



Tilston Parochial
CE Primary School

Tilston Parochial Primary School

Our School Curriculum

A creative and thematic approach to learning.

Curriculum Intent and Progression Map

Subject: Physical Education





Tilston Parochial
CE Primary School

Curriculum Statement

“Nobody who ever gave his best regretted it.”

George Halas

At Tilston Parochial CE Primary School, we endeavour to provide a high quality physical education curriculum that encourages our pupils to live an active and healthy lifestyle both now and in their future adult lives. Our aim is to ensure as many pupils as possible have the opportunity to engage in sport each week and have the courage to take part in competitive sport whether that be in intra, inter school sports or sports within the community.

Physical education is not only PE lessons, but the many hours of playtimes, extra-curricular clubs, adventurous activities and outdoor exploring, they all contribute greatly to the health, fitness and well-being of our children. It is a great source of fun and enjoyment for all. Friendships are developed, confidence is boosted and positive respectful attitudes are established in order to bring out the best in everyone.



Tilston Parochial
CE Primary School

Physical Education Curriculum Intent

“There may be people who have more talent than you, but there's no excuse for anyone to work harder than you do.”

Derek Jeter

In Tilston Parochial CE Primary School, our physical education curriculum aims to develop children's health, fitness and well-being which will instil positive attitudes and confidence to encourage them to be active throughout their life; to contribute to social development and to work cooperatively alongside others and to develop skills, knowledge, enthusiasm and aptitudes in a wide range of games and physical activities. We intend to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical education and in developing life skills. Within our physical education curriculum and lessons, we hope to provide the children with opportunities to learn about, develop skills in and take part in a broad range of activities such as swimming, gymnastics, dance, athletics, team and individual games and adventurous activities (through residential visits). Central to all of these are the skills, endurance, flexibility, strength and stamina, and highlighting the importance of health when taking part in regular physical activity. We also want to teach the children the skills to keep safe, such as being able to swim. Our physical education curriculum teaches the importance of respect, by observing rules, respecting opponents, officials and teammates alike, playing fairly, always giving their best, taking on responsibilities within team and individual games. We also want to teach children how to cooperate and collaborate with others as part of an effective team, understanding fairness and equity of play to embed life-long values. We also aim to ensure children become resilient and to persevere when they suffer set-backs.

TRUST

'May the God of hope fill you with all joy and peace as we trust in him.'
Romans 15:13

COURAGE

'Be strong and courageous, do not be frightened or dismayed, for the Lord your God is with you wherever you go.'
Joshua 1:9

COMMUNITY

How good and pleasant it is when God's people live together in unity.'
Psalm 133.1

RESPECT

'Do to others as you would have them do to you.'
Matthew 7:12

JOY

'A happy heart makes the face cheerful.'
Proverbs 15:13

FRIENDSHIP

'There is a friend who sticks closer than a brother.'
Proverbs 18:24

Bringing out the Best in Everyone. *'Encourage one another and build each other up.'* Thessalonians 5:1



Tilston Parochial
CE Primary School

Implementation

At Tilston Parochial CE Primary School, our children love to be active. We dedicate two high quality hours of PE a week to every child within every class from Reception up to Year 5 and 6. We follow the National Curriculum and understand the importance of health, fitness and well-being. We focus on skill development and progression, and demonstrate how these skills can be transferable across a range of sports and games.

We use some of our Sports premium funding to pay for the Community Educational Physical Development (CEPD) coaches and Cheshire Cricket to work with our pupils in their PE lessons once a week for half a term with the class teachers leading the other lessons. The sports coaches plan and deliver high quality lessons where ongoing assessments are carried out in each lesson. For two, two-hour sessions a term, children take part in Camp Curiosity, which focuses on exploring the school's environment and carrying out activities such as teambuilding and other outdoor physical activities. Our physical education curriculum is designed so that it provides a variety of physical activity that is engaging, coherent and progressive, covering competitive games, gymnastics, dance, swimming, athletics and adventurous activities. We follow the lesson progressions through Primary PE Planning.

