



Muxton Primary School

P.E. Curriculum

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. At Muxton School, we provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- 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.

Key stage 1

We will provide opportunities for children to develop their fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils will be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.



Key stage 2

Further opportunities will be provided to continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils will be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games including basketball, cricket, football, hockey, netball, rounders and tennis , and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance (*for example, through athletics and gymnastics*)
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and Water Safety

At Muxton School, all children in Year 3 and Year 5 will be taught swimming for a block of 5 weeks during the Summer term.

In particular, pupils will be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively (*for example, front crawl, backstroke and breaststroke*)
- perform safe self-rescue in different water-based situations.



Competitive Sport

There are many opportunities for all children to take part in competitive sport to instil a sense of teamwork, competitiveness and achievement.

Pupils will be given opportunities to:

- compete at a range of levels, ages and sports throughout the school (KS2 (3/4 and 5/6) including inter-house competitions within the school day.
- represent the school in a range of sports outside of the school day against local and partnership schools.
- train, evaluate and improve their skills in a team/individual situation at extra-curricular sports clubs with Sports Specialists or qualified coaches.

Leadership in Sport

Sports Leadership is an important and fulfilling aspect of the PE curriculum at Muxton School. We endeavour to ensure that all children have the opportunity to develop their leadership skills, within sport, to improve confidence, self-esteem and understanding the importance of a healthy lifestyle.

Pupils will be given opportunities to:

- be trained as a playground sports leader (*Jumping Jaxx*) to provide sporting activities for lunchtime clubs outside of the main PE curriculum.
- to take part in organised sporting, every lunchtime, to raise levels of attainment, interest in and awareness of a range of sports across the curriculum.
- to organise sporting teams and house competitions in the role of house captain/sports captain.



Extra-curricular sport

All children will be provided with access to a range of Extra Curricular sports clubs throughout their time at Muxton School. These will act primarily as extra opportunities for access to facilities and coaching to encourage participation but will also be used as stepping stones to representative sport.

*GA - Games

	Autumn		Spring		Summer	
	1	2	1	2	1	2
Y1	Gym	Dance-Creative	Dance—Creative	Gym	Gym	Dance
	Basic SKills	Ga*—Sending	Ga—Receiving	Ga—Travelling	Athletics	Ga—Parachute
Y2	Gym	Dance—Creative	Dance—Creative	Gym	Ga—Receiving	Gym
	Ga—Sending	Basic Skills	Ga—Sending	Ga—Travelling	Athletics—Award Scheme (Y2)	
Y3	Gym	Dance—Creative (link to theme)	Dance— Creative	Gym	Athletics	Kwik Cricket

	Ga—Basic Skills	Ga—Tennis	Ga—Tag Rugby	OAA	Ga—Kwik Cricket	Athletics
Y4	Gym	Dance—Creative (link to theme?)	Gym	Dance— Cheerleading	Athletics	Ga— Kwik Cricket
	Ga—Basketball	Ga—Tag Rugby	Ga—Tennis	Ga—Football	Ga—Cricket	Athletics
Y5	Gym	Dance—Creative	Gym	Dance—Creative (link to theme)	Ga—Kwik Cricket	Athletics
	Ga—Tag Rugby	Ga—Netball	Ga—Basketball	Ga—Tennis	Athletics	Ga—Rounders
Y6	Gym	Dance—Tudors	Gym	Dance—Fitness	Athletics	Dance—Prod
	Ga—Tag Rugby	Ga—Hockey	Ga—Basketball	Ga—Tennis	Ga—Cricket	Ga—Rounders

