

Intent

At Beaudesert Lower School, we aim to provide a high-quality physical education curriculum that develops physically literate children and inspires all pupils to succeed, enjoy and take part in sport and physical activity for life. We recognise the importance of being physically active and the benefits this has in supporting children’s learning and development in all areas of the curriculum as well as enhancing wellbeing. Physical activity is embedded within our curriculum to have a positive effect on behaviour, concentration, self-esteem and the ability to form relationships.

We are committed to developing a positive growth mindset towards physical activity as well as promoting the core values of perseverance, determination, respect and tolerance. Our vision is that children’s experience of physical activity will be positive, motivating and have a lasting impact.

<u>MOTOR COMPETENCE</u>	<u>RULES, STRATEGIES & TACTICS</u>	<u>HEALTHY PARTICIPATION</u>
<u>EYFS</u>	<u>EYFS</u>	<u>EYFS</u>
We develop Fundamental Movements Skills (FMS) through gross and new motor skills within all the PPP units for Early Years Fundamental movement skills (FMS) such as running, jumping throwing, catching, hopping, skipping and climbing are vitally important to form the building blocks for more complex movement skills as children move through the key stages. An example would be how to jump and land safely, this is vital in Early Years - this will then help children progress onto jumping in various sports and on- apparatus competently, confidently and most of all safely!	In Early Years we introduce fun games through our units. Introducing basic rules e.g. areas of play, how you become out, how you can score points. They will start their journey on how to develop strategies (without even realising they are doing this) e.g. as pirates how can we work as a team to steal more treasure This all becomes the initial step of introducing RST.	Early Years it is key to develop safety e.g. negotiating space and obstacles. Climbing and jumping on/o- objects- safely and controlled. These key safety skills are so important and underpin crucial sporting safety aspects of various units as they move up the key stages! Healthy Me - We begin to introduce some basic concepts of how exercise can keep us healthy. These are incorporated through lessons e.g. Fitness, warm ups and Fun facts.
<u>KS1</u>	<u>KS1</u>	<u>KS1</u>
Children will continue to refine and practice their FMS. In the units they will practice these in isolation e.g. skipping, hopping, jumping and running. They can then transfer these skills into more complex movements with efficiency e.g. a tag game where children are running at different speeds, changing direction and stopping. The repetition of the FMS will lay the next building block in order to link more context specific practice in KS2. By revisiting and recapping these FMS children are developing their motor competence.	In Key Stage 1 children will participate in adapted team games and begin to learn key skills for attacking and defending. They will develop their knowledge of attacking and defending and this will then help them to transfer this knowledge into the different units as they move up into KS2. This knowledge will help the children when they begin to introduce some basic tactics into games. Children will begin to learn rules of games (which may be adapted). They will begin to learn the fundamentals that rules are there to keep you safe and encourage fair play.	The children will begin to understand what is happening to their body when exercising. They will be encouraged to feel the effects of exercise on their body e.g. placing their hand on their chest after warming up- feeling their heart beat, and breathing is faster and their body is warmer. That our heart is important - pumping blood around the body, preparing their muscles for exercise. Healthy Me also focuses on how being active makes us feel better, how keeping hydrated is important along with how a balance of food, exercise and sleep is important.
<u>KS2</u>	<u>KS2</u>	<u>KS2</u>
In Year 3 & 4 children will continue to master the FMS and practice them in isolation e.g. passing a ball (throwing, kicking or rolling). These skills can then be used in combination (more than one movement added together) e.g. passing a ball could then become running and passing the ball. Gymnastics could be a further example - Straight jump progressing to 1/2 or full turn. More complex situations are now added to these skills e.g. When to pass? What type of pass to use? Who to pass to? Where to move next? This is why it is key to master the FMS as there will be less time with the brain focusing on how to execute the skill and more time on	Children will further develop their tactics and begin to use them in a variety of game situations e.g. how to move, when to move and where to move to on the pitch/court. This is why becoming motor competent in KS2 is so important as children will need to be able to perform the movement to achieve the tactic e.g. dodge to receive a pass, timing of movement into a space and where to move positionally on the pitch/court. They will also begin to become familiar with key terms and vocabulary related to RST.	Through our fitness unit children will begin to understand what happens to their organs when exercising e.g. what is happening to their heart and lungs? Using key words including, muscles, oxygen and carbon dioxide. When warming up they will know what a pulse raiser is and where they can feel their pulse Healthy Me (through - fitness)- also looks at how exercise makes you ‘feel good’ and that chemicals are released in our brain which makes you feel happy and how movement helps you to concentrate and learn better. We encourage and discuss healthy lifestyles and promote lifelong participation.



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effectively and efficiently performing the skill - (autonomy of the skill).		
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