



Intent & Long-Term Plan

Physical Education

At Co-op Academy Woodslee, children are equipped with the tools and understanding required to make a positive impact in their own physical health and well-being.

At Co-op Academy Woodslee, we aim to deliver high-quality teaching and learning opportunities that inspire all children to succeed in physical activities. We teach children how to cooperate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values. We ensure children experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices.

We offer a dynamic, varied and stimulating scheme to ensure that all children progress physically through an inspirational, unique and fully inclusive PE curriculum. We encourage all children to develop their understanding of the way in which they can use their body, equipment and apparatus safely yet imaginatively to achieve their personal goals. All children have the opportunity to enjoy being physically active, maintain a healthy lifestyle and use the medium of sport, to increase their self-esteem through teachers using the assessment tool head, hand, heart to ensure children are being assessed holistically and children are aware of their achievements and next steps. Pupil voices are completed termly and implemented to ensure children's voices are heard to increase levels of activity and raise the profile of PE at our academy. At Co-op Academy Woodslee we aspire for children to adopt a positive mind-set and believe that anything can be achieved with determination and resilience. Our curriculum and extra-curricular activities 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. Children are taught by teaching staff from EYFS to Year 6, and staff are supported throughout the year by sport specialists to continue their professional development in teaching PE. The curriculum is further enhanced by participation in numerous sporting tournaments with other schools in the area and after school clubs, such as competing in tag rugby, football and gymnastics competitions and offering a variety of after school clubs from football to dance. We follow the guidelines set by the national curriculum to ensure we offer a range of PE activities that allow each child to feel challenged and offer opportunities to progress further.

In EYFS, physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, coordination and positional awareness. In our Foundation Stage, opportunities are provided for children to be active and to develop their coordination, control and movement through moving and handling activities that involve the use of a range of equipment and involve different spatial experiences.

In Key Stage 1 children develop fundamental movement skills, become increasingly competent and confident. They access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Pupils are able to engage in co-operative physical activities, in a range of increasingly challenging situations that encourage them to strive to accomplish their personal best, such as taking part in inter class competition, where they have the opportunity to compete against themselves and others.

In Key Stage 2 children continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. We provide opportunities for children to learn how to stay safe by starting swimming lessons in Year 3 and continuing until children have become confident in the water, knowing how to keep safe and also meet the National Curriculum requirements of swimming 25m by the end of Year 6.

By the end of each key stage 2, pupils are expected to know, apply and understand the matters, skills and processes specified in the national curriculum. At Co-op Academy Woodslee we use a Head, Hand, Heart assessment tool to ensure children are assessed holistically in PE.

Summer 2	Athletics	Athletics	Games - tennis	Games - rounders	Games - rounders	Games - cricket	Games - cricket	Swimming Games -
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Physical Education National Curriculum Coverage

National Curriculum Objectives	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Autumn 1 Spring 2 Summer 1	Autumn 1 Summer 1				
To participate in team games, developing simple tactics for attacking and defending.	Spring 2 Summer 2	Spring 2 Summer 2				
To perform dances using simple movement patterns.	Spring 1	Autumn 2 Spring 1				
KS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
To use running, jumping, throwing and catching in isolation and in combination			Spring 1 Summer 1 Summer 2	Spring 1 Summer 1 Summer 2	Spring 1 Summer 1 Summer 2	Autumn 2 Spring 1 Summer 1 Summer 2

To play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.			Spring 1 Summer 1 Summer 2	Spring 1 Summer 1 Summer 2	Spring 1 Summer 1 Summer 2	Autumn 2 Spring 1 Summer 1 Summer 2
To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].			Autumn 2 Summer 1	Autumn 2 Summer 1	Autumn 2 Summer 1	Autumn 1 Summer 1
To perform dances using a range of movement patterns.			Autumn 1	Autumn 1	Autumn 1	Spring 2
To take part in outdoor and adventurous activity challenges both individually and within a team.			Summer 2	Summer 2	Summer 2	Summer 2
To compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Autumn 1 Autumn 2	Autumn 1 Autumn 2	Autumn 1 Autumn 2	Autumn 1 Spring 2
To swim competently, confidently and proficiently over a distance of at least 25 metres.			Spring 2	Autumn 1	Autumn 1 Spring 2	Summer 2
To use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].			Spring 2	Autumn 1	Autumn 1 Spring 2	Summer 2
To perform safe self-rescue in different water-based situations.			Spring 2	Autumn 1	Autumn 1 Spring 2	Summer 2

