



## EMNETH ACADEMY RATIONALE

**Subject**

P.E.

**Leader**

Lynsey Skate

**ACADEMIC  
YEAR**

2022/23

The PE curriculum at Emneth has been designed to be knowledge-rich and sequenced to ensure that physical literacy is developed through a wide range of engaging and challenging activities and sports. Knowledge, in the realm of PE, means not only the knowledge and understanding of a range of sports and their rules, but an understanding of sporting concepts and skills that are transferable between activities, how and when they can be applied, and how their use can be effective within differing game/performance situations. Whilst the physical nature of PE encourages children to develop physically, each unit also enables the children to experience opportunities where they will develop social skills (respect, consideration of others and leadership), emotional skills (empathy, honesty and self-challenge) and also thinking skills (tactical awareness, evaluating, analysing and improving, observational and feedback).

The curriculum has been carefully structured to ensure coherent progression. It ensures that children learn and build upon the fundamental motor-skills learnt in the early years, to activities that encourage aesthetic appreciation of physical concepts and by the end of Key Stage 2 children will have experienced a wide-range of competitive/non-competitive experiences. Throughout the PE curriculum, in all units, the children will learn and gain knowledge about how important it is to be physically active and understand how regular involvement in sport will enable them to live healthy lifestyles.

In the Early Years children will explore dance, gymnastics and a number of units that encourage a development of core physical skills. For example, passing and receiving balls in a variety of ways through exciting units that follow the themes of 'minibeasts' and 'weather'. They will look at ways in which they can move and how to use space safely whilst being encouraged to work independently, with a partner and in small group situations. Through Key Stage 1 the children will begin to explore different types of games, such as target, invasion, net and wall games. They will continue their journey through dance learning how to count beats, link actions and perform to music; whilst exploring apparatus and beginning to understand compositional devices in gymnastics and yoga. Key Stage 2 allows the children to continue to build upon their physical, social, emotional and thinking skills, whilst also allowing them to experience a wide variety of sports and activities. These activities allow the children to learn, practice, understand and apply rules and tactics, experience managing/officiating games between themselves, encourage personal challenge, understand how it feels to work at their maximum and to develop a greater understanding of how to live healthy lifestyles and make healthy choices. Skills of observing and providing feedback of others and also analysing and improving own performance is encouraged, in order to deepen understanding of all aspects of PE.

Children will be given opportunities in both Key Stages 1 and 2 to learn how to swim. They will follow a series of lessons, where they will be taught to swim confidently and proficiently over 25 metres, to use a variety of strokes and to perform safe self-rescue

techniques.

Woven throughout the whole PE curriculum are opportunities for independent, pair and team work, along-side opportunities to provide and gain feedback for and from peers. Team-building situations arise in all team-sports as well as during units for outdoor and adventurous activities, which also encourage problem-solving skills. An abundance of team-sports opportunities also allows essential games principles of attacking and defending to be learnt and practiced in order that they become an embedded part of the children's knowledge of sporting tactics. Involvement in athletic activities, cross-country and fitness units enable the children to work towards and achieve/improve upon their personal best as they work at their maximum and encourage their peers to do so too. Children are encouraged to make links between sports and to apply transferable skills wherever possible to embed learning. Knowledge Organisers are used throughout all ages to assist the children with their learning of the current unit.

Children are encouraged to make use of our extra-curricular programme where a range of sports clubs feature regularly throughout the year, hosted by staff and/or external providers.