Children in lower Key stage 2, spend one half term each academic year swimming for an hour each week. They are taught by 2 qualified swimming coaches at Christleton High School. CEPD also deliver 1 after school club session offering a breadth of sporting opportunities to both infants and juniors. Within the after-school sessions and PE lessons the coaches prepare the children to have the confidence to take part and compete in tournaments. Every year the children have opportunities to compete in inter-school competitions, which are organised by the local high school, Bishop Heber, through the school sports partnership funded by our Sports Premium. There is also a biannual dance festival and the annual Deanery Athletics Meet with schools from a wider geographical area. Through the sports partnership, we also take part in a More able and Talented (MAT) programme which provides opportunities for inclusivity within sport. Parents are informed via School Spider whether their child has been chosen for an event which they then consent online. If consent is not given within the time allocated, places are offered to someone else.

The children experience outdoor learning and adventurous activities in a variety of ways. Activities can be planned as an everyday part of the curriculum when appropriate, having links to many other curriculum subjects. Our school grounds and local area are ideal for this. At the end of KS2, children will have attended a residential where they access a range of adventurous activities and water sports.



Tilston Parochial
CE Primary School

Impact

"True champions aren't always the ones that win, but those with the most guts."

Mia Hamm

At Tilston Parochial CE Primary School, we help motivate children to participate in a variety of sports through quality first teaching that is engaging and fun. From our lessons and play times, our children learn to take responsibility for their own health and fitness, many of whom also enjoy the success of competitive sports. We equip our children with the necessary skills and a love for sport. They will hopefully grow up to live happy and healthy lives utilising the skills and knowledge acquired through PE. We are lucky to have wonderful surroundings at Tilston School and it influences our curriculum and our children's high levels of physical activity.

The children have access to extra-curricular clubs and get a lot of enjoyment out of them, as well as becoming good at their chosen activities. We have a number of children who attend extra-curricular clubs and who then access other clubs outside of schools, some of which the links have been made through school, for example, cricket.

We place a lot of emphasis on the development of positive attitudes through our physical education curriculum which has a great impact. We celebrate all sporting/ physical achievements within celebration assemblies whether these are events representing the school or individually outside of school. Children are proud to share and as a whole school we are really proud of everyone's achievements.

The quality of teaching means that children have a broad range of skills and knowledge that can be practised and transferred across to most sports, we emphasise the importance of speed, agility and coordination from a young age which is built upon year on year, adding to a more skilful application within a range of sports. The impact of adventurous and outdoor learning activities is that our children become equipped to assess risk, develop independence and new interests, and meet new challenges with confidence.

The overall impact of Physical Education at Tilston Parochial CE Primary School is that children enjoy physical activity, are fit, healthy and make good progress. They work well individually and as part of a team being respectful and confident.

Bringing out the Best in Everyone. 'Encourage one another and build each other up.' Thessalonians 5:1

PE: Long Term Planning

PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	First PE Diwali Dance	Gymnastics Enjoy a Ball	Fitness and Funs Chinese New Year Dance	Athletics Kwik Cricket	Multi-skills	Tennis Funs Football Funs
Year 1/ 2	Rugby Funs Yoga	Multi-skills Gymnastics	Great Fire of London Dance Indoor Athletics	Ball Skills Kwik Cricket	Outdoor Adventurous Activities Athletics	Ball Games Tennis
Year 3/ 4	Hockey Cricket	Netball Fitness	Gymnastics Swimming	Rugby Roman Dance	Football Athletics	Tennis Rounders
Year 5/ 6	Hockey Cricket	Netball Indoor Athletics	Gymnastics Tag Rugby	Handball Fitness	Football Athletics	Rounders Dance
After School Clubs	KS2 Hockey	KS1 Multi-skills	KS2 Ball Games	KS1 Ball Games	KS2 Football	EYFS/KS1 Athletics
Competitions	Y1-6 Cross Country Y5/6 Tag Rugby Y3/4 Tag Rugby Y5/6 Hockey	Y5/6 Sports hall Athletics Y3/4 Sports hall Athletics	Y1/2 Multi-skills	Y5/6 Netball Y5/6 Handball	Y1/2 Football Y3/4 Football Y3/4 Hockey	Y5/6 Football Y5/6 Rounders Y5/6 Kwik Cricket Y3/4 Diamond Cricket DEANARY SPORTS

Bringing out the Best in Everyone. *'Encourage one another and build each other up.'* Thessalonians 5:1