



Physical Education



CONTENT & SEQUENCING



BIG IDEAS

Our PE curriculum includes **fair and inclusive play, resilient participation and health and fitness**. These form an integral part of the development of skills and the learning of key concepts in this area of the curriculum.

Year 4 – Swimming/dance/drama

Year 5 – Dance/drama

Year 6 – Dance/Drama

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
1	Animals in the jungle	Handball	Gymnastics	Tennis	Athletics	Basketball
2	Handball	Football	Tennis	Gymnastics	Athletics	Cricket
3	Tennis	Volleyball	Dance	Basketball	Athletics	Rounders
4	Basketball	Gymnastics	Hockey	Cricket	Athletics	Tennis
5	Netball	Hockey	Gymnastics	Rounders	Athletics	Tennis
6	Netball	Hockey	Gymnastics	Rounders	Athletics	Tennis

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should 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.



CHANGE FOR LIFE

Change4Life is a national campaign that aims to promote healthy lifestyles. Change4Life offers curriculum-linked resources and inspiration to help educators teach children about healthy eating and being active.

The organisation is dedicated to providing quality resources and classroom ideas. Ryefield runs a Change4life club within the school for KS2 children, the club is aimed a specifically aimed children within the school who teachers thinks will benefit from the club.



RETRIEVAL PRACTICE

A good PE lesson means that **pupils can draw links to things they have previously learnt**; which does not mean that they can reiterate what they discovered the last lesson, but can draw parallels in more sophisticated ways.



SOUTH HILLINGDON SCHOOL SPORTS NETWORK

SHSSN aims to enhance the lives of students, by creating opportunities to take part in sport either as participant, leader or performer.

Founded on the Olympic and Paralympic values, our work promotes self-esteem, healthy & active lifestyles, and the development of life skills.

We believe that a thriving sports provision in our area can best be achieved by schools working together across age groups in local hubs, in a spirit of genuine partnership.



PROGRESS

PE 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 and lead healthy, active lives.

Formative assessment takes place during teaching-learning situations in PE. It is important as it involves providing pupils with constructive feedback.

Summative assessment is an overall assessment which takes place at the end of a PE unit, key stage or year. Summative assessment has been asserted as the 'systematic recording of the pupil's overall progress and achievement.