defend Shoot	Attack Defend Shoot Athletics	Outdoor Adventurous Activity Commonwealth Games
KS2 Cycle A	Gymnastics Distanced PE Fitness	Tennis Gymnastics Golf Dance Handball		Outdoor Adventurous Activity		Dance Rounders
		Swimming		Athletics		
KS2 Cycle B	Gymnastics Distanced PE Fitness	Dance Football	Gymnastics Hockey	Dance Basketball	Cricket Athletics	Outdoor Adventurous Activity Tag Rugby

Motor Competence

Children will develop a secure foundation of basic skills that will increase in complexity within different contexts. Opportunities are in place to develop and apply knowledge.

Rules, Strategies and Tactics

Children will be able to name, explain and demonstrate a range of increasingly more complex tactics across a range of activities. Opportunities to develop and refine the knowledge and application of rules, strategies and tactics, are planned in with time to practise and have feedback.

Healthy Participation

Children understand the importance of and can prepare safely for activities. Furthermore, they understand the benefits of taking part in regular sport and physical activities.

Impact

Assessment

At the end of each block of learning children are assessed against -

Head- The Thinker

Being confident, creative, a decision maker and having deep understanding.

Hand – The Physical

Being physically active, physical growth, physical competency and being competitive.

Heart – Behaviour Changer

Having social and emotional development, character and values, a healthy active lifestyle, being involved and engaged.

Unit 1	
Head	Recognise rules and apply them in competitive and cooperative games
Head	Make decisions about how to defend a target
Head	Aim at targets and shoot from varying distances, defended and unopposed
Head	Roll, slide or throw a beanbag or ball with accuracy
Hand	Attempt to intercept and catch a thrown ball
Hand	Use change of direction and speed in open play
Hand	Come up with creative ways of manipulating different objects such as balls and beanbags
Heart	Work in collaboration with others to attack and score points
Heart	Show motivation to improve and attempt more difficult challenges

Cricket	
Head	Adhere to some basic cricket rules
Head	Explain how fielders work together to restrict batters runs
Head	Hit a ball using a forward drive
Head	Accurately bowl a ball underarm
Hand	Strike a bowled ball
Hand	Strike a ball off a tee with some consistency
Hand	Stop a moving ball
Hand	Develop throwing skills to throw over longer distances
Heart	Field as a team to return the ball to the bowler/base effectively
Heart	As a team, apply simple tactics to choose where to hit the ball

Professional Development

To ensure that our teaching is of the highest standard our staff undergo robust professional development lead by a qualified, experienced sports coach. He works directly in leading the lesson and also in developing the needs of target groups,

To ensure consistency is applied across the school and allow for continuous improvement we have a monitoring system in place which looks at teachers views, pupils views and observations of lessons.

