

Church Hill School PHYSICAL EDUCATION Curriculum Intent

Wellbeing

We believe fostering positive mental health and wellbeing is the foundation for all learning and growth. Our curriculum, including the 'hidden curriculum' of school culture, supports all pupils to develop a positive self-image and equips them with the knowledge and skills they need to look after their mental and physical health.

Respectful

Friendly

Determined

Kind

Courageous

Tolerant

Playful and Enquiry Led

Rigorous

Ambitious for all

Vocabulary and Experience Rich

Learn to Learn

Expert

So that **all** pupils:

Are highly motivated to be physically active.

Are able to develop wider skills through physical education.

Are able to challenge themselves.

Want to be physically active and involved in sport.

So that **all** pupils:

Develop confidence with key fundamental movement skills.

Revisit key physical skills to develop confidence and competence in different contexts.

Are equipped to take part in a range of and physical activities competitive sport.

Understand how to live a healthy lifestyle.

So that **all** pupils:

Are able to engage fully in lessons and have opportunities to adapt learning to meet their needs.

Are aware how PE will support the development of wider skills beyond sport.

Are exposed to a variety of different PE areas and contexts through a balanced progressive curriculum.

Have frequent opportunities to revisit skills and learning themes to develop a deeper understanding.

So that **all** pupils:

Are focused on developing deeper knowledge and understanding of PE at different stages.

Can show progression and an awareness of physical, cognitive, social and health/emotional areas of PE.

Experience a range of different pedagogical approaches that keep them engaged and grow their knowledge.

Link learning to events outside of school PE lessons including competitions, sporting events and informal play.

So that **all** pupils:

Develop cognitive, social, physical, emotional/ health skills through physical education

Have opportunities to self-assess and adapt lessons for themselves building an awareness of oneself and their progression.

Embrace taking risks and challenging themselves, supporting a growth mind set.

Can make links between their learning in different contexts in and outside of lessons

-Have opportunities to evaluate and support learning and development of others

Expert pupils will:

Develop key physical competencies across a range of locomotor and coordination skills to be considered physically literate.

Be able to link complex physical skills together with fluency, applying them to a wide range of physical challenges.

Develop a deeper understanding of social, cognitive and emotional skills through PE alongside how to use them in sporting and non-sporting contexts

Understand rules and strategies to take part with confidence in a number of competitive sports and physical activities.

Our mission is to develop the physical, social, cognitive and emotional skills of **all** students through the vehicle of Physical Education. We want to children to develop a lifelong love of sport and use PE to impact on the holistic development of every child. To achieve this, we aim to equip children with core physical competencies as well as focusing on developing confidence and mastery in these different learning areas. Through a spiral curriculum approach, we have developed units that will revisit key learning themes across a range of different sporting and physical contexts. These themes will build on previous learning to bring about opportunities to improve confidence, depth of learning and mastery in each of our key learning areas.