A guide to how we teach P.E. at St Mary's

How we organise and sequence our P.E. learning:

We teach activities that match the objectives listed in the National Curriculums Statutory Requirements for P.E. As a school we use the Get Set 4 PE scheme which was designed by teachers who are experts in their field and passionate about their subject.

At St Mary's we aim 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.

Our P.E. curriculum comprises of 6 key areas:

- Swimming and water safety
- Fundamental movement skills, fitness and athletics (FMS)
- Team Building/ Outdoor and adventurous activities (OAA)
- Body management (gymnastics)
- Dance
- Games

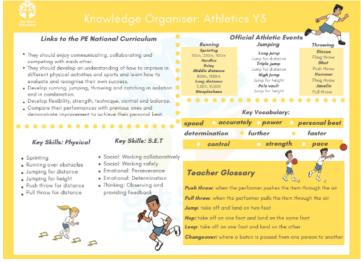
Our P.E.curriculum is planned and sequenced so that new knowledge and skills build on what has been taught before.

Our detailed long-term overview includes prior knowledge children should know, key vocabulary and key milestones.

P.E. lessons:

P.E. is taught twice a week as a discrete lesson. Forest School sessions cover Outdoor and Adventurous Activities (OAA) part of the National Curriculum. Links are made to other subjects where appropriate.

Each unit of learning starts with an introduction using a knowledge organiser which describes the skills as well as key vocabulary needed to complete the unit. The knowledge organiser is displayed in the classroom to be referred to throughout the unit of learning.



Lessons always start with a warm up followed by an introduction which explains the skills focus for that lesson. There is often a video clip demonstration of a skill to assist with the introduction.

The main body of the lesson follows the suggested skills development content as set out in the planning within the Get Set 4 P.E. scheme of learning.

Lessons finish with a form of cool down and plenary to reinforce the learning which took place during the lesson.

Work from lessons is recorded in the form of photos and shared with parents via Seesaw.

	Term	Term 2-	Term 3-	Term 4-	Term 5-	Term 6-	
	1-Respect	Honesty	Determinatio	Self Belief	Teamwork	Passion	
			n				Assessment:
Year 1	Gymnastics Fundamental movements	Gymnastics Fundamental movements	Dance Fundamental ball control	Dance Fundamental ball control	Athletics Team games	Athletics Team games	
Year 2	Gymnastics Fundamental movements	Gymnastics Fundamental movements	Dance Fundamental ball control	Dance Fundamental ball control	Athletics Team games	Athletics SWIMMING	Assessment of the children's learning is recorded
Year 3	Gymnastics or Modified Invasion games	Gymnastics or Modified Invasion games	Dance or Modified Invasion games	Dance Orienteering	Athletics Striking and fielding	Athletics v Modified Striking and fielding	termly on the assessment tracker.
Year 4	Gymnastics Modified Invasion games Swimming	Gymnastics Cross country Swimming	Dance Modified Invasion games	Dance or Orienteering SWIMMING	Athletics or Striking and fielding	Athletics Striking and fielding	P.E. Assessment Tracker
Year 5	Gymnastics Invasion Games	Gymnastics Cross country	Dance Invasion Games	Dance Orienteering	Athletics Striking and fielding	Athletics Striking and fielding	This is an opportunity for pupils to independently
year o	Gymnastics Invasion Games ADVENTUROUS ACTIVITY CHALLENGES EDUCATION	Gymnastics Cross country	Dance Invasion Games- Young Leaders	Dance Orienteering - Young Leaders	Athletics Striking and fielding	Athletics Striking and fielding - Young leaders SWIMMING TOP UP	show their learning within a topic. This is usually in the form of a game or performance where the
							children demonstrate the skills which they have learned during this unit of learning.